

# STREET HOCKEY LESSON PLAN - 1

Time	Activity	Teaching points	Differentiation
5mins	<p>Health and Safety Briefing</p> <p>Discuss dangers of having a stick in your hands and how injuries can occur.</p> <p>Demo the dangers of drawing back the stick to swing at the ball and a high follow through with the stick</p>	Ball is on the floor so stick stays on the floor	
2mins	Equipment Introduction		
5mins	<p>Warm Up</p> <p>Use Warm up appendix for ideas</p>		
5mins	<p>Holding the Stick Correctly – The Grip</p> <p>In rows</p> <ul style="list-style-type: none"> <li>• The top hand must be at the very end of the stick</li> <li>• The lower hand must be about the width of your waist apart from the top hand.</li> <li>• The grip of the stick is like a fist</li> <li>• The whole blade should be on the floor</li> </ul> <p>Holding the Stick Correctly – Body Positioning</p> <ul style="list-style-type: none"> <li>• Feet should be shoulder width apart and facing forwards</li> <li>• Eyes should be looking up and forward</li> <li>• Spring in the knees</li> <li>• The stick should be out directly in front of you – blade on the floor</li> <li>• This position can be called the “Ready Position”</li> </ul>	<p>Hands too close together at the top will not give strong ball control</p> <p>Hands too low down the shaft will hurt your back and not enable you to have suitable ball control</p> <p>The thumb and first finger forming a ‘V’ grip as you look down the shaft of the stick. The thumb and first finger are pointing towards the floor</p> <p>As you look down the children should see a triangle (with the two feet being the base and the blade of the stick being the top of the triangle).</p>	<p>Allow pupils to focus only on the ball and rolling the wrists to begin with.</p>

# STREET HOCKEY LESSON PLAN - 2

Time	Activity	Teaching points	Differentiation
3mins	<p>Rolling the wrists 'Wag The Dogs Tail!'</p> <ul style="list-style-type: none"> <li>• Raise the stick straight up in the air until the hand at the end of the shaft is level with their chin.</li> <li>• Ask the children to twist (roll) their wrists to make the blade "wiggle like the dogs tail"!</li> <li>• Take the higher hand of the shaft and cup it under the elbow of the other arm – and then twist (roll) the wrist.</li> <li>• Put the arm cupping the elbow back on the shaft of the stick and then take the lower hand off and twist the other wrist.</li> <li>• Hold the stick in two hands, lower the shaft to around 45 degrees with the heel of the stick on the floor and toe pointing up. Now roll their wrists back and forward so that the toe of the stick touches the floor (both left and right side).</li> </ul>	<p>2 hands on stick Stick held at arms length Children to watch the way the wrists are moving</p> <p>Pupils need to bend their backs</p>	<p>This is quite difficult for some children, although they like to have a go (it is good for strengthening the arms). Bullet point 4 is a lot easier for the children.</p>
10 Mins	<p>Introduce the ball – Stationary Stickhandling</p> <ul style="list-style-type: none"> <li>• Using the blade of the stick push ball from your left foot to the right foot and back again.</li> <li>• (Refer to the holding the stick section above)</li> <li>• Demonstrate "heads up hockey!"</li> </ul> <p>Game – "Heads Up Numbers"</p> <p>The children will stick handle their ball in their lines (stationary control with heads up). The teacher will walk across the front line and the children must follow them with their eyes whilst continuing to stickhandle. The teacher will raise their hand in the air with a random number of fingers showing ie 4. The children will respond by shouting out the number that they see, whilst continuing to stick handle the ball.</p>	<p>Ensure the children are rolling their wrists. Let them focus on the ball to start with and then correct accordingly Children are introduced to peripheral vision, being able to stickhandle looking forward also being able to see their ball out of the bottom of their eyes</p>	<p>Allow pupils to use their feet if necessary to maintain control. During the games they can control the ball and pass with feet, but cannot score by kicking the ball.</p> <ul style="list-style-type: none"> <li>• Start stick handling then close eyes and continue.</li> <li>• Use butt end of stick to control the ball (improves coordination and concentration)</li> </ul>

# STREET HOCKEY LESSON PLAN - 3

<p><b>10 Mins</b></p>	<p>Skill Development (Using The Game – “Megs”) Active stick handling (moving with the ball) Give each child a number 1,2,3 or 4 (size of group dependant).</p> <p>Use one third of a netball court sized area.</p> <p>Ask the children to spread themselves out, stand with their ball in the hand, legs wide apart and stick in one hand with the stick extended in front of them.</p> <p>Group 1 will stickhandle anywhere within the confined area; the idea is go through the static children’s legs. When they go through the static children’s legs they must shout MEGS! Repeat with other group.</p>	<ul style="list-style-type: none"> <li>• Keep head up, using peripheral vision</li> <li>• Use both sides of the stick</li> <li>• Roll the wrists</li> <li>• Refer to other points above</li> </ul>	<ul style="list-style-type: none"> <li>• Have the children standing with their legs apart narrow the gap between their legs.</li> <li>• Have the children standing still turn their sticks over and try to knock the ball away from the child stick handling just using the butt end of the stick</li> </ul>
	<p>Skill Development Use the same space area as the “Megs Game”</p> <ul style="list-style-type: none"> <li>• Have the children walk forwards (no running)</li> <li>• Have the children try walking backwards dragging the ball (looking over their shoulders so they don’t bump into anyone)</li> <li>• Ask the children to stop and stick handle stationary for 10 seconds then move on forwards</li> <li>• Turn sticks over and try walking and stick handling with the butt end of the stick</li> <li>• One hand on the stick, with the lower hand behind your back (use the top hand at the end of the stick)</li> <li>• One hand on the stick, with the higher hand behind your back (use the lower hand in the middle of the shaft of the stick).</li> </ul>	<p>Aim to get the children using both sides of the stick as they move around (both forehand and backhand).</p>	