Year 9 Hockey Knowledge Organiser

Skills

- I can use the appropriate tackling technique against an opponent. i.e I know when to jab tackle or block tackle
- When in a pressurised situation, I can select the most appropriate type of shot to play and execute it with the correct technique.
- I can use an array of different techniques to beat a defender in a pressurised game to help keep possession of the ball.e.g. V Drag, Lift, Roll Out

Decision Making

- Within a game I can analyse why and when I should play each type of pass.
- I can set up a formation to attack and defend a short corner I can also analyse as to why tactics have been or have not been successful.
- Within a game I can change the way I play against a team or player in order to give myself the best chance of being successful. E.g. attacking or defending ball distribution.

Growth & Development.

- I complete regular exercise to help develop the components of fitness which will benefit my hockey performance.
- I can carry out and analyse the impact of different exercises on my performance in hockey.
- I can explain what type of exercise is predominately used in hockey and how to develop this energy system.

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a small sided game to improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or a local club.

Key Terms

Pressurised
Roll Out
Lift
Tactics
Block Tackle
Jab tackle
V Drag
Short Corner
Analyse
Free hit

Rules

- If the defender/goalkeeper purposefully hits the ball over the back line it is a short corner
- For a free hit within the 23m line, the ball must travel 5m before entering the D
- You are allowed 4 defenders (plus GK) behind the goal line to defend a short corner- all others wait at ½ way
- The ball must travel outside the D before a shot can be made on an attacking short corner.