

Hockey Invasion

LKS Year 3 Skills

Lesson 1
How do you
send and
receive a
ball, with
some
control?

grip

Lesson 2
How do you
move safely
when
dribbling,
with some
control?

agility

Lesson 3
What
decisions do
we make
when
attacking?

tactic

Lesson 4
What is the
role of the
defender?

opposition

Lesson 5
Can you
apply tactics
to a small
sided game?

technique

Lesson 6
Assessment:
Can you
apply rules,
skills and
tactics to a
tournament?

tournament

What will we be learning about over the coming weeks?

Hockey Invasion

LKS Year 4 Skills

Lesson 1
How do you
attack with
control and
accuracy?

push pass
forehand receiving

Lesson 2
What
attacking
skills can be
used to
maintain
possession?

open stick
dribbling
reverse stick
dribbling

Lesson 3
What
attacking
skills can be
used to beat
a defender?

accelerating

Lesson 4
How do we
delay an
opponent
and gain
possession
with
defending
skills?

barrier
deny

Lesson 5
How do we
move
towards a
goal and
find space
with
attacking
skills?

rotate
possession

Lesson 6
Assessment:
Can you
apply skills
and
knowledge
to compete
in a
tournament?

perseverance

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Hockey Invasion

UKS Year 5 Skills

Lesson 1
How do we
beat a
defender
with
attacking
skills?

free pass

Lesson 2
What
attacking
skills can be
used under
pressure?

open stick
dribbling

reverse stick
dribbling

Lesson 3
How do you
communicate
with your
team?

empathy

Lesson 4
How do we
gain
possession
using
defensive
techniques?

drive hard
opposition

Lesson 5
How do we
gain
possession
using
defending
tactics?

open stick
tackle

Lesson 6
Assessment:
Can you
apply rules,
skills and
principles to
play in a
tournament?

channelling

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Hockey Invasion

UKS Year 6 Skills

Lesson 1
How do we
beat a
defender
with
attacking
skills?

open stick
dribbling

reverse stick
dribbling

Lesson 2
What
attacking
skills can be
used under
pressure?

forehand
receiving

Lesson 3
Can you
select the
appropriate
skill of
when to
pass and
when to
dribble?

maintain
interceptor

Lesson 4
How can
you support
a teammate?

ball carrier

Lesson 5
What
defensive
techniques
can you
use?

jab tackle
open stick
tackle

Lesson 6
Assessment:
Can you
apply rules,
skills and
principles in
a
tournament?

reflect

What will we be learning about over the coming weeks?