



KNOWLEDGE ORGANISER: PE- Hockey Year 4 Block 4

Key Skills	
Ball Control	A variety of skills to control the ball including dribbling, stopping and striking.
Defending	This includes the physical act of dispossessing the opponent or otherwise preventing them from passing, dribbling or scoring. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.
Attacking	This includes the physical act of dribbling or passing the ball in order to create the opportunity to score. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.
Shooting	A skill used by players within the game to score a goal.
Match Play	Used to describe the overall game. A combination of tactics and physical actions.

Key Terms

Tactical Skills

- attack and defence,
- free space
- losing an opponent
- change of speed
- timing
- decision making

Physical Fitness

- coordination
- agility
- reaction time
- power
- stamina
- strength



Game:

- The aim of the game is to score goals past the opposition's goalkeeper.
- The game begins with a pass from the very centre, on the halfway line. This also happens after half time and when a goal is scored.
- A competitive game is usually 70 minutes, in two halves.
- The team with the most goals wins the game.

Pitch:

- The pitch is approximately 100 yards in length and 60 yards in width.
- It has three lines running horizontally: two 25-yard lines and a centre, or halfway, line.
- At each end of the pitch is a goal and a shooting circle – which players must be inside of in order to shoot at goal.

Equipment:

- Each player has a wooden stick which is used to move a hard ball.
- Only the flat side of the stick can be used.
- For protection, players wear shin pads and a gum shield.
- Goalkeepers are heavily padded to allow them to block the ball with their body if they need to.

Scoring:

- A goal is scored when a player hits the ball in between the goalposts and over the line from within the shooting circle.
- The ball must be hit with the flat side of the player's stick.
- Goals can also be scored from penalty corners.

Common Fouls:

- Hitting the ball off another player with the intent of causing harm.
- Deliberately using the body to assist in moving or stopping the ball.
- Hitting the ball with the rounded side of the hockey stick.
- The stick being raised above waist height.
- Striking the opponent with the stick (or striking their stick, if deemed excessive force).

Team:

There are two teams, which both consists of 11 players including a goalkeeper. The teams also consist of forwards, midfielders, defenders and may have a sweeper, depending on the formation chosen.