

Knowledge Organiser: PE Year 8 Hockey

Skills

Key Words	Description	Coaching Points	Useful Information
Hitting	A firm pass to a selected target	Look up and select target Left shoulder points towards target, head down over the ball Feet shoulder width apart, ball in line with left foot Transfer to back foot Arms nearly straight, right elbow tucked Weight transfer to front leg/hip on down swing Contact lower half of the ball, knees relaxed and bent Arms/stick finish in line with target	Players use the hit to move the ball quickly over longer distance
Receiving ball on backhand	Fielding the ball onto the stick on the players left hand side.	Right shoulder points to oncoming ball Reverse shake hands grip Bottom of stick head on ground, head steady focus on ball Adjust feet, allow ball to come to stick Control ball into space away from opponent	Bring ball under control Allow ball to come to stick, even when you are running to meet the ball
Indian Dribble	A dribble in which the player attempts to wrong foot the opponent by zigzagging the ball across the feet in both directions	Feet shoulder width apart Slightly crouched Head leading Split grip Change V position of left hand Stick on lower half of ball Work ball with tap movement Keep ball in front	Moving the ball from side to side – forehand to backhand and vice versa
Jab Tackle	A one handed tackle. The stick <i>jabs</i> out towards the ball with the left hand and then returns to both hands.	Establish lead foot Both hands split on stick Feet shoulder width apart, low centre of gravity Head of stick on ground Remove left hand to jab, contact lower half of the ball Recoil stick to both hands Keep stick next to lower half of the ball	The jab can be used as a form of delay either to dispossess a player with the ball if the ball is away from the stick or to tempt the player to take their eyes off the ball and possibly lose possession.

Job Tackle



Rules

Infringement	Description	Restart
Ball out of play	The ball is out of play when it passes completely over the side-line or back-line.	Play is restarted by a player of the team which was not the last team to touch or play the ball before it went out of play. Play is re-started where the ball crossed the line
The ball is played over the back-line and no goal is scored	A) Ball hit off by an attacker	Play is re-started with the ball up to 15 metres from and in line with where it crossed the back-line
	B) Ball unintentionally hit off by a defender or deflected by a goalkeeper	Play is re-started with the ball on the 23 metres line and in line with where it crossed the back-line
	C) Ball hit off intentionally by a defender, unless deflected by a goalkeeper	play is re-started with a penalty corner

Effects of exercise

Short term
Increased blood flow to muscles Blood is diverted to muscles from digestive and other systems Increased tidal volume (amount of air breathed in or out 1 one breath)

Long term
Muscles, tendons and ligaments get stronger Lower resting heart rate and quicker recovery rate Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)

Components of fitness

Component of fitness	Definition	Example of use in the game
Muscular strength	The amount of force a muscle can produce with a single maximal effort. (1 rep max)	Allows you to hit the ball harder
Speed	Ability to move quickly	To get down the pitch quickly during a counter attack
Reaction time	Ability to respond quickly to a stimulus	Goalkeeper reacting to a shot which they must save

Positions

