

## Knowledge Organiser: PE Year 9 Hockey

### Skills

Key Words	Description	Coaching Points	Useful Information
Aerial Pass	A push pass lifted into the air	See receiver and opponent Left foot and shoulder point to target Shake hands grip Open stick next to bottom half of the ball Drop right shoulder and transfer weight forward Lift through lower half of the ball Finish with stick toe up and arms extended towards target	Use this technique to play the ball to a teammate over an opponent who is blocking the passing lane.
Receiving aerial balls	Receiving and controlling a ball dropping from the air	Position behind descending ball Shake hands grip, raise receiving stick below shoulder level Stick wedge 70° forward to ground, steady stick Left foot in front of right, transfer weight to side of approaching aerial Receive ball on stick shaft at knee level	Ball must be below shoulder height when played.
Spin Dribbling	A dribble used to protect the ball while turning away from the opponent	Close control of the ball Crouched posture Glance up to see opponent Use body fakes and deceptive sidesteps Control ball in directional pivot Alternate vision from ball to opponent Accelerate away from opponent	Proper positioning of the body in relation to the ball and the defender is very important.
Reverse Tackle	A Tackle where the tick position is outside the line of your body on your left hand side but still in front	Position goal side Establish right lead foot and shoulder, line left foot with ball Reverse V grip of left hand Low centre of gravity Toe of stick on ground Time block by lowering handle of steady stick Trap and contact lower half of the ball Control ball away from dribbler	Left side defenders should be familiar with this tackle

### Effects of exercise

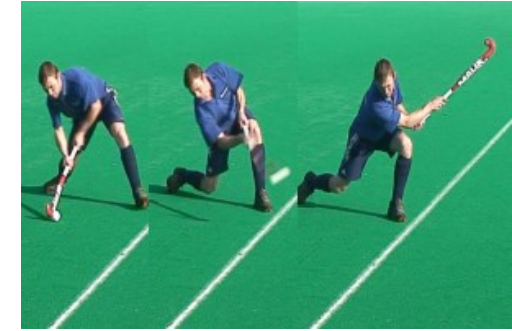
Short term
Rise in muscle temperature Blood temperature rises The blood vessels near the skin open to allow heat to be lost

Long term
Muscles get bigger (Hypertrophy) Increased number of capillaries in muscles Increased oxygen delivered to and carbon dioxide removed from the body

### Components of fitness

Component of fitness	Definition	Example of use in the game
Body composition	The percentage of body weight which is fat, muscle and bone	Players must be well conditioned in order to perform athletic moves such as jumping and running
Balance	The ability to maintain the body's centre of mass	To maintain control when dribbling
Flexibility	Range of movement (ROM) at a joint	To maintain essential body positions such as reach to tackle the ball

### Flick pass



### Rules

Penalty	Awarded for:
Free Hit	a for an offence by any player between the 23 metres areas b for an offence by an attacker within the 23 metres area their opponents are defending c for an unintentional offence by a defender outside the circle but within the 23 metres area they are defending.
Penalty Corner	a for or an offence by a defender in the circle which does not prevent the probable scoring of a goal b for an intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball c for an intentional offence by a defender outside the circle but within the 23 metres area they are defending d for intentionally playing the ball over the back-line by a defender
Penalty Stroke	a for an offence by a defender in the circle which prevents the probable scoring of a goal b for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball

### Reverse Tackle

