



PE Knowledge Organiser

Year 6: Autumn Term

Hockey

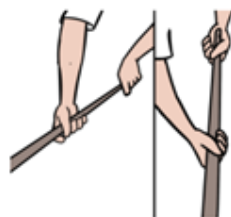


Key Knowledge and Skills:

Holding the Hockey Stick

Right hand halfway down the stick, left hand at the top of the stick. Left hand controls the rotation, right hand provides control and stability.

The stick must not be lifted above waist height.



Dribbling

Players may only use one side of the stick to dribble. This is called reverse stick dribbling.



Passing (push pass)

Keep your stick on the ball, no back swing. Stepping action with left foot. Transfer your weight to your front foot. Push the ball using the flat side of the stick. Do not lift the stick higher than waist height.



Tackling (block tackle and jab tackle)

For a block tackle, widen your grip and place the hockey stick towards the ground in a crouched position creating a barrier. Be in a strong and balanced position. For jab tackling, you can use one or two hands. Use a long reach and a quick jab. 'Snake strike' tackle, jab in and out.

Key Vocabulary:

Vocabulary:	Definition:
Ball steal	Taking the ball off your opponent fairly.
Interception	Getting the ball off an opponent when they are passing to one of their teammates.
Dribbling	To take a ball forwards using small touches of the feet or hands.
Track	To watch a ball.
Receive	To end up with the ball after it has been passed or caught.
Opponent	A player who is on the opposite team/someone you are playing against.

Trapping the ball

Move your feet in line with ball. Put your stick low to the ground to create a barrier and cushion the ball when it comes towards you by moving your stick backwards.

