

# SINGAPORE HOCKEY SCHOOLS PE PROGRAMME





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## Singapore Hockey Federation (SHF) School PE Programme

This partnership programme aims to use modified hockey in the PE curriculum of students, in line with the recommendation of the Ministry of Education to focus on Fundamental Movement Skills incorporating movement concepts of body awareness, space awareness, effort and relationships, taught across the activity areas of athletics, dance, games, and sports.

This PE programme consist of 4 modules, with 5 lesson plans in each module (20 lessons), from simple beginner to moderate levels, suitable for students from 9 to 12 years of age.

- The lessons cover a range of tasks and games to provide physical activity that is interesting to prepare them for the modified game.
- The lessons also aim to teach core values of respect, responsibility, resilience, integrity, care and harmony during game play.

### THE MODIFIED HOCKEY GAME

Students play a 3 v 3 hockey with modified equipment, 2 to 4 goalposts, without goalkeepers in a smaller play area. During game play, students execute skills of advancing with the ball, passing and shooting, moving into space to receive the ball and a combination of these skills, to defend and attack, to perform intended outcomes. Students demonstrate some control when dribbling and passing to set up opportunities for themselves and teammates to shoot at goal when attacking. They generally adjust their positions to maintain frontal view of the goal post when attacking and place themselves between the attacker and goal post when defending. In attacking the goal, students make good use of available space by dribbling into space or passing to unmarked teammates. In defending the goal, students work together to stop the attack and regain possession of the ball.

### AIMS DURING THE GAME INCLUDE:

1. Execution of basic skills to attack and defend
2. Demonstration of strategy development and cooperation
  - Setting of opportunities for themselves and teammates to score a goal
  - Making good use of available space by dribbling into space or passing to unmarked teammates
  - Working together to stop an attack and regain possession of the ball
  - Players generally adjust their positions to maintain frontal view of the goal post when attacking and place themselves between the attacker and goal post when defending.

### RULES

#### 3 important rules:

1. Safety always comes first
  2. Hockey equipment must be used correctly
  3. Always listen to instructions
    - No using of feet to intentionally stop or kick the ball
    - No using of the curved side of the stick to contact the ball
    - No hacking of opponents' sticks
    - No raising of sticks above shoulder level at any point during the lesson
- Facilities and Equipment
- Recommended size of play area: Length – 14 to 18 m, Width – 8 to 10 m
  - Recommended venue: Indoor court or outdoor field
  - Recommended size of goalpost\* : Length – 1.2m to 3.5m, Height – 0.6 to 1.15 m. *(Modified goalposts using cones or bean bags placed 1.2 m apart for each goalpost may be used)*

# BASIC SKILLS

## HOCKEY GRIPS

### Basic Grip

- Firm left hand grip at the top of the stick
- Turn stick like opening a door
- Right hand well down the stick  
(*about halfway or more*)
- Forefinger and thumb form a 'V'
- Relaxed right hand acts as guide



### Reverse Grip

- Firm left hand grip at the top of the stick
- Turn stick like opening a door
- Right hand well down the stick  
(*about halfway or more*)
- Forefinger and thumb form a 'V'
- Relaxed right hand acts as guide



## THE 'V' GRIP



## ATHLETIC STANCE

- Wide base – Feet shoulder-width apart
- Knees slightly bent (*flexed*) – slight squat
- Low upper body
- Elbows comfortably away from your body
- Head on a '*swivel*', not looking down on the ball/hook





## HOCKEY GRIP TO PULL BALL

*Pulling the ball from side to side*

- Firm left hand grip at the top of the stick
- Turn stick like opening a door
- Right hand well down the stick
- Forefinger and thumb form a 'V'
- Relaxed right hand acts as a guide
- Shift body weight left to right as the stick moves from left to right
- Bend knees
- Ensure pupils do not bend down, rather they should be in a slight squat position as they move



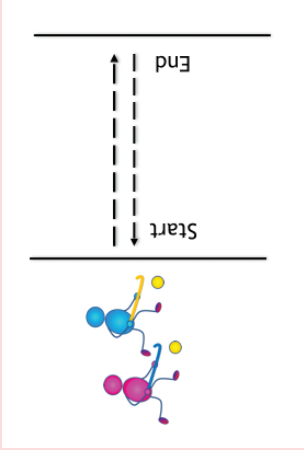
## STATIONARY PUSH

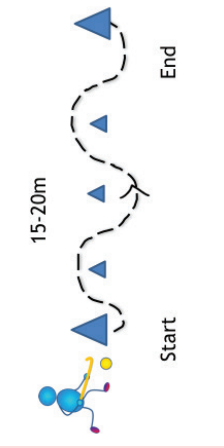
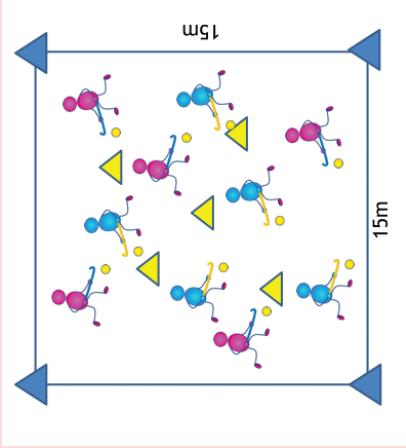
- Grip
- The middle of the pupils' webbing between their thumb and index finger should line up with the spine of the stick
- Ball Relative to Feet
- Ball should start level with right foot (*back foot*) and be released when ball is level with left foot (*front foot*)
- Follow Through
- Ensure stick and body stays low (*for aim and for safety*)

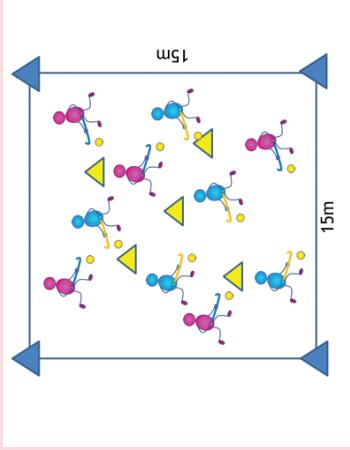
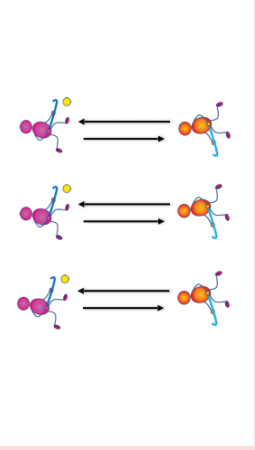
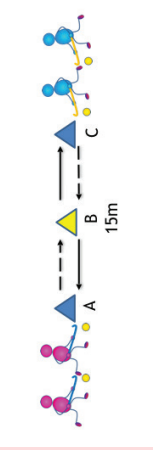
## FOREHAND TRAP

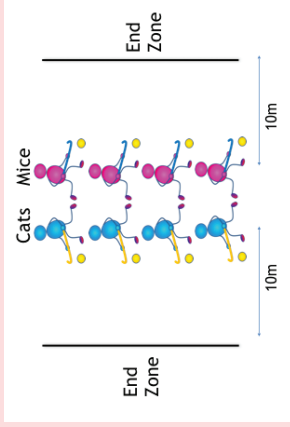
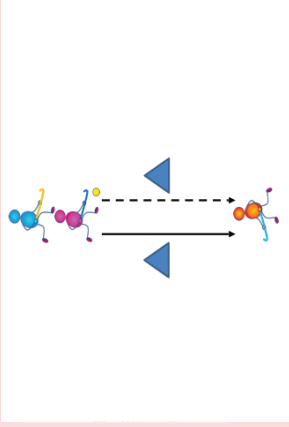
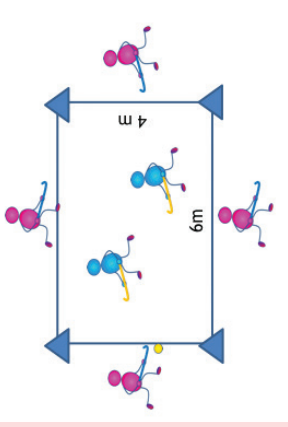
- Feet apart, knees slightly bent
- Stick head on the ground in line with the ball
- Stop the ball on the stick in one movement
- Grip: basic grip with right hand 1/3 down the stick
- Left foot forward of the right foot for balance
- Ball trapped behind the line of the left foot
- Follow Through
- Ensure stick and body stays low (*for aim and for safety*)

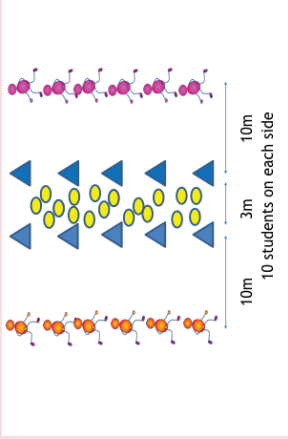
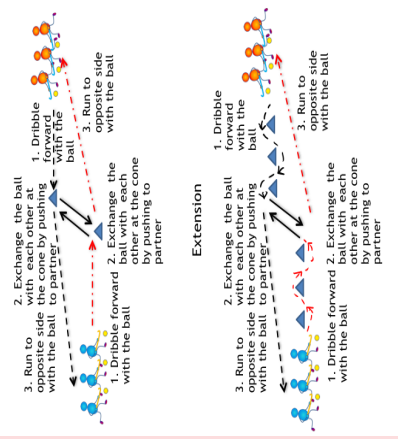
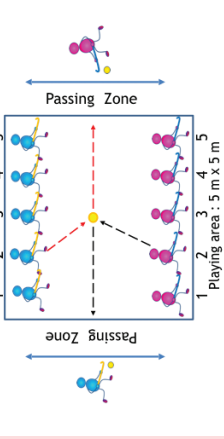


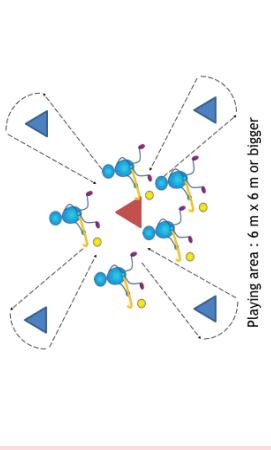
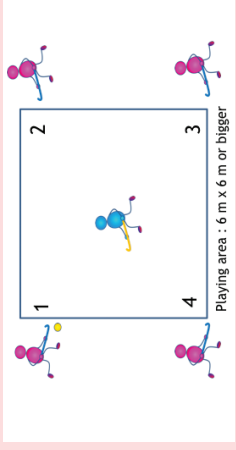
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Hold the stick using the correct grip.</li> <li>2. Manipulate the ball using the flat side.</li> <li>3. Advance with the ball in a single direction and use the reverse stick to slow down or stop the ball.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand the use of the correct grip.</li> <li>2. Understand when to use the correct side of the stick.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand and demonstrate the value of care by encouraging their teammates and helping them improve.</li> </ol> | <p><b>SAFETY BRIEFING (10 MIN):</b> 3 Important Rules</p> <p><b>INTRODUCTION (15 min):</b> 1 stick per student</p> <ul style="list-style-type: none"> <li>• Introduce students to the hockey stick, ball and shin pads, teach students how to wear shin pads</li> <li>• Establish routine for collection of sticks</li> <li>• Students to pick up sticks when instructed, and practice their grip</li> <li>• Teach students hockey grip</li> <li>• Get students to practice with an 'air stick'</li> <li>• Check and correct students' athletic stances</li> </ul> <p><b>TASK 1: INDIVIDUAL BALL HANDLING (15 min)</b></p> <p>1 stick and 1 ball per student</p> <ul style="list-style-type: none"> <li>• Get students to practice with an 'air stick' first</li> <li>• Teacher to demonstrate dribbling of the ball (<b>emphasise on turning the wrist and not to use the curve side of the stick</b>)</li> <li>• Students to practice dribbling of the ball across their body (<b>right to left, left to right</b>)</li> <li>• While standing stationary, students are to dribble the ball across their body as many times as possible in one minute</li> <li>• While standing stationary, students to dribble the ball in figure of 8 pattern</li> </ul> <p><b>TASK 2: ADVANCING WITH THE BALL (15 min)</b></p> <ul style="list-style-type: none"> <li>• 1 stick per student, 1 ball per group</li> <li>• Students play in groups of 4</li> <li>• Students to advance (walk/jog) with ball towards the end line and stop on the reverse, then turn around and return to starting line</li> <li>• Take turns with group members after each time</li> </ul> <p>Extension:</p> <ul style="list-style-type: none"> <li>• Students to run with the ball</li> <li>• Students to run in a curve at the end line to make a U turn (<b>on the forehead, without stopping the ball</b>)</li> </ul> <p><b>DEBRIEF:</b> (5 min)</p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 20 hockey balls</li> <li>• 16 cones</li> </ul> <p><b>DISPLAY RULES ON A MINI WHITEBOARD</b></p> <p>Students are to be seated in rows of 5-6 (8 rows), with sufficient space in between Hockey sticks for all pupils</p> <p>Sticks to be placed on the floor, until instructions are given</p> <p>Task 2</p>  |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                             |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Manipulate the stick well to dribble the ball while in a stationary position.</li> <li>2. Advance the ball forward at a comfortable within reach at all times.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand how to manipulate the stick to control the ball.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand and demonstrate the value of respect for each other.</li> </ol> | <p><b>INTRODUCTION: YARDSTICK TEST</b> (10 min)</p> <ul style="list-style-type: none"> <li>1 stick and 1 ball per student</li> <li>Students practice stick grip and stance</li> <li>Teacher demonstrate the hockey grip to 'pull the ball'</li> <li>Students practise movement without ball, teacher correct movements</li> <li>In pairs, Student A lays stick down as a measure and Student B dribbles back and forth along the length of the stick, each dribbles 10 times, then switch roles</li> </ul> <p><b>TASK 1: TUNNEL GAME</b> (15 min)</p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per pair</li> <li>Students remain in pairs</li> <li>Student A stands with legs apart while Student B pushes ball back and forth between the legs of Student A (<b>forehand to push the ball left and reverse stick to push the ball to the right</b>)</li> <li>Count number of reps in 1 min then swap (<b>repeat 4 to 6 cycles</b>)</li> </ul> <p><b>TASK 2: ZIGZAGGING WITH THE BALL</b> (15 min)</p> <ul style="list-style-type: none"> <li>1 stick and 1 ball per student</li> <li>Students play in groups of 5</li> <li>Place 2 large cones (start and end points) and 3 small cones (1.5-2m apart) in between</li> <li>Students push the ball around the cones from the Start to the End Point. When all the students have completed the circuit, they can repeat the activity from the End point back to Start point.</li> </ul> <p><b>TASK 3: AVOID THE LANDMINES</b> (15 min)</p> <ul style="list-style-type: none"> <li>1 stick and 1 ball per student</li> <li>Students play in groups of 10 per playing area</li> <li>Mark out play area with 4 cones and place 5 cones representing landmines</li> <li>Students must move around and dribble the ball within play area at the same time avoiding each other and the landmines for 30 seconds</li> <li>Extension: 45 secs, 1min etc.</li> </ul> <p><b>DEBRIEF:</b> (5 min)</p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 40 hockey balls</li> <li>• 36 cones</li> </ul> <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Manipulate the stick well to dribble the ball while moving.</li> <li>2. Execute the simple forehand push of the ball to the wall or partner.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand when to manipulate the stick according to the situation</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand and demonstrate the value of integrity in the landmines activity, going out when they hit a landmine or another student</li> </ol> | <p><b>TASK 1: AVOID THE LANDMINES</b> (15 min)</p> <ul style="list-style-type: none"> <li>1 stick and 1 ball per student</li> <li>Students play in groups of 10 per playing area</li> <li>Mark out play area with 4 cones and place 5 cones representing landmines</li> <li>Students must move around and dribble the ball within play area at the same time avoiding each other and the landmines for 30 seconds</li> <li>Extension: 45 secs, 1min etc.</li> </ul> <p><b>TASK 2: FOREHAND PUSH</b> (20 min)</p> <ul style="list-style-type: none"> <li>1 stick and 1 ball per pair of students, students to play in pairs</li> <li>Teacher demonstrate the push in a stationary position</li> <li>Students to practise the movement without the ball and Teacher to correct</li> <li>Students to push the ball (using hockey stick) towards their partner (10m away), who will catch the ball (using their hands) and roll it back. Switch after 5 times</li> </ul> <p>Extension:</p> <ul style="list-style-type: none"> <li>1 stick per student and 1 ball per pair of students</li> <li>Teacher to demonstrate the forehand trap</li> <li>Students to practice forehand push and trap</li> <li>Students to dribble the ball on the spot before pushing to partner</li> <li>Students to move the ball forward two steps before pushing (<b>focus on left shoulder pointing to partner before releasing the ball</b>)</li> </ul> <p><b>TASK 3: MINI PASSING DRILL</b> (20 min)</p> <ul style="list-style-type: none"> <li>1 stick and 1 ball per student</li> <li>Students play in groups of 4; 2 students on each side</li> <li>Student from 1 side control the ball to the middle cone and make a forehand push pass to teammate on the other side, then follow the pass.</li> <li>Receiver to stop the ball using forehand stop, control the ball to the middle cone before making forehand push pass to teammate on the other side.</li> <li>Ensure pupils do not swing the sticks to pass the ball.</li> </ul> <p>Extension:</p> <p>Mini Competition: First team to complete 10 passes wins</p> <p><b>DEBRIEF:</b> (5 min)</p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 40 hockey balls</li> <li>• 36 cones</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                    |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Manipulate the stick well to trap and push the ball to a partner.</li> <li>2. Play a 3v3 game with modified rules.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand the concept of moving into space to receive the ball.</li> <li>2. Understand how to move to an attack position.</li> <li>3. Understand how to move to defend and regain possession of the ball.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand and demonstrate the value of respect through playing according to the rules of the game.</li> <li>2. Learn to communicate and resolve disputes fairly by playing to a set of rules.</li> </ol> | <p><b>TASK 1: CATS AND MICE (15 min)</b></p> <ul style="list-style-type: none"> <li>1 stick and 1 ball per student</li> <li>Students are divided into two groups (Cats and Mice)</li> <li>Groups line up in 2 rows, back facing each other in the middle</li> <li>When teacher calls “Mice”, the Mice are to dribble the ball across the End zone they are facing</li> <li>The Cats have to leave their ball behind and try to catch the Mice, tackling them before they reach the End zone</li> <li>If Teacher calls “Cats”, roles are reversed</li> <li>The winners are players who do not get caught</li> </ul> <p><b>TASK 2: PASSING AND RECEIVING RELAY (15 min)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per group</li> <li>Students to play in groups of 3, 10 m apart</li> <li>Students to pass the ball through the cones to their group member and follow their pass (<b>run to where they are passing the ball to</b>)</li> <li>Teacher to correct forehand push and trap techniques</li> <li>Ball to start from the side with 2 players so that the passes can continue in a relay format</li> </ul> <p><b>TASK 3: THE MOVING WALL (20 min)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Playing area: 6m x 4m per grid, students work in groups of 6</li> <li>4 students to stand on the perimeter just outside the playing area, 2 students to remain within the playing area</li> <li>Students on the perimeter are to push the ball to another student who is standing on the perimeter.</li> <li>The 2 students in the centre are to block the pass. If successful, student in the centre will swop with student who lost the ball.</li> <li>Student can move along the perimeter to make a pass or receive the ball.</li> <li>Students on the perimeter are to attempt to make 8 successful passes.</li> <li>Students in the centre attempts to block the passes before the count reaches 8.</li> <li>After 5 successful passes, students in the centre to swop places with 2 students on the perimeter</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                       | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                     |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Dribble the ball in a zig-zag manner while running.</li> <li>2. Execute a simple forehand push pass while running.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand the concept of moving the ball in a zig-zag manner to keep possession of the ball.</li> <li>2. Understand where to propel the ball to a partner while moving.</li> </ol> | <p><b>TASK 1: UP FOR GRABS</b> (10 min)</p> <ul style="list-style-type: none"> <li>1 stick per student, 19 balls per playing area of 20 students</li> <li>Students play in groups of 20, 19 balls in the middle</li> <li>Students divided further into 2 groups, 10 on each side</li> <li>Place cones as barrier in the middle, so students do not run into each other</li> <li>Teacher blows the whistle and students run to grab a ball back to base line</li> <li>Remove more balls at each turn to speed up the game (<b>minimum 7 balls in play for safety reasons</b>)</li> <li>Team with most number of balls per round wins a point</li> </ul> <p><b>TASK 2: BALL EXCHANGE</b> (20 min)</p> <ul style="list-style-type: none"> <li>1 stick per student, 2 balls per group</li> <li>Students to play in groups of 6, 3 students on each side, 10 m apart</li> <li>1 student from each group run with the ball to the cones (at the same time)</li> <li>Slow down at the middle cone and make a forehand pass to exchange balls</li> <li>Trap the ball that is passed and run with the ball to the opposite side</li> <li>The next 2 students to continue after receiving the ball</li> </ul> <p>Extension:</p> <ul style="list-style-type: none"> <li>Students to progress to dribbling the ball (zig zag pattern around cones on each side, before ball exchange takes place)</li> </ul> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>40 hockey balls</li> <li>26 cones</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  |
| <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Learn to appreciate the importance of safety and caring for others in the activities.</li> </ol>                                                                                                                                                                                                                                                                                      | <p><b>TASK 3: STEAL THE CHICKEN WING</b> (20 mins)</p> <p>1 stick per student, 1 ball per playing area 10 m x 10 m</p> <ul style="list-style-type: none"> <li>Students play in groups of 6 or 7, 2 groups play against each other</li> <li>Students in each team number themselves from 1-5 (or 1-6 for groups with 7 students). The last student will be the 'Hungry Man'</li> <li>Place the ball ('chicken wing') in the middle</li> <li>The Teacher calls a number and students from both teams with the same number run to collect the ball, dribble the ball in the dribbling zone to the passing zone and pass (feed) the ball to the 'Hungry Man' of their team</li> <li>The 'Hungry Man' will only be fed if he/she receives the ball, and then exchange-position with the student who had fed him/her.</li> <li>No tackling in the Dribbling Zone. Interception in the Passing Zone is allowed</li> <li>'Hungry Men' from each team will track the number of 'chicken wings' received.</li> </ul> <p><b>DEBRIEF:</b> (5 min)</p>                                                                                                                                                                                                                                                                                                                                                        | <p><b>Task 3</b></p>                                                                                                                                                                                                                                                                                  |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Receive and control a ball with correct form (<b>forehand or reverse stick</b>).</li> <li>2. Pass the ball with correct form accurately to teammate.</li> <li>3. Jog /run with the ball in close control.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand how to position the stick to receive and pass the ball.</li> <li>2. Decide when to make the pass without the ball being intercepted.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Help each other in performing the tasks.</li> <li>2. Demonstrate integrity and give up his place when the ball is intercepted.</li> </ol> | <p><b>SAFETY BRIEFING: 3 Important Rules every lesson (5 mins)</b></p> <p>Recap on ball handling (5 mins)</p> <ul style="list-style-type: none"> <li>• Teacher to show how to hold a hockey stick</li> <li>• Not allowed to use the curved side of stick</li> </ul> <p><b>TASK 1: NORTH SOUTH EAST WEST (10 mins)</b></p> <p>1 stick and 1 ball per student</p> <ul style="list-style-type: none"> <li>• Students play in groups of 5 per playing area</li> <li>• Students start from the centre of the playing area and dribble to a corner cone and return back to the centre in shortest possible time</li> <li>• 5th student in the group can choose to start from any corner</li> <li>• Students should demonstrate proper handling of the stick.</li> <li>• Allow students to experiment with the reverse stick handling.</li> </ul> <p>Extension:</p> <ul style="list-style-type: none"> <li>• Students to complete visiting the 4 corners after returning to the centre (<b>Students must return to the centre first before going to the next corner</b>)</li> </ul> <p><b>TASK 2: PASS THE EGG (20 mins)</b></p> <p>1 stick per student, 1 ball per group</p> <ul style="list-style-type: none"> <li>• Students play in groups of 5, 1 group per playing area</li> <li>• Student in the centre of the grid to pass and receive the ball from his/her teammates in order (1, 2, 3, 4) under a time limit given, <b>e.g. 20 seconds</b></li> <li>• Students to take turns with the student in the centre</li> </ul> <p>Extension</p> <ul style="list-style-type: none"> <li>• Numbers can be non-sequential</li> <li>• Alternatively all 4 players on the outside have a ball each and take turns to pass to the player in the centre</li> </ul> <p><b>TASK 3: STEAL THE EGG (15 mins)</b></p> <ul style="list-style-type: none"> <li>• In the same set-up as the previous activity, students on the outside to keep possession of the ball by passing the ball to each other</li> <li>• Student in the centre is to intercept the pass</li> <li>• Student who last touched the ball before the interception will exchange place with the student in the centre</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 40 hockey balls</li> <li>• 20 cones</li> </ul> <p>Display rules on a mini whiteboard</p> <p><b>Task 1</b></p>  <p><b>Task 2 &amp; 3</b></p>  |

## LESSON OBJECTIVES

### PSYCHOMOTOR

1. Dribble the ball to open space.
2. Move into open space to offer a pass.

### COGNITIVE

1. Understand the purpose of creating space.
2. Decide when to give the pass

### AFFECTIVE

1. Learn to play within a group to achieve the target set.
2. Play together and encourage one another to achieve

## CONTENT / TEACHING POINTS

### TASK 1: POLICE AND THIEVES (15 mins)

- 1 stick and 1 ball per 'Thief'
- Students play in groups of 5 per playing area
  - 4 students take role of 'Thieves' and 1 student takes the role of 'Police'
  - 'Thieves' to dribble the ball from one safe zone to the other safe zone at the same time
  - Swap roles so that everyone has a chance to be the 'Police'
  - 'Police' will attempt to catch the 'Thieves' by tagging them, hopping on one leg
  - Encourage students to identify open spaces for them to move to
- Extension:
- 2 'Police' and 3 'Thieves' in one playing area to make it more challenging for the 'Thieves'

### TASK 2: BARRICADES (20 mins)

- 1 stick per student, 4 balls per group
- Students to play in groups of 5 per playing area
  - Students in the safe area (Runners) attempt to travel across to the other side of the court by dribbling a ball across one at a time
  - Student in the centre (Blocker) attempts to block the players from reaching the safe area using a flat stick tackle or channel the Runners out of the playing area
  - Blocker can only move along the line in the middle of the playing area
  - Blocker should not swing the stick in an attempt to tackle
  - Students to take turns so that everyone has a chance to be the Blocker

Extension:

- Reduce the width of the playing area to 4m

### TASK 3: BEYOND THE WALL (20 mins)

- 1 stick per student, 1 ball per group
- Students to play in groups of 3 per playing area
  - 2 students to stand one each end another student in the middle
  - The 2 students at the end attempt to pass the ball across the playing area to each other without the ball being intercepted
  - Student in the middle is only allowed to move along the line in the middle
  - Students receiving the ball to move into space along the width for a safe pass
  - Students making the pass may also move along the width to make a clear pass
  - Switch roles after 10 passes

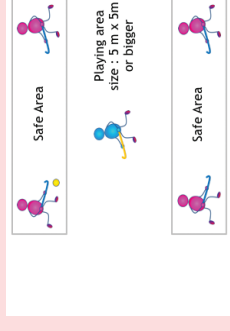
### DEBRIEF: (5 min)

## ILLUSTRATIONS/SUGGESTED ORGANIZATION

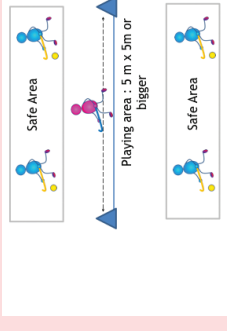
### EQUIPMENT NEEDED:

- 40 pairs shin pads
- 40 hockey sticks
- 32 hockey balls
- 48 cones

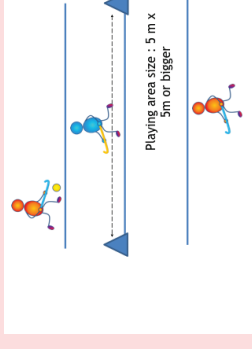
### Task 1

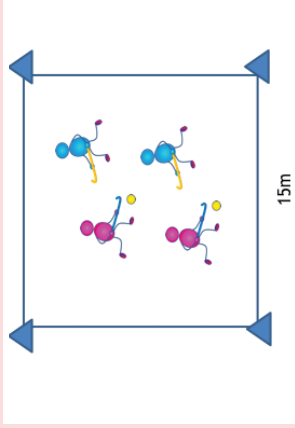
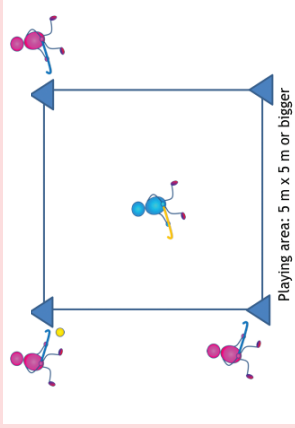
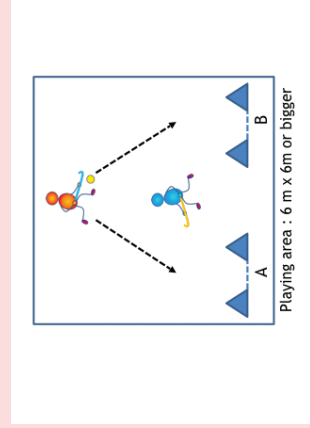


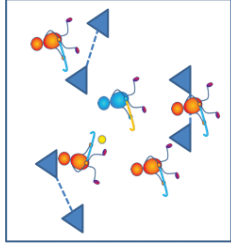
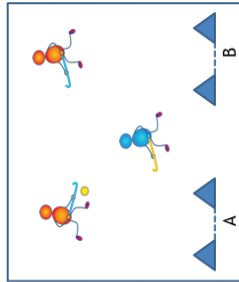
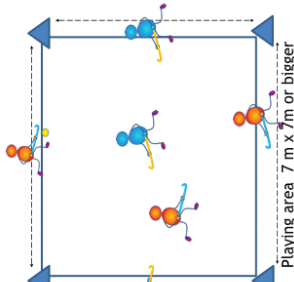
### Task 2

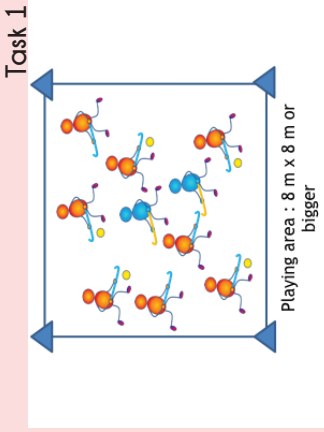
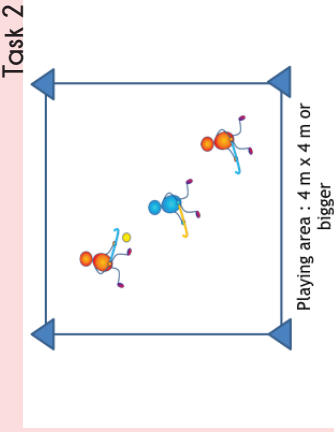
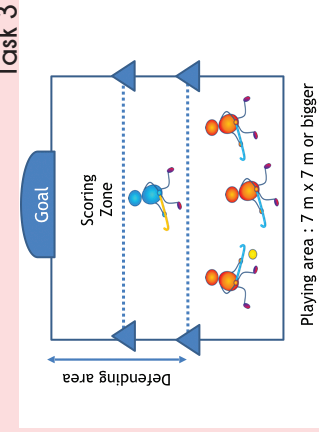


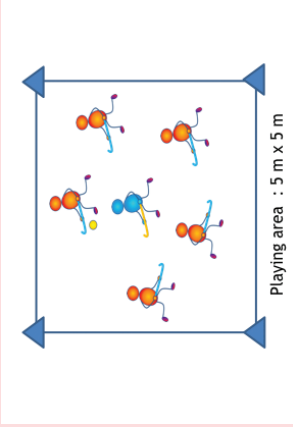
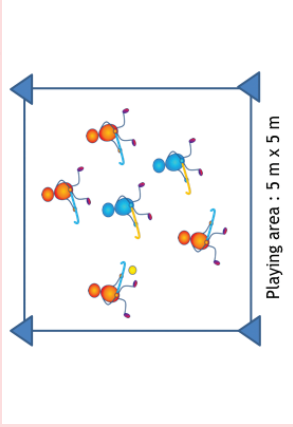
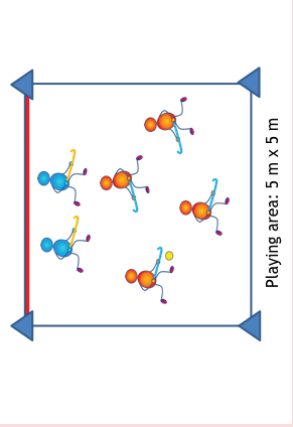
### Task 3

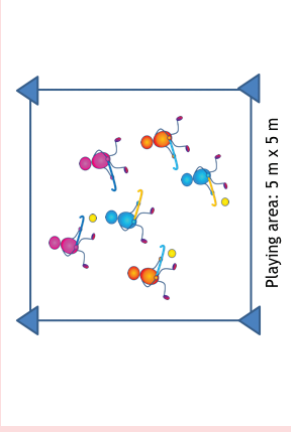
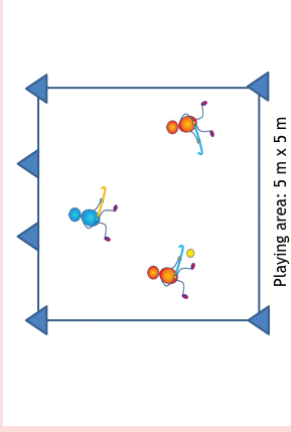


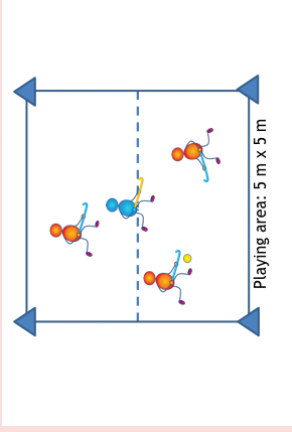
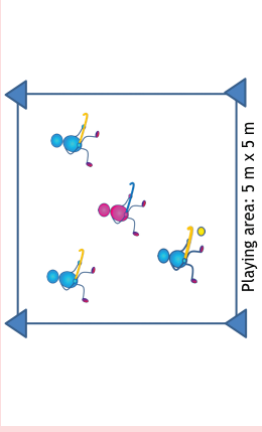
| LESSON OBJECTIVES                                                                                                                                                                                                                              | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Adopt suitable defensive position in front of the ball carrier.</li> <li>2. Execute a complete pass to a teammate in a 2V1 situation.</li> </ol>                           | <p><b>TASK 1: MIRRORING YOU</b> (15 mins)</p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per pair, students to play in pairs</li> <li>Student A attempts to move across to the play area</li> <li>Student B attempts to 'mirror' Student A by standing in front of Student A and blocking his/her path passively</li> <li>Student B should maintain a good tackling distance (<b>Student B should stretch forward and touch the ball with an outstretched arm</b>)</li> <li>Student B should have one foot forward at all times and retreat as Student A advances across to the other side</li> </ul> <p>Extension</p> <ul style="list-style-type: none"> <li>Student A to move into space and avoid Student B (<b>dribble the ball in zigzag fashion</b>)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 20 hockey balls</li> <li>• 32 cones</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |
| <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand the concept of running into space.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Play with others and exhibit team play</li> </ol> | <p><b>TASK 2: TRIANGLE PLAY</b> (20 mins)</p> <p>1 stick per student, 1 ball per group</p> <ul style="list-style-type: none"> <li>Students to play in groups of 4 per playing area</li> <li>3 students to stand at the cones and 1 student ('Monster') to stand in the middle</li> <li>Students at the cones attempt to make as many complete passes to each other while the 'Monster' attempts to block the pass.</li> <li>'Monster' can only intercept the pass by blocking the ball with the stick</li> <li>The other students are only allowed to pass and receive the pass at the cones and not anywhere along the perimeter of the playing area.</li> <li>The other students can move to the empty cone (<b>by moving along the perimeter and not cutting across the middle</b>) to offer a pass (<b>moving to space to receive the ball</b>)</li> <li>Focus on students' movement off the ball and 'Monster's' defensive position</li> </ul> <p><b>TASK 3: CHANNEL ON!</b> (20 mins)</p> <p>1 stick per student, 2 balls per group</p> <ul style="list-style-type: none"> <li>Students to play in groups of 4</li> <li>Game starts with a defender passing the ball to an attacker</li> <li>Defender then proceeds to challenge the attacker.</li> <li>Defender has to decide which goal that he/she wants to channel Attacker to</li> <li>Attacker attempts to advance to either one of the goals without being tackled by the defender</li> </ul> | <p><b>DEBRIEF:</b> (5 min)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

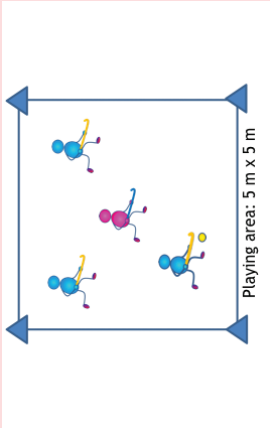
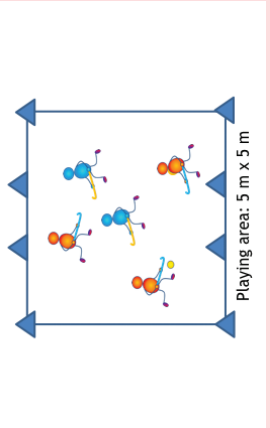
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>Intercept the ball when it is within his/her reach.</li> <li>Execute a complete pass to a teammate in a 2V1 situation.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>Decide on holding the ball or making a pass</li> <li>Student learns when to channel and when to execute the tackle</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>Student learns to play with others through peer- learning and team play</li> </ol> | <p><b>TASK 1: ERP GANTRY (15 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student and 2 balls per group (each pair of attackers to a ball)</li> <li>Students to play in groups of 6 or 7 per playing area</li> <li>4 students take role of attackers and 1 student take the role of defender (1 student to rest out first)</li> <li>Attackers attempt to score by dribbling the ball through any of the gantries or by passing the ball to another attacker on the other side of the gantry</li> <li>The defender attempts to intercept and clear the ball away</li> <li>Each time a ball goes through a gantry, 1 point earned</li> <li>Switch roles after 2 mins (everyone should have a turn to be the defender)</li> </ul> <p>Extension:</p> <ul style="list-style-type: none"> <li>Add one more defender (4 attackers and 2 defenders)</li> </ul> <p><b>TASK 2: OPEN SESAME (20 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student and 1 ball per group</li> <li>Students to play in groups of 6 per playing area</li> <li>3 students per group are involved at any one time: 2 as attackers, 1 as defender (<i>switch roles after each turn, the rest wait outside</i>)</li> <li>Attackers play together to score by dribbling the ball through either gantry</li> <li>Defender to prevent the scoring by tackling / channelling / intercepting</li> <li>*If students are not successful most of the time, defenders to defend passively (<i>mirroring but no tackling</i>)</li> </ul> <p><b>TASK 3: WAY PLAY (20 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>3 students in a team, 2 teams play against each other</li> <li>Each team attempts to maintain possession of the ball</li> <li>2 students from each team play along their own allocated side-lines, while 1 student will play in the centre of the playing area (<i>see diagram</i>)</li> <li>Teams attempt to make 3 consecutive passes to score 1 point (<i>possession goes to the other team after scoring each point</i>)</li> <li>Teams without the ball prevent the passes by intercepting or channelling the ball out (<i>turn over possession to the other team when ball is out or intercepted</i>)</li> <li>Students on the side lines to switch roles with the student in the middle after each point score</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>20 hockey balls</li> <li>36 cones</li> </ul> <p><b>Task 1</b></p>  <p>Playing area: 7 m x 7 m or bigger</p> <p><b>Task 2</b></p>  <p>Playing area: 6 m x 6m or bigger</p> <p><b>Task 3</b></p>  <p>Playing area 7 m x 7m or bigger</p> |

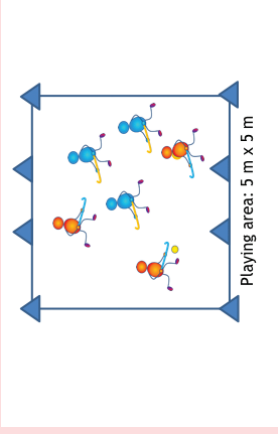
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Student is able to intercept the ball when it is within his / her reach.</li> <li>2. Student is able to maintain possession of the ball by protecting the ball or passing to a teammate to advance.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Student to make the decision on holding possession or passing the ball.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Student learns to play with others in achieving the tasks</li> <li>2. Student demonstrates the spirit of fair play and sportsmanship</li> </ol> | <p><b>TASK 1: IT'S MY TREASURE (15 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 5 balls per playing area</li> <li>Students to play in groups of 10 per playing area</li> <li>Game starts with 8 students as the 'Guardians' and 2 students as the 'Thieves' (<i>'Thieves to wear a bib / sash'</i>)</li> <li>The 'Guardians' need to maintain possession of the ball by protecting it from the 'Thieves' or passing the ball among other 'Guardians'.</li> <li>'Thieves' attempt to steal (<i>tackle or intercept</i>) the ball from the 'Guardians'</li> <li>'Thief' who is successful in stealing the ball will be the 'Guardian' while the 'Guardian' who loses possession of the ball will be the 'Thief' (<i>need to pass over the bib / sash</i>)</li> </ul> <p><b>TASK 2: KEEP IT FOR 3 (20 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 3 (2 attackers, 1 defender)</li> <li>1 attackers starts with the ball and protect the ball for 3 seconds before passing to the other attacker (<i>protect the ball by moving away from defender and putting the body between the defender and the ball while moving</i>)</li> <li>Attackers make a string of 5 passes before switching roles (<i>protect the ball for 3 secs before each pass</i>)</li> <li>Passive defending (<i>defender mirrors the attacker with the ball</i>)</li> </ul> <p>Extension:</p> <ul style="list-style-type: none"> <li>Defender attempts to steal the ball by tackling the ball when the ball is within reach</li> </ul> <p><b>TASK 3: PARTY TRIO (20 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 4 (3 attackers, 1 defender)</li> <li>Attackers advance towards goal and attempts to score goal</li> <li>Defender attempts to block the attack by tackling, intercepting or forcing the ball out</li> <li>At least 2 attackers must have at least one touch on the ball each before a goal can be scored</li> <li>Students take turns to be the defender</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>20 hockey balls</li> <li>48 cones</li> </ul> <p><b>Task 1</b></p>  <p>Playing area : 8 m x 8 m or bigger</p> <p><b>Task 2</b></p>  <p>Playing area : 4 m x 4 m or bigger</p> <p><b>Task 3</b></p>  <p>Playing area : 7 m x 7 m or bigger</p> |

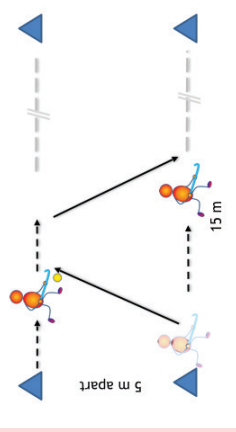
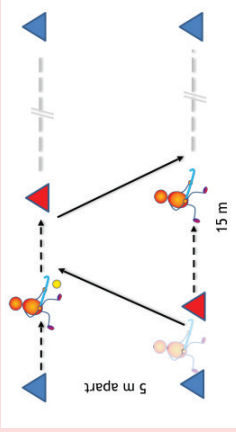
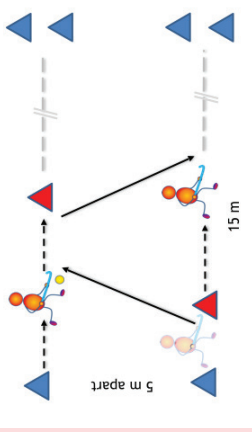
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>Maintain possession of the ball by protecting the ball or passing to a teammate to advance.</li> <li>Turn and make a pass to his teammate.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>Decide how to control the ball.</li> <li>Decide when to make the pass.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>Help each other in performing the tasks.</li> <li>Work as a team in achieving the goal.</li> </ol> | <p><b>TASK 1: 5 V 1 MONKEY GAME (15 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 8 per playing area</li> <li>6 students per group are involved at any one time: 5 as players, 1 as defender<br/>(switch roles after each turn, the rest wait outside)</li> <li>5 students to pass among each other, while in stationary position</li> <li>Students to make 5 (or more) passes</li> <li>1 student, free to move, take the role as 'monkey' or defender to try and intercept the ball</li> <li>Student who last touched the ball before the interception will become the 'monkey', the 'monkey' will take a rest and 1 student outside will become a player</li> </ul> <p><b>TASK 2: 4 V 2 MONKEY GAME (20 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 8 per playing area</li> <li>6 students per group are involved at any one time: 4 as players, 2 as defender<br/>(switch roles after each turn, the rest wait outside)</li> <li>4 students to pass among each other, while in stationary position</li> <li>Students to make 5 (or more) passes</li> <li>2 students, free to move, take the role as 'monkey' or defenders to try and intercept the ball</li> <li>Student who last touched the ball before the interception will be the 'monkey', the 'monkey' will take a rest and 1 student outside will become a player</li> </ul> <p><b>TASK 3: 4 V 2 END LINE GAME (20 mins)</b></p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 8 per playing area</li> <li>6 students per group are involved at any one time: 4 as attackers, 2 as defender<br/>(the rest wait outside)</li> <li>Attackers' aim is to maintain possession of the ball and score goals</li> <li>To score, the attacker must receive and stop the ball anywhere along the end line</li> <li>Switch roles after every 3 minutes (everyone should have a turn to be the defender)</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>40 hockey balls</li> <li>16 cones</li> <li>Play area 5m x 5m or bigger</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |

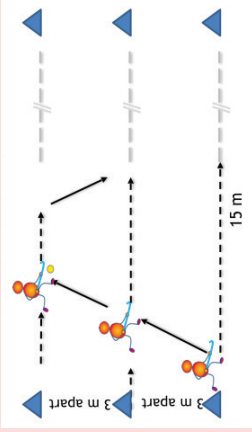
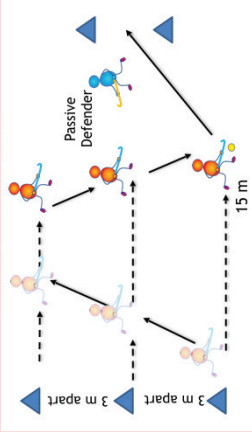
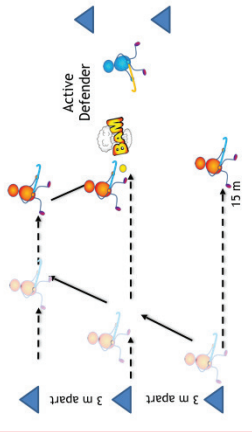
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Look up for options before passing to teammate.</li> <li>2. Dribble the ball and then make a pass to a teammate.</li> <li>3. Dribble or pass the ball comfortably into open space towards opponent's goal.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Make decisions on when to pass the ball to their partner</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1 Work with their respective partners to move to open space</li> <li>2. Display value of responsibility in improving on their skills</li> </ol> | <p><b>TASK 1: LOOK FOR YOUR PARTNER AND PASS</b> (15 mins)</p> <p>1 stick per student, 1 ball per pair</p> <ul style="list-style-type: none"> <li>• Students play in pairs</li> <li>• Student A, with the ball, to look up and pass to his partner, Student B</li> <li>• Student B, without the ball to move into space to ask for a pass from Student A, and vice versa</li> <li>• Students are to move each time after making the pass.</li> </ul> <p>Extension Task: Look up and pass to anyone (15min)</p> <ul style="list-style-type: none"> <li>• Similar to Task 1</li> <li>• Students A, with the ball, can pass to any player without the ball; i.e. no fixed partner</li> <li>• Students are to move each time after making the pass</li> </ul> <p><b>TASK 2: 2 V 1 GAME WITH GOALPOST</b> (25 mins)</p> <p>1 stick per student, 1 ball per playing area</p> <ul style="list-style-type: none"> <li>• Students play in groups of 5 per playing area</li> <li>• 3 students per group are involved at any one time: 2 play the role as attackers, 1 as defender (<b>the remaining students wait outside</b>)</li> <li>• Attackers can choose to pass the ball or to dribble when there is open space. Their aim is to score a goal</li> <li>• Switch roles after every 3 minutes (<b>everyone should have a turn to be the defender</b>)</li> </ul> <p><b>DEBRIEF:</b> (5 min)</p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 40 hockey balls</li> <li>• 32 cones, 16 bean bags (goals)</li> <li>• Play area 5m x 5m</li> <li>• Goal post 1.2m</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  |

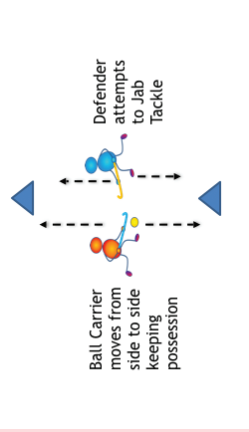
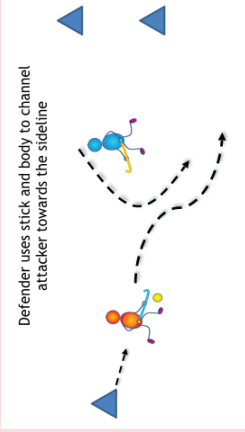
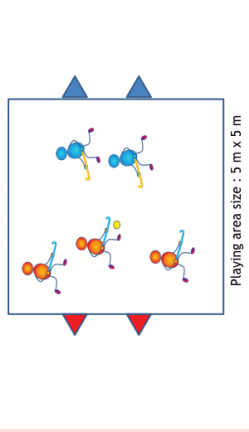
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Dodge a defender and move into open space to receive a pass.</li> <li>2. Complete a pass to an unmarked player.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Make decisions on dribbling and passing.</li> <li>2. Demonstrate when to move into open space to receive the ball</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate teamwork by helping each other</li> </ol> | <p><b>TASK 1: 3 V 1 LINE HOCKEY</b> (15 mins)</p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 5 per playing area</li> <li>4 students per group are involved at any one time (<b>the remaining student wait outside</b>)</li> <li>3 students play the role of attackers, 2 on 1 side of the line, 1 on the opposite side.</li> <li>The defender can only move laterally along the line (<b>dotted line in diagram</b>)</li> <li>between 2 bean bags / cones.</li> <li>Attackers are to move into open space away from the defender to receive a pass</li> <li>Switch roles after Student D has defended 5 times</li> </ul> <p>Extension Task: 2 v 1 Line hockey (20 min)</p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 5 per playing area</li> <li>Similar to Task 1</li> <li>3 students per group are involved at any one time (<b>the remaining students wait outside</b>)</li> <li>2 students play the role of attackers, 1 on each side of the line with increased difficulty to only 1 option to.</li> </ul> <p><b>TASK 2: 3 V 1 POSSESSION GAME</b> (20 mins)</p> <ul style="list-style-type: none"> <li>1 stick per student, 1 ball per playing area</li> <li>Students play in groups of 5 per playing area</li> <li>4 students per group are involved at any one time (<b>the remaining students wait outside</b>)</li> <li>Only passing, no dribbling allowed.</li> <li>3 students play the role of attackers to maintain possession</li> <li>1 student play the role as a defender to try and intercept and gain possession</li> <li>Attackers to run into open space to receive a pass</li> <li>5 passes will score 1 point</li> <li>Switch roles after every 3 minutes (<b>everyone should have a turn to be the defender</b>)</li> </ul> <p><b>DEBRIEF:</b> (5 min)</p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>40 hockey balls</li> <li>32 cones, 16 bean bags</li> <li>Play area 5m x 5m</li> <li>Goal post 1.2m</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  |

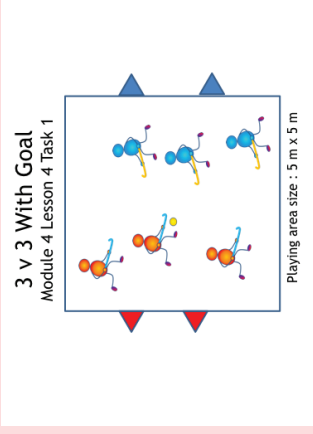
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Dodge a defender and move into open space to receive a pass.</li> <li>2. Complete a pass to an unmarked player.</li> <li>3. Intercept the ball and gain possession</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Make responsible decisions of when to dribble, pass or shoot after receiving the ball</li> <li>2. Understand the concept of moving into space to receive the ball.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Show responsibility by using the time to allocated to practice and improve their skills</li> <li>2. Learn to follow the rules of the task.</li> </ol> | <p><b>TASK 1: 3 V 1 POSSESSION GAME (15 mins)</b></p> <p>1 stick per student, 1 ball per playing area</p> <ul style="list-style-type: none"> <li>• Students play in groups of 5 per playing area</li> <li>• 4 students per group are involved at any one time (<b>the remaining students wait outside</b>)</li> <li>• Only passing, no dribbling allowed.</li> <li>• 3 students play the role of attackers to maintain possession</li> <li>• 1 student play the role as a defender to try and intercept and gain possession</li> <li>• Attackers to run into open space to receive a pass</li> <li>• 5 passes will score 1 point</li> <li>• Switch roles after every 3 minutes (<b>everyone should have a turn to be the defender</b>)</li> </ul> <p>Extension Task: 2 v 1 Possession game in a grid (15min)</p> <ul style="list-style-type: none"> <li>• Increase difficult to only 1 passing option</li> <li>• 3 students per group are involved at any one time (<b>the remaining students wait outside</b>)</li> <li>• Only passing, no dribbling allowed.</li> <li>• 2 students play the role of attackers to maintain possession, 1 student play the role as a defender to try and intercept and gain possession</li> </ul> <p><b>TASK 2: 3 V 2 GAME (25 mins)</b></p> <p>1 stick per student, 1 ball per playing area</p> <ul style="list-style-type: none"> <li>• Students play in groups of 5 per playing area</li> <li>• 5 students per group are involved at any one time (the remaining students wait outside)</li> <li>• Only passing, no dribbling allowed.</li> <li>• 3 students play the role of attackers to maintain possession</li> <li>• 2 students play the role as a defender to try and intercept and gain possession</li> <li>• Attackers to run into open space to receive a pass, their aim is to score a goal</li> <li>• Switch roles after every 3 minutes (everyone should have a turn to be the defender)</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 40 hockey balls</li> <li>• 32 cones, 16 bean bags</li> <li>• Play area 5m x 5m</li> <li>• Goal post 1.2m</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  |

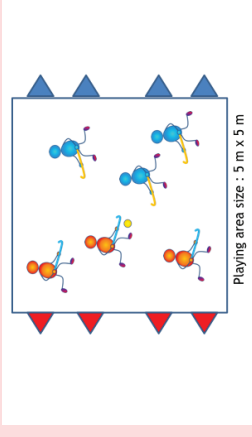
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | ILLUSTRATIONS/SUGGESTED ORGANIZATION |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>Student is able to dodge a defender and move into open space to receive a pass.</li> <li>Student is able to complete a pass to an unmarked player.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>Students learn to make decisions as to when to support teammate during a game.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>Students able to exercise self-control in managing situations during game.</li> </ol> | <p><b>MINI CARNIVAL 3V3 GAME</b></p> <p>1 stick per student, 1 ball per playing area</p> <p>Briefing and organisation (10 mins)</p> <ul style="list-style-type: none"> <li>Students group into teams of 5 (<b>2 reserves, substitution of reserves after every goal scored</b>)</li> <li>Students must make 3 consecutive passes within the team before they are allowed to score.</li> <li>6 mins per game</li> <li>Teams to self-umpire</li> <li>Update score on scoreboard</li> </ul> <p>Games (45 mins)</p> <table border="0"> <thead> <tr> <th></th><th>Court A</th><th>Court B</th></tr> </thead> <tbody> <tr> <td>•</td><td>Match 1 Team 1 vTeam 2</td><td>Team 5 vTeam 6</td></tr> <tr> <td>•</td><td>Match 2 Team 3 vTeam 4</td><td>Team 7 vTeam 8</td></tr> <tr> <td>•</td><td>Match 3 Team 1 vTeam 4</td><td>Team 5 vTeam 8</td></tr> <tr> <td>•</td><td>Match 4 Team 2 vTeam 3</td><td>Team 6 vTeam 7</td></tr> <tr> <td>•</td><td>Match 5 Team 1 vTeam 3</td><td>Team 5 vTeam 7</td></tr> <tr> <td>•</td><td>Match 6 Team 2 vTeam 4</td><td>Team 6 vTeam 8</td></tr> </tbody> </table> <p><b>DEBRIEF:</b> (5 min)</p> |                                      | Court A | Court B | • | Match 1 Team 1 vTeam 2 | Team 5 vTeam 6 | • | Match 2 Team 3 vTeam 4 | Team 7 vTeam 8 | • | Match 3 Team 1 vTeam 4 | Team 5 vTeam 8 | • | Match 4 Team 2 vTeam 3 | Team 6 vTeam 7 | • | Match 5 Team 1 vTeam 3 | Team 5 vTeam 7 | • | Match 6 Team 2 vTeam 4 | Team 6 vTeam 8 | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>40 hockey balls</li> <li>30 cones</li> <li>Goal post 1m</li> </ul>  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Court A                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Court B                              |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |
| •                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Match 1 Team 1 vTeam 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Team 5 vTeam 6                       |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |
| •                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Match 2 Team 3 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Team 7 vTeam 8                       |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |
| •                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Match 3 Team 1 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Team 5 vTeam 8                       |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |
| •                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Match 4 Team 2 vTeam 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Team 6 vTeam 7                       |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |
| •                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Match 5 Team 1 vTeam 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Team 5 vTeam 7                       |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |
| •                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Match 6 Team 2 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Team 6 vTeam 8                       |         |         |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |   |                        |                |                                                                                                                                                                                                                                                                                   |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>Position to utilize the space in order to attack both goals.</li> <li>Turn and make a pass to his teammate.</li> <li>Receive a ball in front of goal with control and shoot (push) into goal.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>Decide how best to position to receive the ball and make the return pass.</li> <li>Decide when to make the pass or to shoot.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>Learn how to support their partner by moving accordingly into position to receive the ball.</li> <li>Learn the importance working with teammate to achieve their target.</li> </ol> | <p><b>TASK 1: 2 CHANNEL PASSING (15 min)</b></p> <ul style="list-style-type: none"> <li>1 stick per student and 1 ball per pair of students</li> <li>20 students per play area to form 2 lines per playing area</li> <li>1 student from each line will run down the line, only 1 will dribble a ball.</li> <li>After 2-3 m, Student A with the ball will pass the ball to the Student B on the other line</li> <li>Student B receives the ball, dribble another 2-3 m and passes the ball back to A</li> <li>This is repeated till the end of the line, run back to join the other line and restart</li> <li>Play for 10 min, rest 2 min and repeat</li> </ul> <p>Note to Teacher:</p> <ul style="list-style-type: none"> <li>Face forward along the line while dribbling. Do not run sideways ('crabbing')</li> <li>The ball to be passed to a suitable distance in front of the receiver so the ball can be received in front ahead of the run to maintain the momentum</li> <li>Students in left channel will have to rotate their upper body clockwise to pass the ball while feet remain facing (and running forward)</li> </ul> <p><b>TASK 2: 2 CHANNEL PASSING WITH OBSTRUCTION (20 min)</b></p> <ul style="list-style-type: none"> <li>Extension of Task 1. Cones to simulate an obstruction / defender will be placed 3m apart along the line / channel from the start to the end of the line</li> <li>Students will do the same drill as Task 1 but will need to pass the ball before reaching the "obstruction" cones.</li> <li>Play for 10 min, rest 2 min and repeat</li> </ul> <p>Note to Teacher</p> <ul style="list-style-type: none"> <li>It is a good practice for the supporting player / receiver to call out "left" or "right" to inform the ball carrier of available options.</li> </ul> <p><b>TASK 3: 2 CHANNEL PASSING WITH OBSTRUCTION AND SHOT ON GOAL (20 min)</b></p> <ul style="list-style-type: none"> <li>Extension of Task 2. At the end of the line, students will stop the ball and take a shot (push) at goal. Note to Trainer:</li> <li>It is a good practice for the player not taking the shot to run in to capitalise on any rebounds or to deflect any shot that goes past the far post.</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>40 hockey balls</li> <li>20 cones</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |

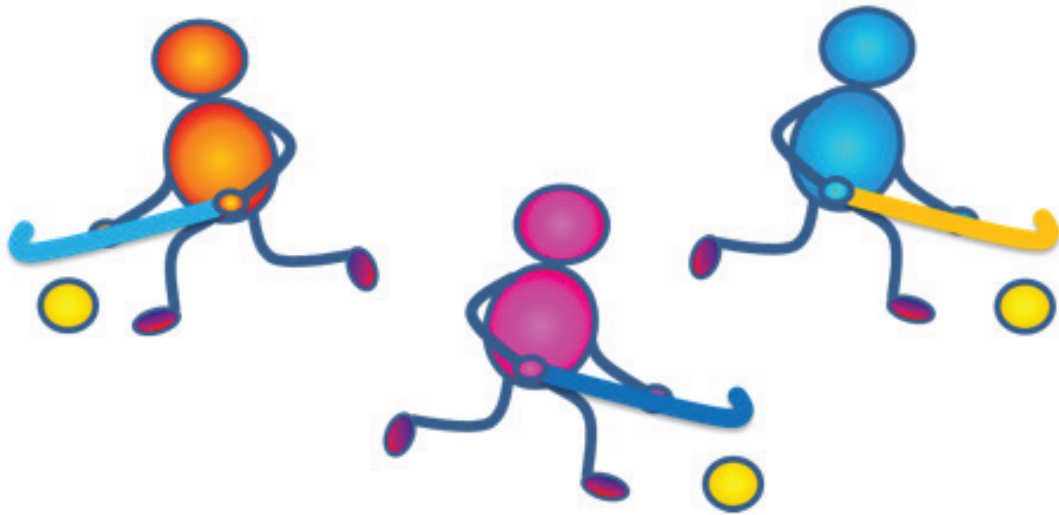
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Execute a pass to a teammate on his left or right</li> <li>2. Receive a pass on his left or right and make a return pass.</li> <li>3. Change the direction of attack to by utilizing the support of his teammates.</li> <li>4. Shoot at goal when there is space and within shooting range.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Decide on the direction of pass from the options available to him.</li> <li>2. Decide on the option of executing a pass or shooting at goal</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand the importance of moving into space to the right or left of ball carrier to provide support.</li> </ol> | <p><b>TASK 1: 3 CHANNEL PASSING (15 min)</b></p> <ul style="list-style-type: none"> <li>1 stick per student and 1 ball for every 3 students</li> <li>20 students per play area to form 3 lines per playing area</li> <li>Students will form 3 lines per playing area.</li> <li>1 student from each line will run down the line, the student on the right will dribble a ball.</li> <li>After 2-3 m, the student with the ball will pass the ball to the student in the middle lane, who will pass to the student in the left lane after dribbling 2-3 m</li> <li>This is repeated till the end of the line, run back to join the other line and restart</li> <li>Play for 10 min, rest 2 min and repeat</li> </ul> <p>Note to Trainer:</p> <ul style="list-style-type: none"> <li>Face forward along the line while dribbling. Do not run sideways ('crabbing')</li> <li>The ball to be passed to a suitable distance in front of the receiver so the ball can be received in front ahead of the run to maintain the momentum</li> <li>Students in left channel will have to rotate their upper body clockwise to pass the ball while feet remain facing (and running forward)</li> </ul> <p><b>TASK 2: 3 CHANNEL PASSING WITH PASSIVE DEFENDER AND SHOT ON GOAL (20 min)</b></p> <p>Extension of Task 1</p> <ul style="list-style-type: none"> <li>Student will need to pass the ball to a either team mate if engaged by the</li> <li>Passive Defender (does not tackle or intercept)</li> <li>When the student is within shooting range and is not engaged by a defender, take a shot (push) on goal.</li> </ul> <p>Note to Trainer: Aim to pass the ball <b>BEFORE</b> entering tackling range of the defender.</p> <p><b>TASK 3: 3 CHANNEL PASSING WITH ACTIVE DEFENDER AND SHOT ON GOAL (20 min)</b></p> <ul style="list-style-type: none"> <li>Extension of Task 2.</li> <li>The defender will now be active and will attempt to intercept the passes between the channels</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>40 hockey balls</li> <li>20 cones</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | ILLUSTRATIONS/SUGGESTED ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Move the ball from left to right with speed to avoid the jab-tackle form the defender.</li> <li>2. Get between the attackers and the goal post when defending.</li> <li>3. Tackle the ball when it is within reach.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand the importance points in a jab-tackle.</li> <li>2. Understand the need to channel the ball carrier when defending</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Learn the importance of providing good support in the game.</li> <li>2. Learn that teamwork is crucial in achieving the target.</li> </ol> | <p><b>TASK 1: JAB TACKLE (15 min)</b></p> <ul style="list-style-type: none"> <li>1 stick per student and 1 ball per pair of students</li> <li>A line will be marked out with 2 cones (approximately 2 m apart)</li> <li>Students will work in pairs facing each other on either side of the line</li> <li>The ball carrier will move the ball left to right and vice versa along the line while the defender will attempt to jab-tackle the ball</li> <li>Play for 10 min, rest 2 min and repeat</li> </ul> <p>Note to Trainer:</p> <ul style="list-style-type: none"> <li>The defender should start with both hands on the stick, feet shoulder width apart, knees bent with left foot leading. The stick head should be grounded. When there is an opportunity to jab, the stick should be transferred to the left hand and the player should “jab” at the ball, keeping the stick head grounded. The player should return to a two handed grip after the jabbing action is complete</li> </ul> <p><b>TASK 2: CHANNELING WITH PASSIVE/ACTIVE DEFENDER (20 min)</b></p> <ul style="list-style-type: none"> <li>1 stick per student and 1 ball per pair of students</li> <li>Defender will use his body and position to channel the ball carrier towards the sideline.</li> <li>The ball carrier will dribble towards the goal and the defender will position himself between the goal and the ball carrier, forcing the ball carrier to dribble away from the goal.</li> <li>The defender keeps shadowing the ball carrier (<b>1 stick length away</b>), keeping his body between the goal and the ball carrier thus channeling or herding the ball carrier towards the sideline.</li> <li>If the defender is active, he may attempt a jab tackle or block tackle if the opportunity presents itself.</li> <li>Play for 10 min, rest 2 min and repeat</li> </ul> <p><b>TASK 3: 3V2 WITH TWO GOALS (20 min)</b></p> <ul style="list-style-type: none"> <li>Students group into in teams of 5 to play a 3v2 game</li> <li>Students will take turns to be attackers and defenders.</li> </ul> <p><b>DEBRIEF: (5 min)</b></p> | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>40 pairs shin pads</li> <li>40 hockey sticks</li> <li>40 hockey balls</li> <li>40 cones</li> </ul> <p><b>Task 1</b></p>  <p><b>Task 2</b></p>  <p><b>Task 3</b></p>  |

| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | ILLUSTRATIONS/SUGGESTED ORGANIZATION |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Play a 3V3 game, demonstrating skills of passing, dribbling and shooting.</li> <li>2. Play the game using attacking and defending skills and concepts.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand his role in the concept of attack</li> <li>2. Understand his role in the concept of defense.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Learn to work together with teammates</li> <li>2. Learn the value of respecting each other and their teammates.</li> </ol> | <p><b>TASK 1: 3V3 GAME WITH GOAL</b></p> <p>1 stick per student and 1 ball per group</p> <p>Briefing and organisation (10 mins)</p> <ul style="list-style-type: none"> <li>• Students group into teams of 5 (2 reserves, substitution of reserves after every goal scored)</li> <li>• 6 mins per game</li> <li>• Teams to self-umpire</li> <li>• Update score on scoreboard</li> </ul> <p>Games (45 mins)</p> <table border="1"> <thead> <tr> <th></th><th>Court A</th><th>Court B</th></tr> </thead> <tbody> <tr> <td>• Match 1</td><td>Team 1 vTeam 2</td><td>Team 5 vTeam 6</td></tr> <tr> <td>• Match 2</td><td>Team 3 vTeam 4</td><td>Team 7 vTeam 8</td></tr> <tr> <td>• Match 3</td><td>Team 1 vTeam 4</td><td>Team 5 vTeam 8</td></tr> <tr> <td>• Match 4</td><td>Team 2 vTeam 3</td><td>Team 6 vTeam 7</td></tr> <tr> <td>• Match 5</td><td>Team 1 vTeam 3</td><td>Team 5 vTeam 7</td></tr> <tr> <td>• Match 6</td><td>Team 2 vTeam 4</td><td>Team 6 vTeam 8</td></tr> </tbody> </table> <p><b>DEBRIEF:</b> (5 min)</p> |                                      | Court A | Court B | • Match 1 | Team 1 vTeam 2 | Team 5 vTeam 6 | • Match 2 | Team 3 vTeam 4 | Team 7 vTeam 8 | • Match 3 | Team 1 vTeam 4 | Team 5 vTeam 8 | • Match 4 | Team 2 vTeam 3 | Team 6 vTeam 7 | • Match 5 | Team 1 vTeam 3 | Team 5 vTeam 7 | • Match 6 | Team 2 vTeam 4 | Team 6 vTeam 8 | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 40 hockey balls</li> <li>• 40 cones</li> </ul>  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Court A                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Court B                              |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Team 1 vTeam 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 5 vTeam 6                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Team 3 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 7 vTeam 8                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Team 1 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 5 vTeam 8                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Team 2 vTeam 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 6 vTeam 7                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Team 1 vTeam 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 5 vTeam 7                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Team 2 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 6 vTeam 8                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |

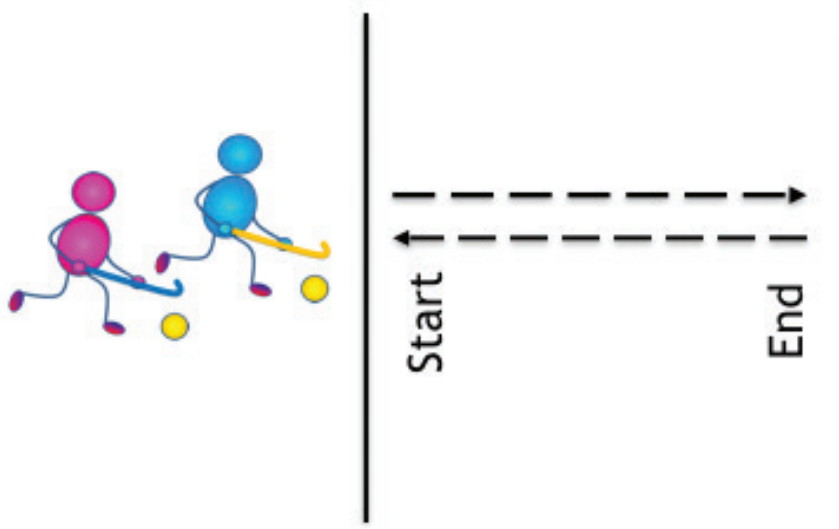
| LESSON OBJECTIVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | CONTENT / TEACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | ILLUSTRATIONS/SUGGESTED ORGANIZATION |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
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| <p><b>PSYCHOMOTOR</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate skills of passing, dribbling and shooting.</li> <li>2. Use attacking and defending skills and concepts.</li> <li>3. Strategize to score at either of the 2 goalposts.</li> </ol> <p><b>COGNITIVE</b></p> <ol style="list-style-type: none"> <li>1. Understand the role in the concept of attack and defense</li> <li>2. Learn importance to have a game plan to attack or defend the 2 goalposts.</li> </ol> <p><b>AFFECTIVE</b></p> <ol style="list-style-type: none"> <li>1. Learn to work together with teammates</li> <li>2. Learn the value of respecting each other and their teammates.</li> <li>3. Student will learn values of sportsmanship and fair play in the game.</li> </ol> | <p><b>TASK 1: 3V3 GAME WITH TWO GOALS</b></p> <ul style="list-style-type: none"> <li>• 1 stick per student and 1 ball per group</li> <li>• Briefing and organisation (10 mins)</li> <li>• Students group into teams of 5 (<b>2 reserves, substitution of reserves after every goal scored</b>)</li> <li>• 6 mins per game</li> <li>• Teams to self-umpire</li> <li>• Update score on scoreboard</li> </ul> <p>Games (45 mins)</p> <table> <thead> <tr> <th></th><th>Court A</th><th>Court B</th></tr> </thead> <tbody> <tr> <td>• Match 1</td><td>Team 1 vTeam 2</td><td>Team 5 vTeam 6</td></tr> <tr> <td>• Match 2</td><td>Team 3 vTeam 4</td><td>Team 7 vTeam 8</td></tr> <tr> <td>• Match 3</td><td>Team 1 vTeam 4</td><td>Team 5 vTeam 8</td></tr> <tr> <td>• Match 4</td><td>Team 2 vTeam 3</td><td>Team 6 vTeam 7</td></tr> <tr> <td>• Match 5</td><td>Team 1 vTeam 3</td><td>Team 5 vTeam 7</td></tr> <tr> <td>• Match 6</td><td>Team 2 vTeam 4</td><td>Team 6 vTeam 8</td></tr> </tbody> </table> <p><b>DEBRIEF:</b> (5 min)</p> |                                      | Court A | Court B | • Match 1 | Team 1 vTeam 2 | Team 5 vTeam 6 | • Match 2 | Team 3 vTeam 4 | Team 7 vTeam 8 | • Match 3 | Team 1 vTeam 4 | Team 5 vTeam 8 | • Match 4 | Team 2 vTeam 3 | Team 6 vTeam 7 | • Match 5 | Team 1 vTeam 3 | Team 5 vTeam 7 | • Match 6 | Team 2 vTeam 4 | Team 6 vTeam 8 | <p><b>EQUIPMENT NEEDED:</b></p> <ul style="list-style-type: none"> <li>• 40 pairs shin pads</li> <li>• 40 hockey sticks</li> <li>• 40 hockey balls</li> <li>• 40 cones</li> </ul>  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Court A                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Court B                              |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 1 vTeam 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Team 5 vTeam 6                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 3 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Team 7 vTeam 8                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 1 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Team 5 vTeam 8                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 2 vTeam 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Team 6 vTeam 7                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 1 vTeam 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Team 5 vTeam 7                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |
| • Match 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team 2 vTeam 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Team 6 vTeam 8                       |         |         |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |           |                |                |                                                                                                                                                                                                                                                                     |

Illustrations of the tasks for each of the lessons are available in the following section for reference during the lessons.



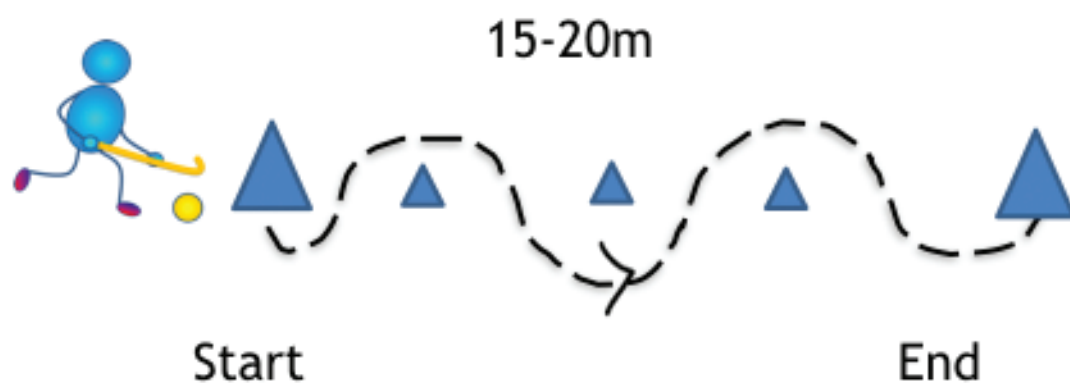
## Advancing With The Ball

### Module 1 Lesson 1 Task 2



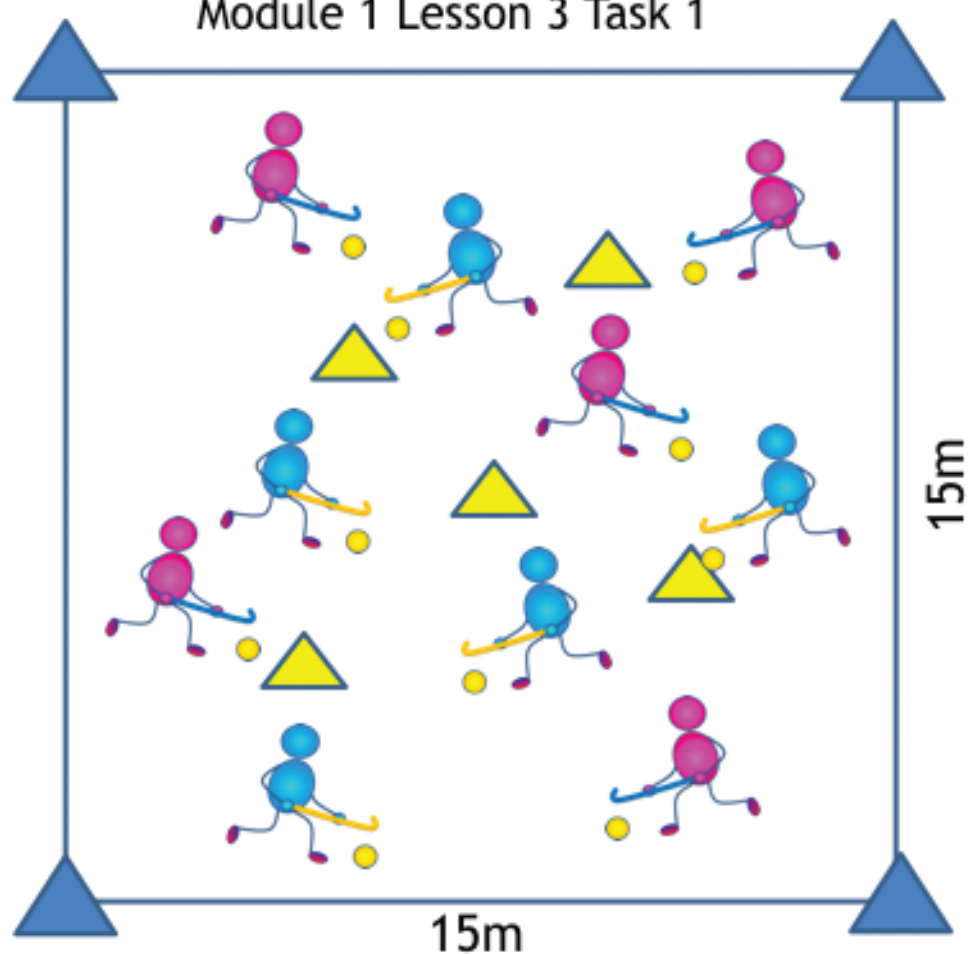
# Zigzagging With The Ball

Module 1 Lesson 2 Task 2



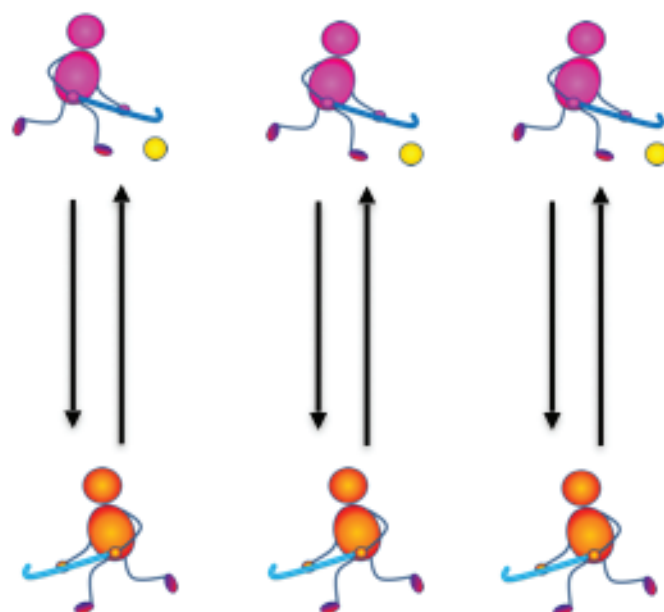
# Avoid The Landmines

Module 1 Lesson 2 Task 3  
Module 1 Lesson 3 Task 1



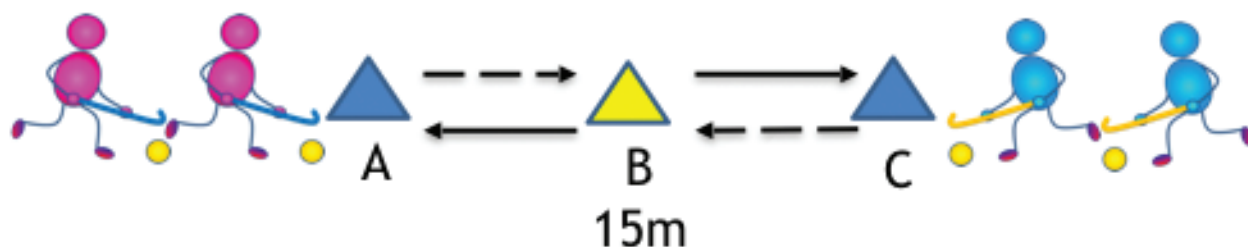
# Forehand Push

## Module 1 Lesson 3 Task 2



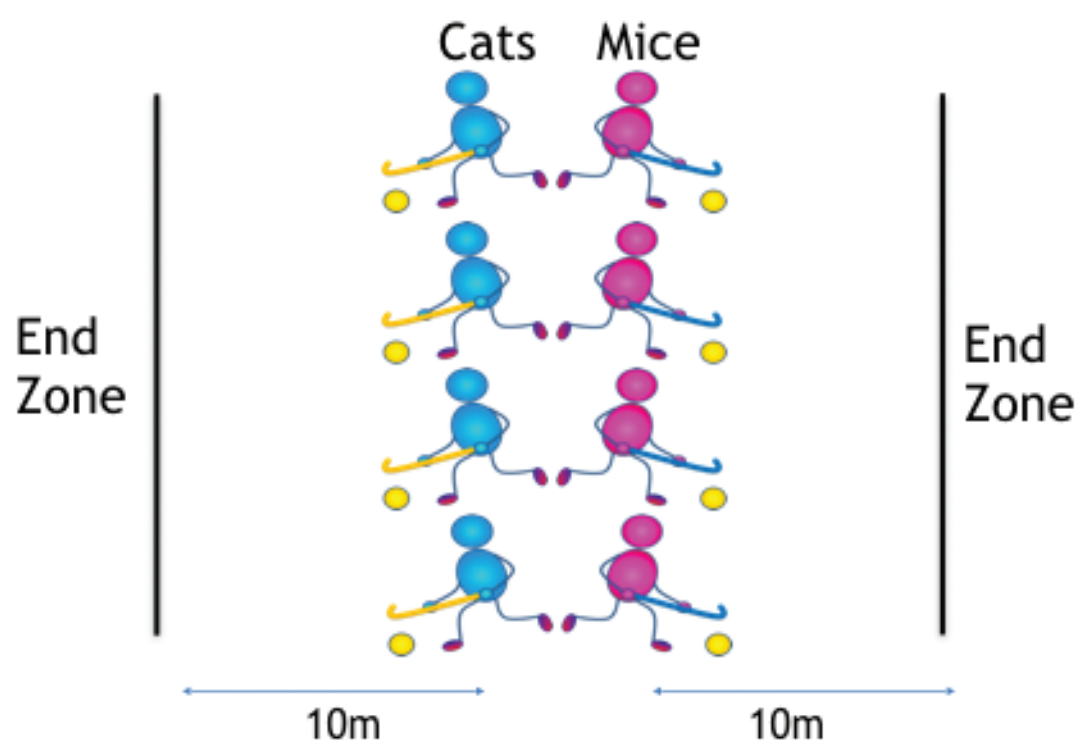
# Mini Passing Drill

## Module 1 Lesson 3 Task 3



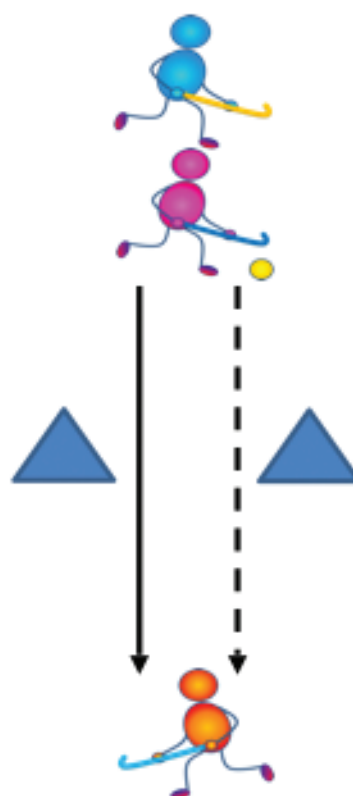
# Cats and Mice

## Module 1 Lesson 4 Task 1



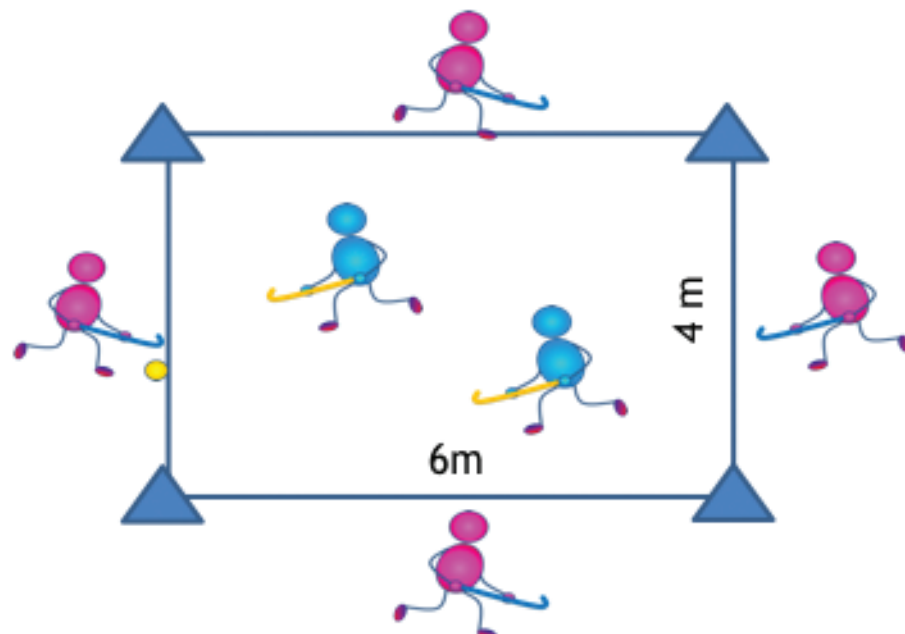
## Passing and Receiving Relay

### Module 1 Lesson 4 Task 2



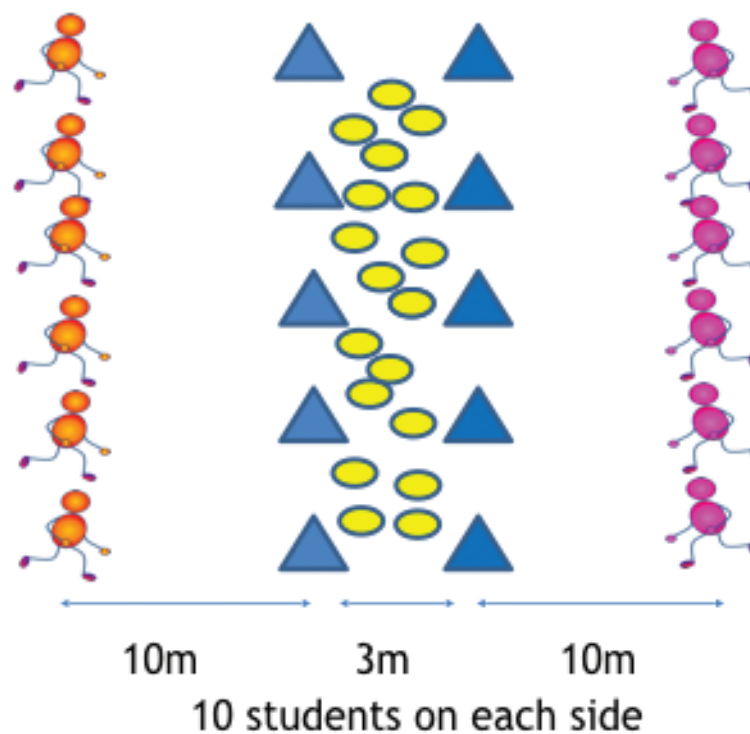
# The Moving Wall

Module 1 Lesson 4 Task 3



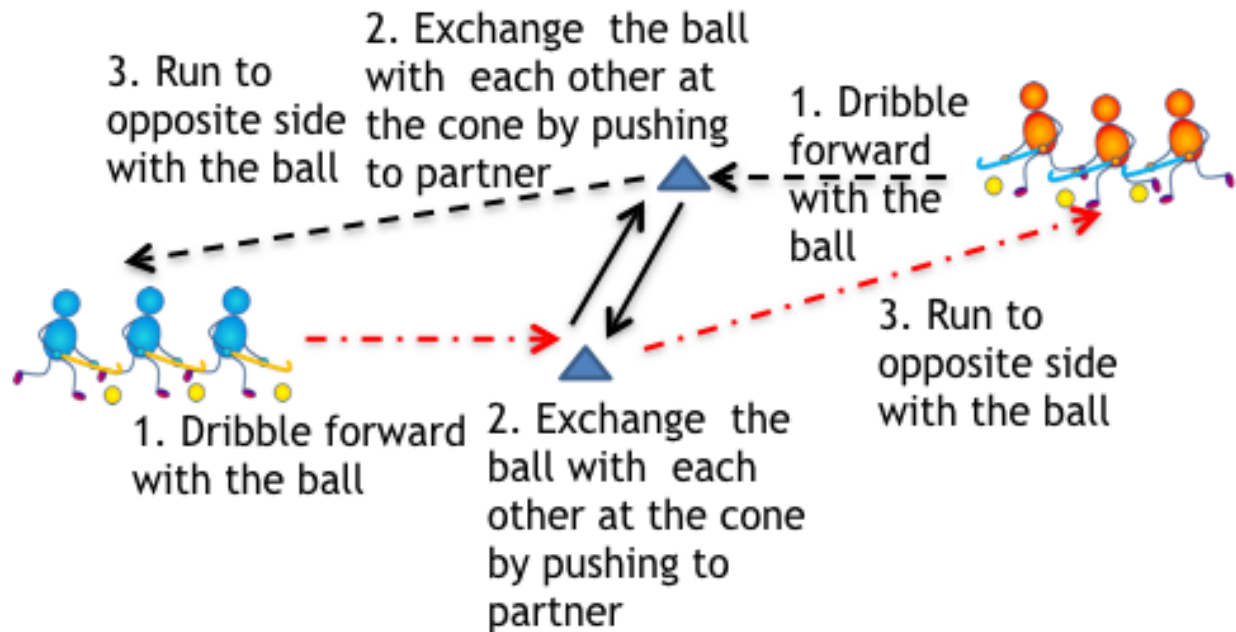
# Up For Grabs

Module 1 Lesson 5 Task 1

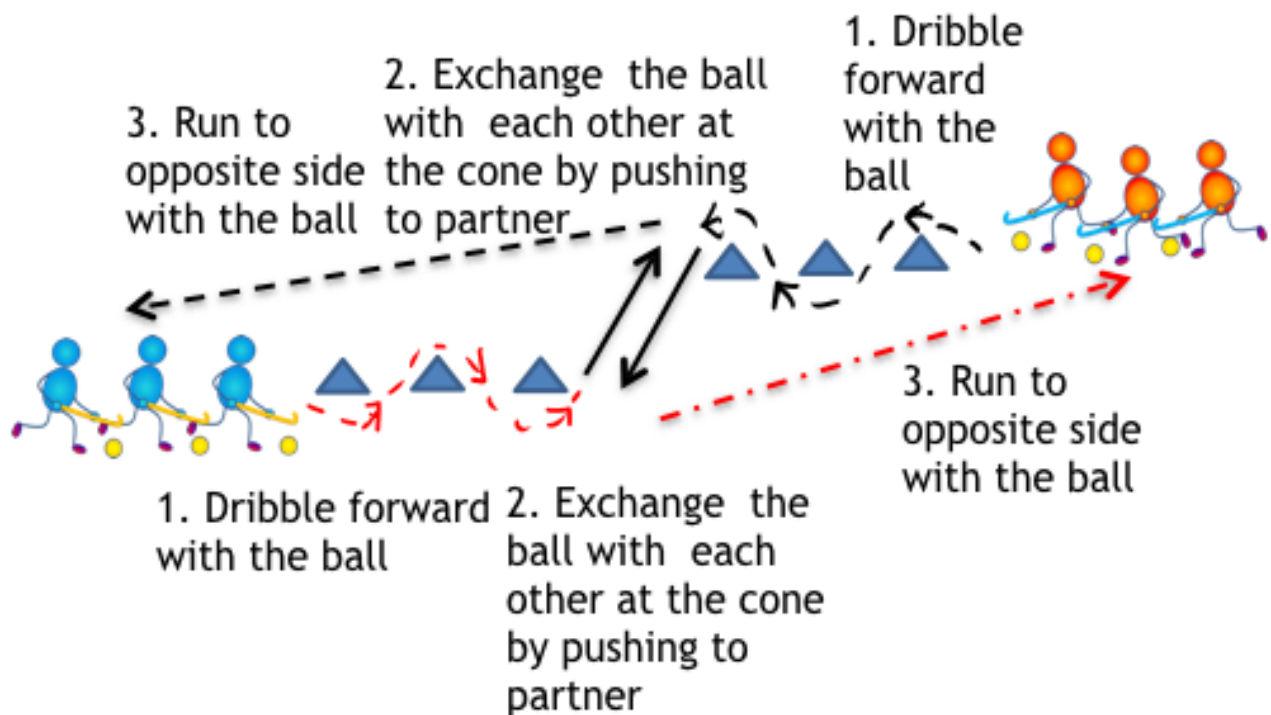


# Ball Exchange

## Module 1 Lesson 5 Task 2

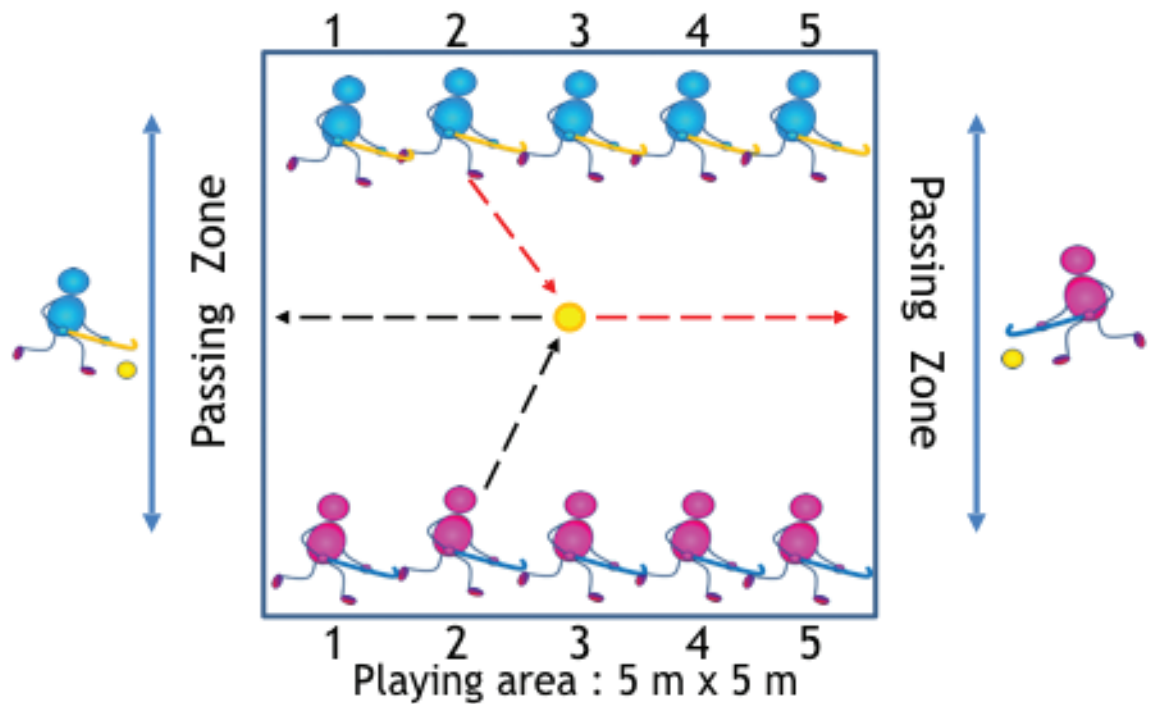


### Extension



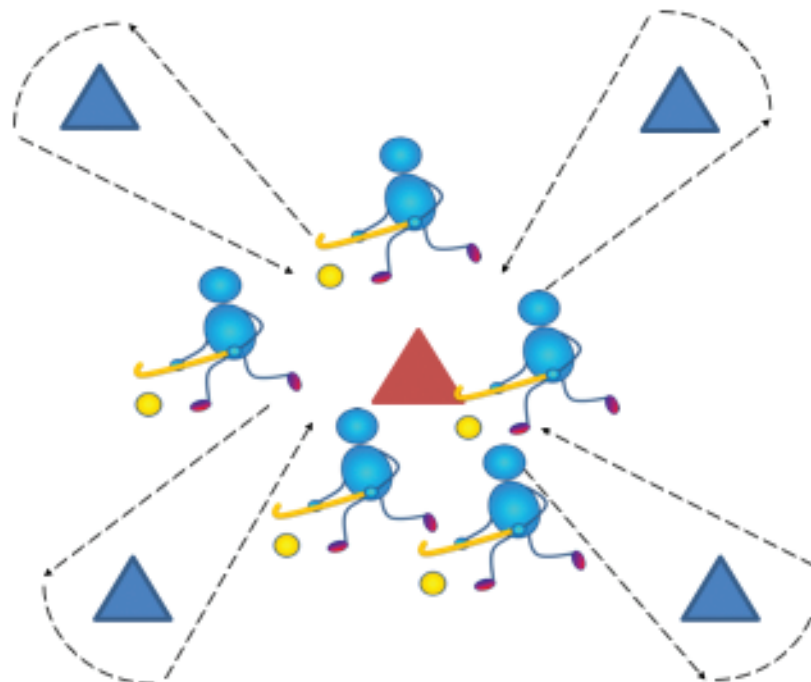
# Steal The Chicken Wing

Module 1 Lesson 5 Task 3



# North South East West

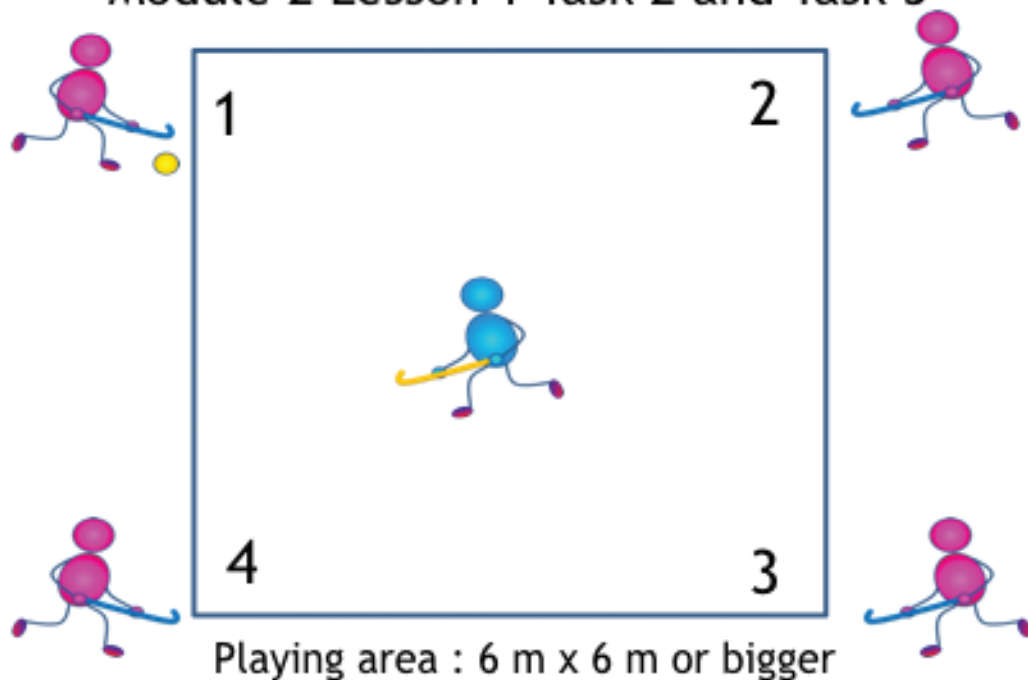
Module 2 Lesson 1 Task 1



Playing area : 6 m x 6 m or bigger

# Pass The Egg and Steal The Egg

Module 2 Lesson 1 Task 2 and Task 3

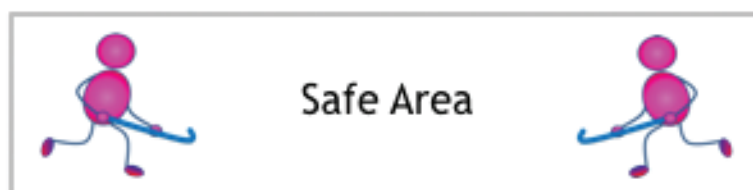


## Police and Thieves

Module 2 Lesson 2 Task 1

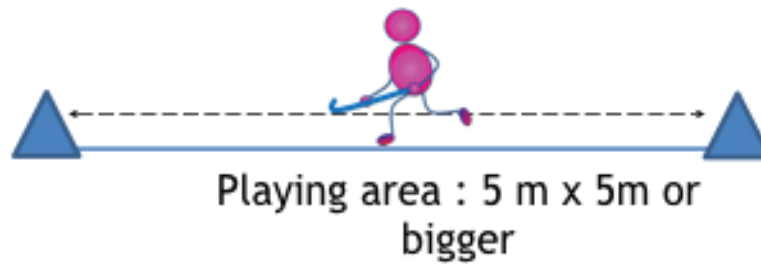


Playing area  
size : 5 m x 5m  
or bigger



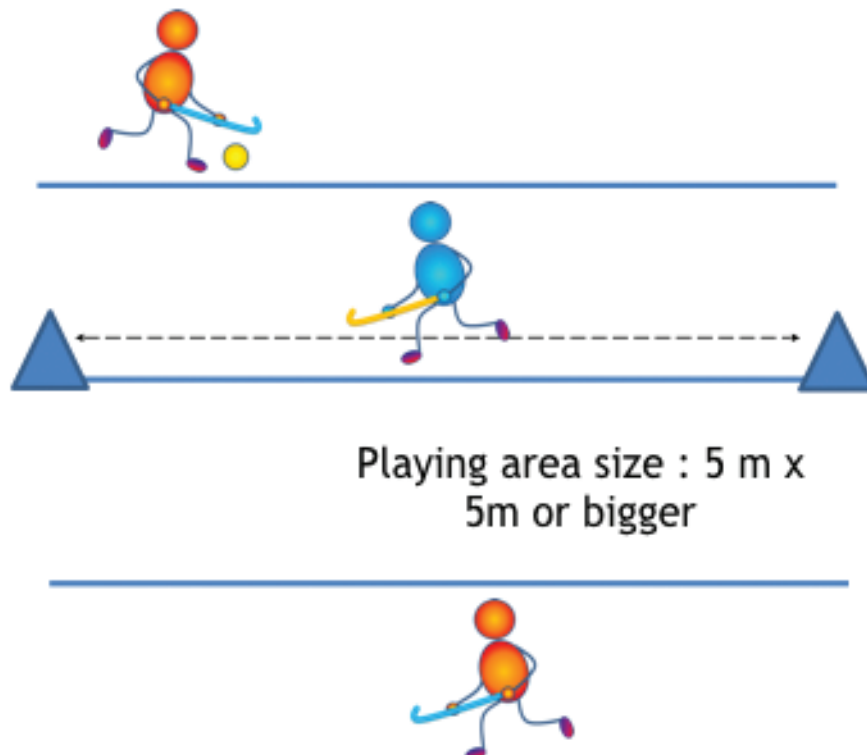
# Barricades

## Module 2 Lesson 2 Task 2



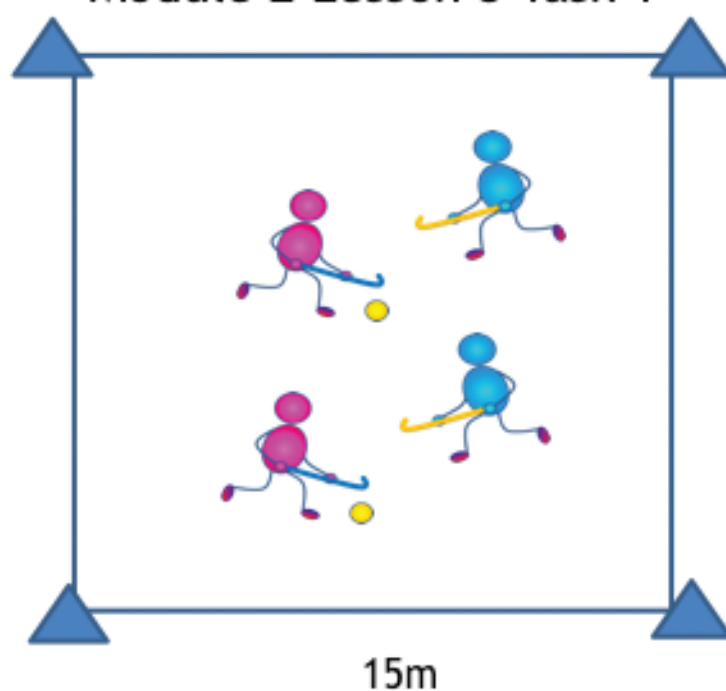
# Beyond The Wall

## Module 2 Lesson 2 Task 3



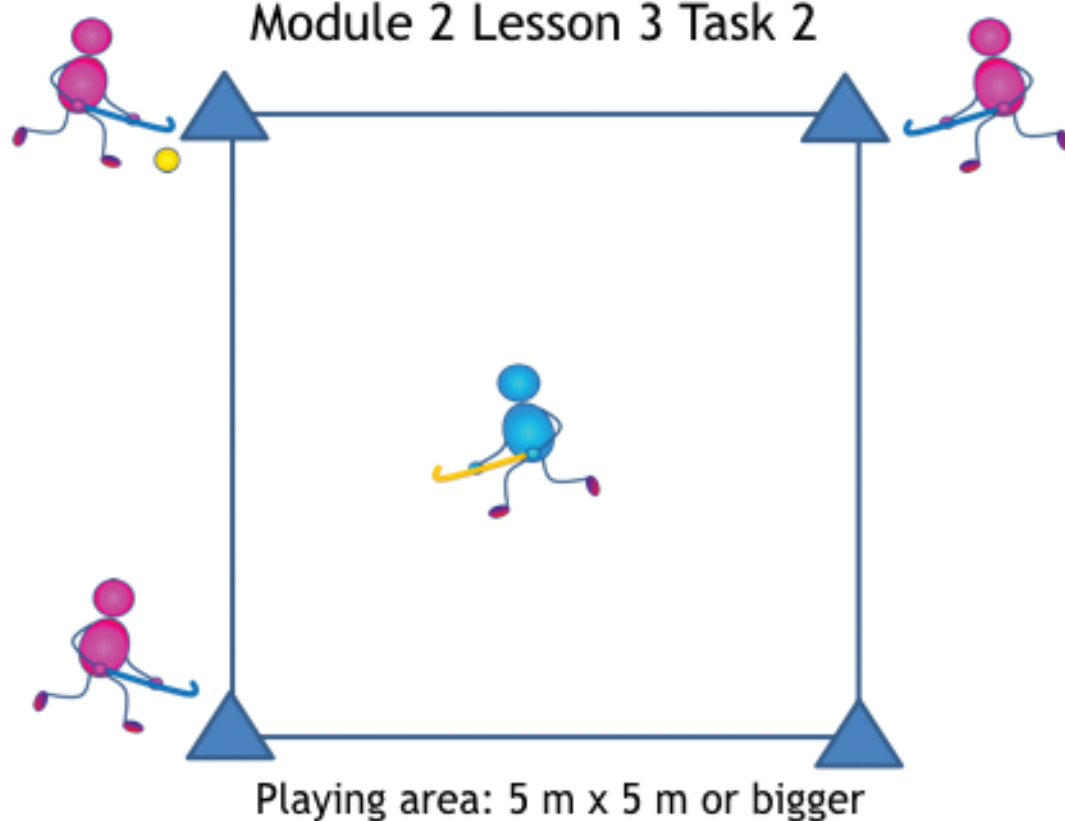
## M2-L3 Task 1: Mirroring You

Module 2 Lesson 3 Task 1



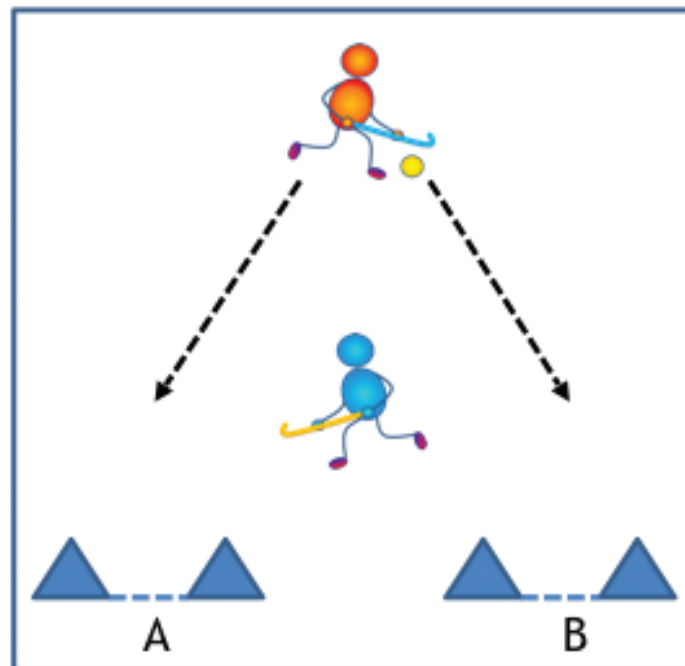
## Triangle Play

Module 2 Lesson 3 Task 2



# Channel On

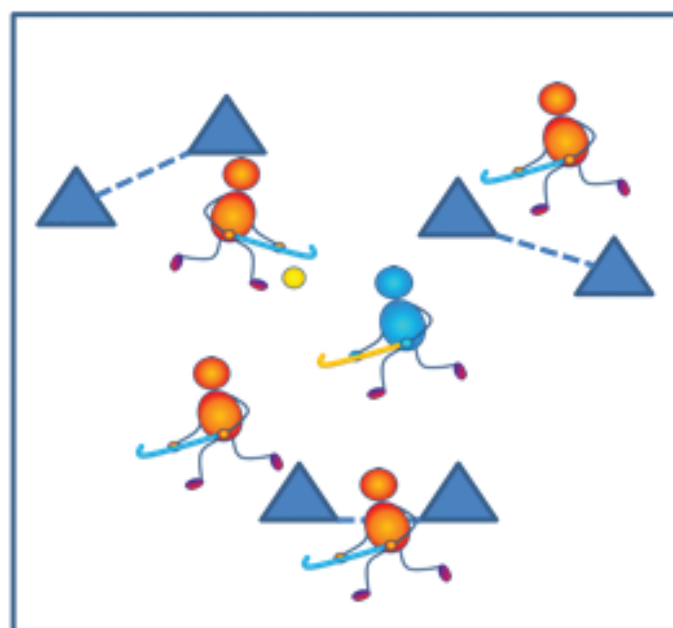
## Module 2 Lesson 3 Task 3



Playing area : 6 m x 6m or bigger

# ERP Gantry

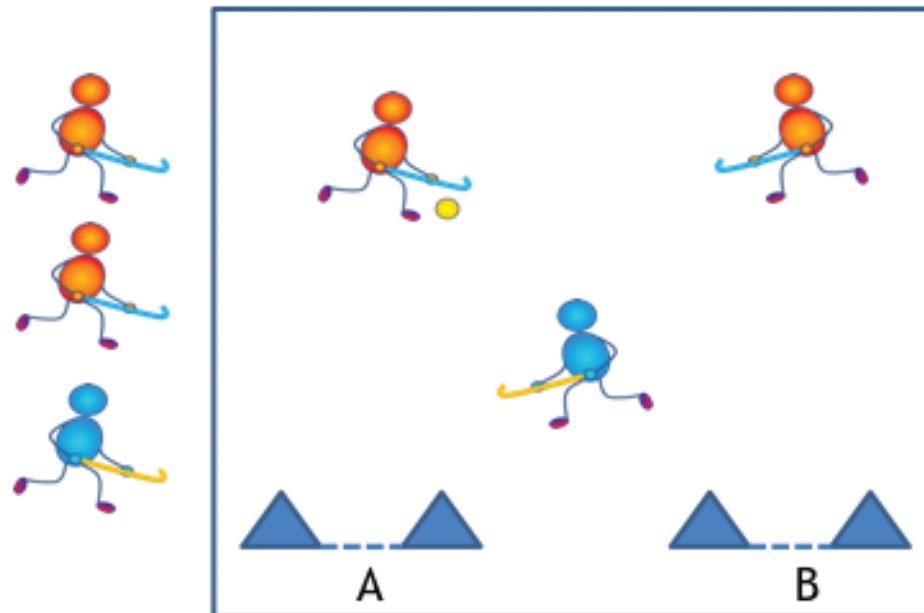
## Module 2 Lesson 4 Task 1



Playing area: 7 m x 7 m or bigger

# Open Sesame

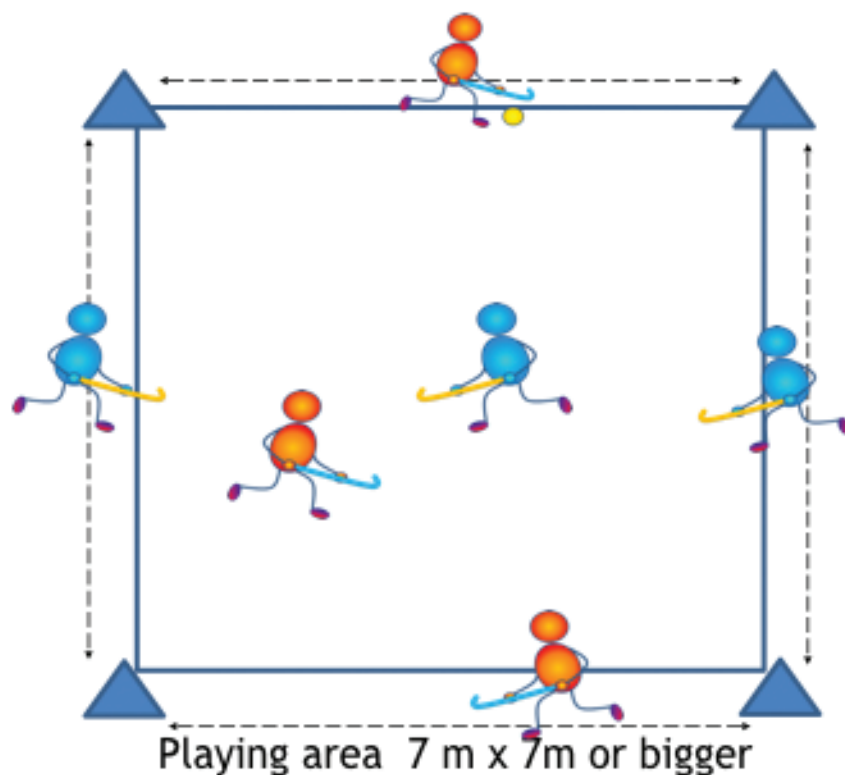
## Module 2 Lesson 4 Task 2



Playing area: 6 m x 6m or bigger

# 3 Way Play

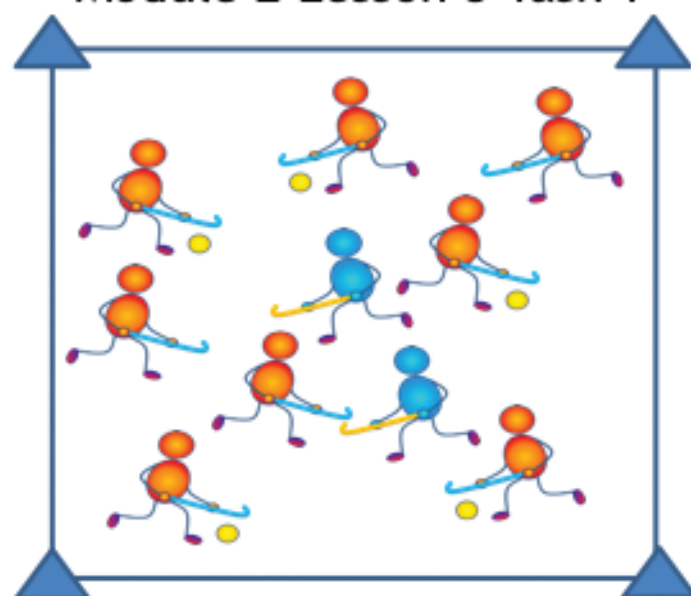
## Module 2 Lesson 4 Task 3



Playing area 7 m x 7m or bigger

# It's My Treasure

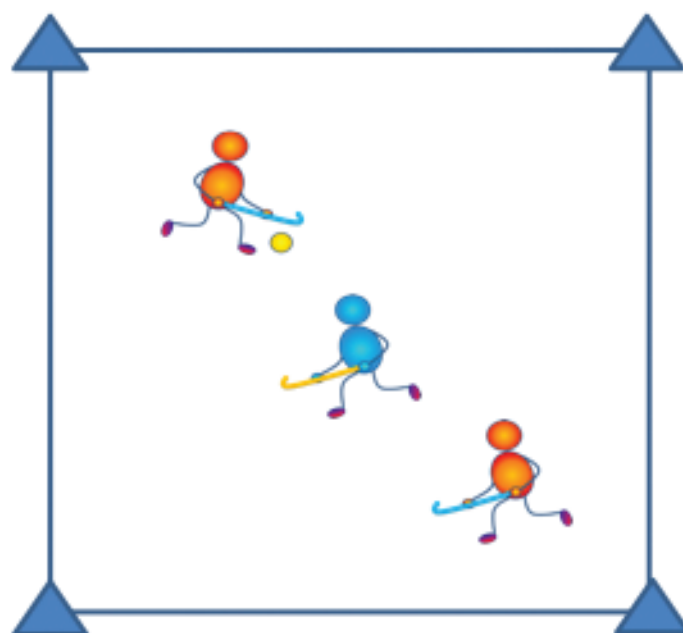
Module 2 Lesson 5 Task 1



Playing area : 8 m x 8 m or bigger

# Keep It for 3

Module 2 Lesson 5 Task 2



Playing area : 4 m x 4 m or bigger

## Party Trio

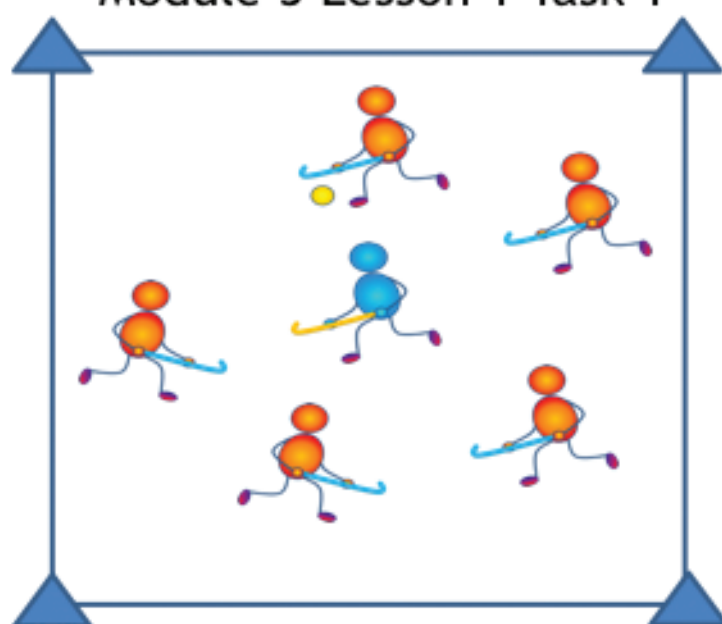
Module 2 Lesson 5 Task 3



Playing area : 7 m x 7 m or bigger

## 5 v 1 Monkey Game

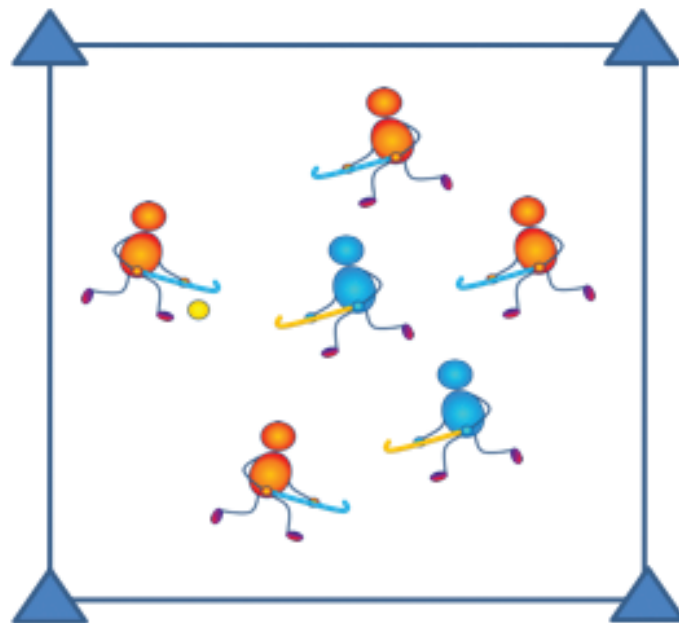
Module 3 Lesson 1 Task 1



Playing area : 5 m x 5 m

## 4 v 2 Monkey Game

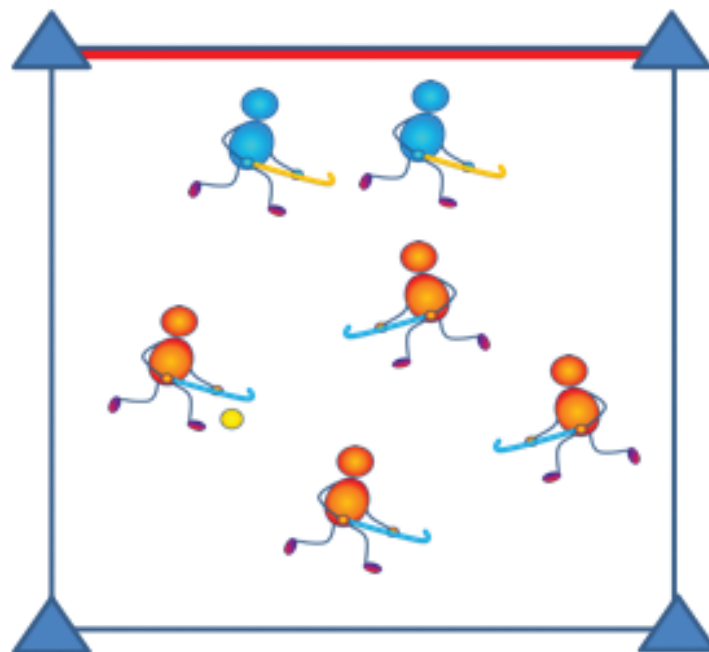
Module 3 Lesson 1 Task 2



Playing area : 5 m x 5 m

## 4 v 2 End Line Game

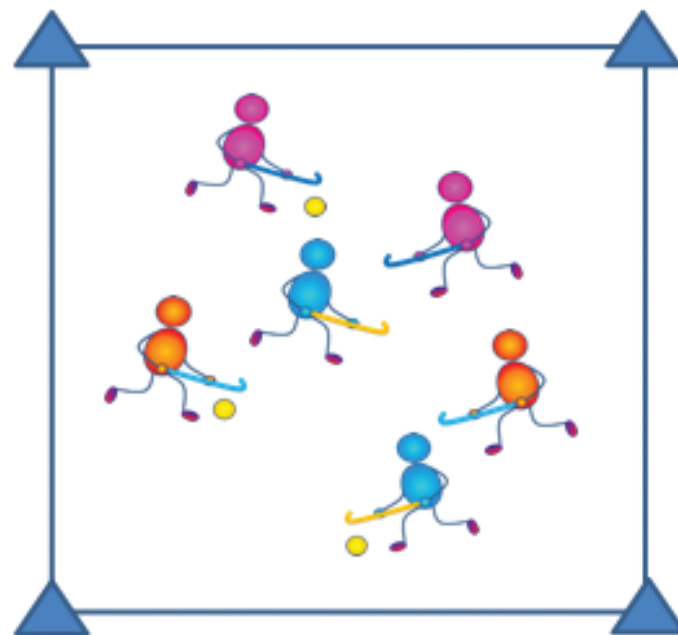
Module 3 Lesson 1 Task 3



Playing area: 5 m x 5 m

# Look for your Partner and Pass

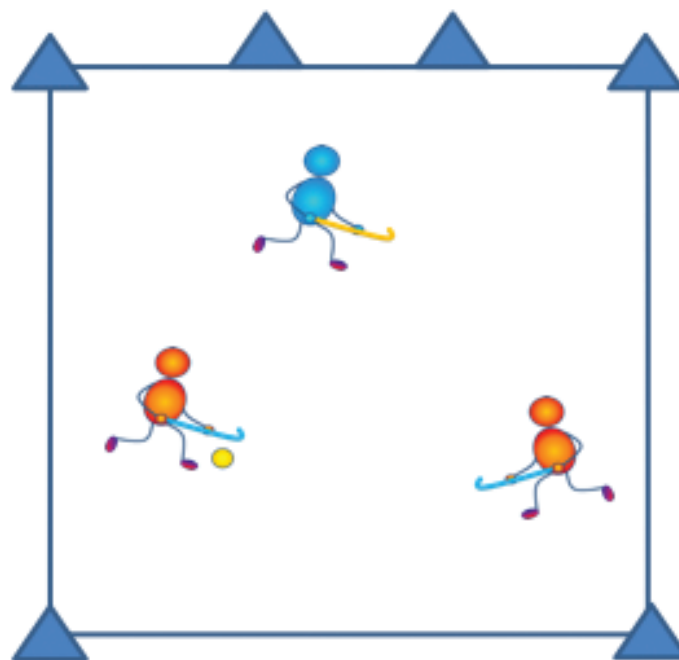
Module 3 Lesson 2 Task 1



Playing area: 5 m x 5 m

## 2 v 1 Game (with goalpost)

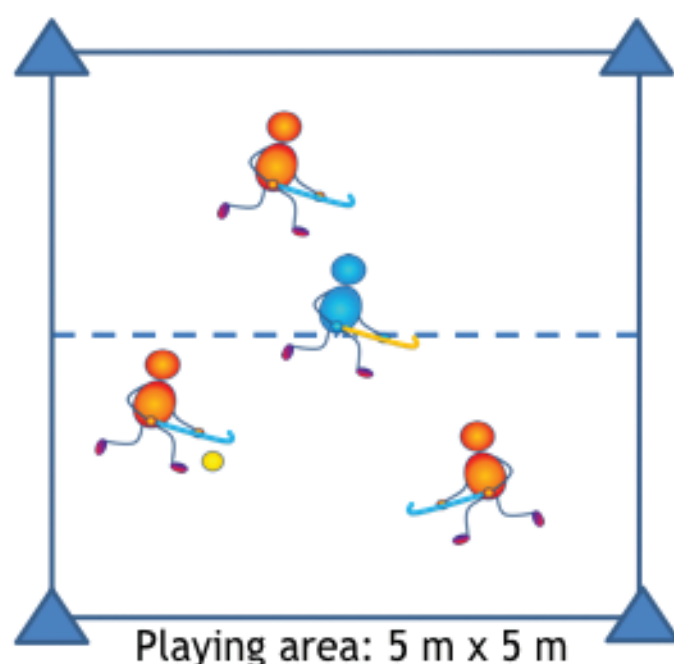
Module 3 Lesson 2 Task 2



Playing area: 5 m x 5 m

## 3 v 1 Line Hockey

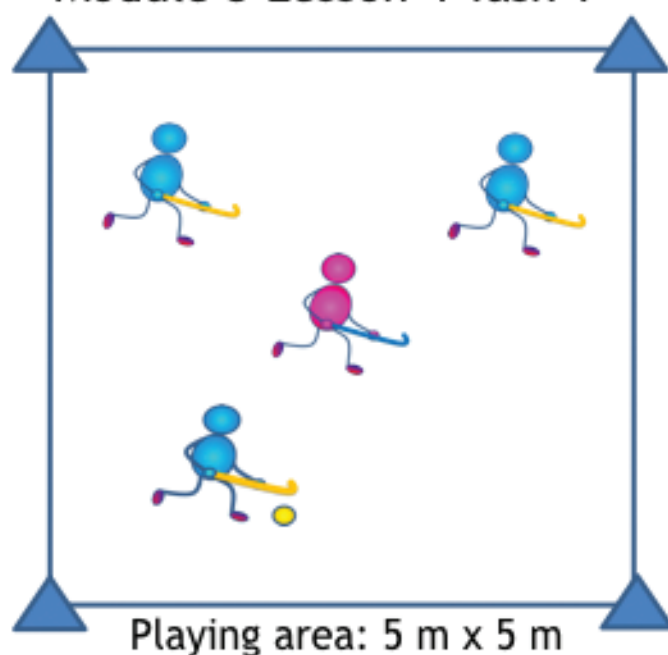
Module 3 Lesson 3 Task 1



## 3 v 1 Possession Game

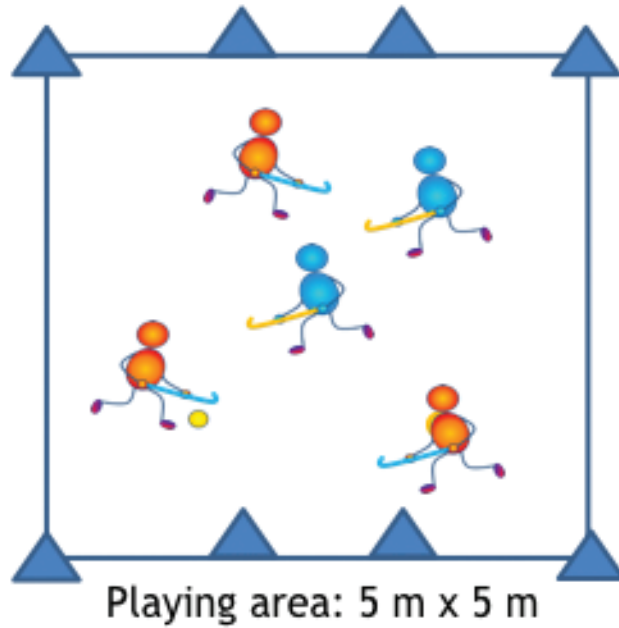
Module 3 Lesson 3 Task 2

Module 3 Lesson 4 Task 1



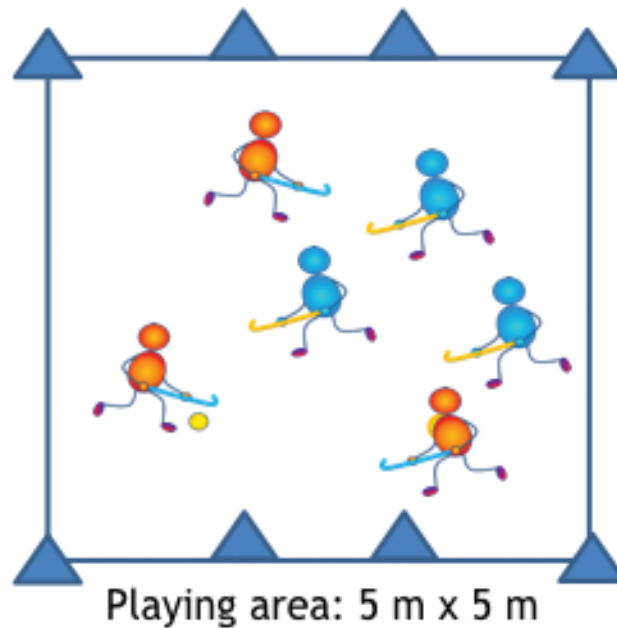
## 3 v 2 Game

Module 3 Lesson 4 Task 2



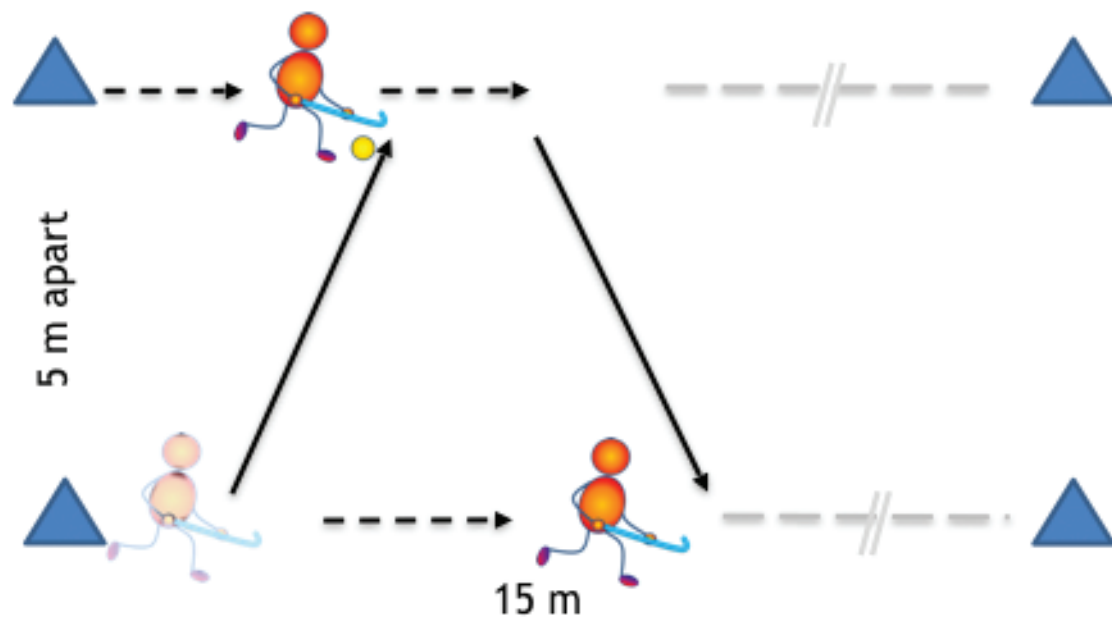
## Mini 3 v 3 Carnival

Module 3 Lesson 5



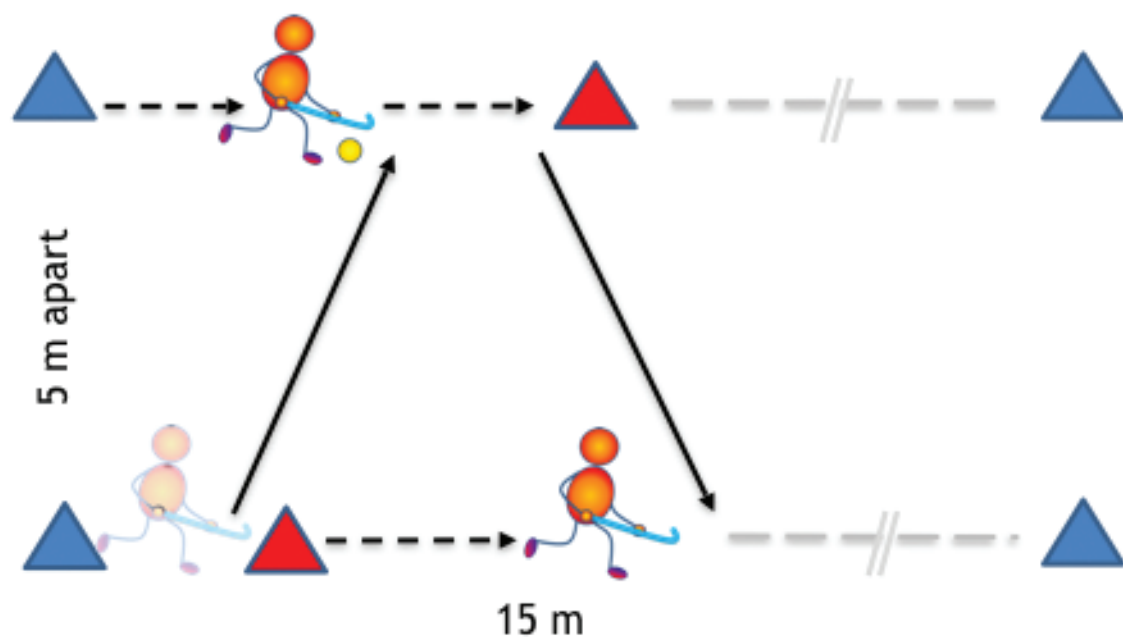
## 2 Channel Passing

Module 4 Lesson 1 Task 1



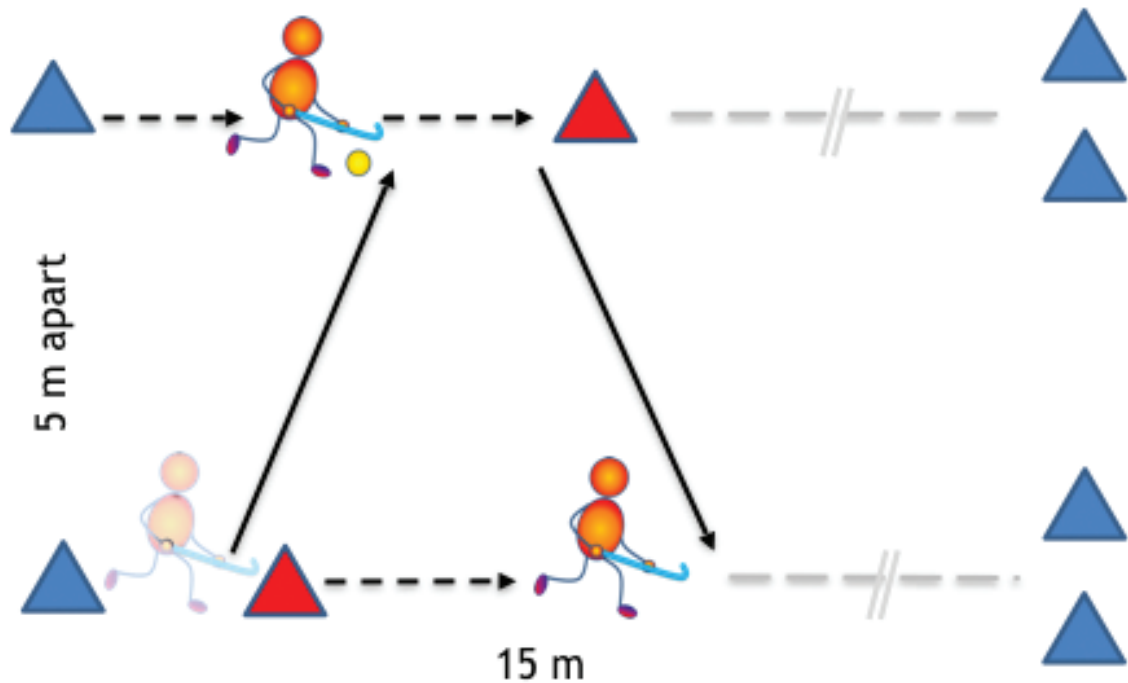
## Channel Passing With Obstruction

Module 4 Lesson 1 Task 2



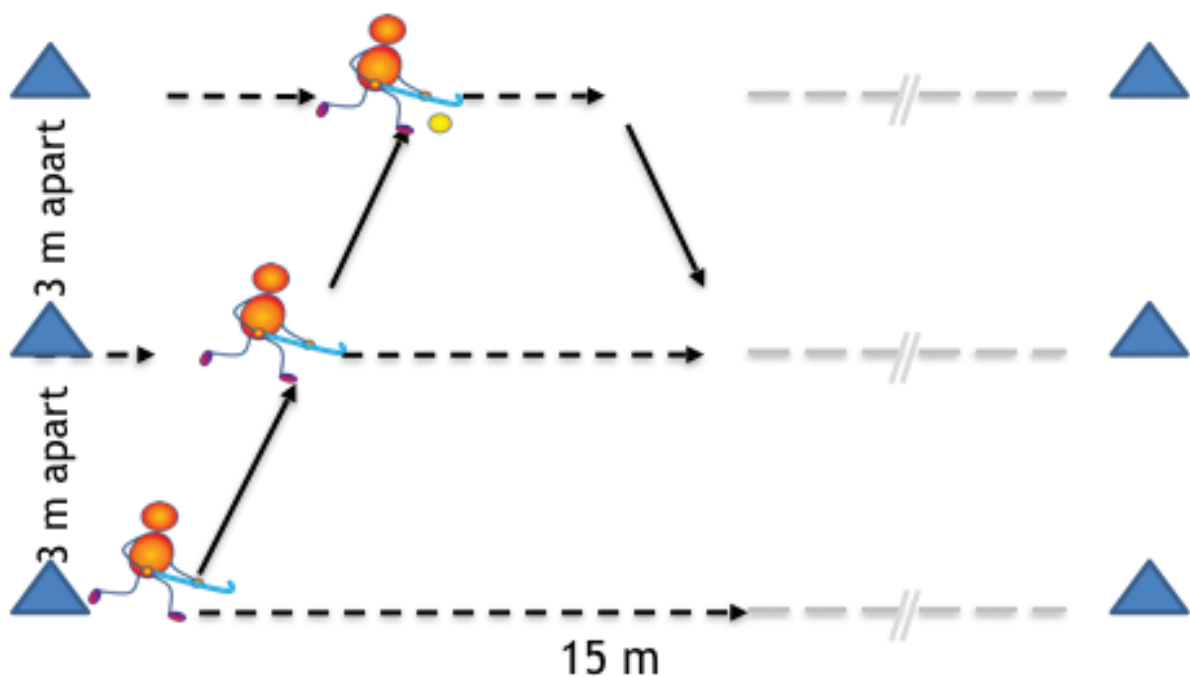
# Channel Passing With Obstruction and Shot on Goal

Module 4 Lesson 1 Task 3



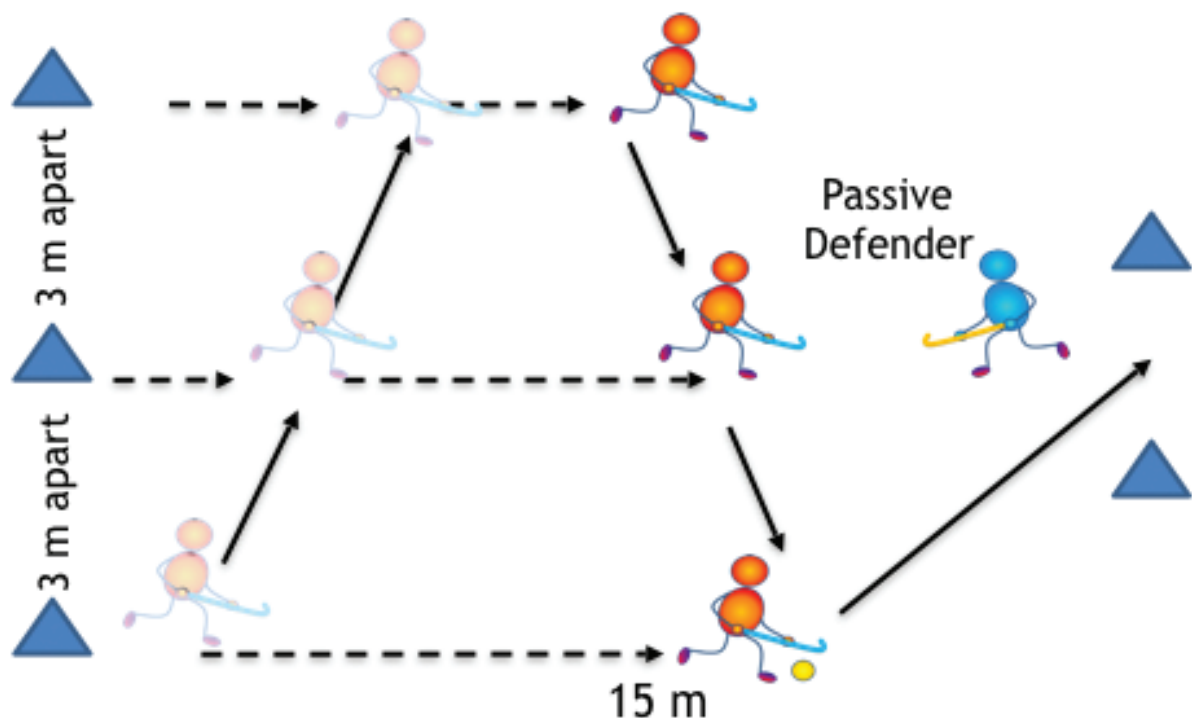
## 3 Channel Passing

Module 4 Lesson 2 Task 1



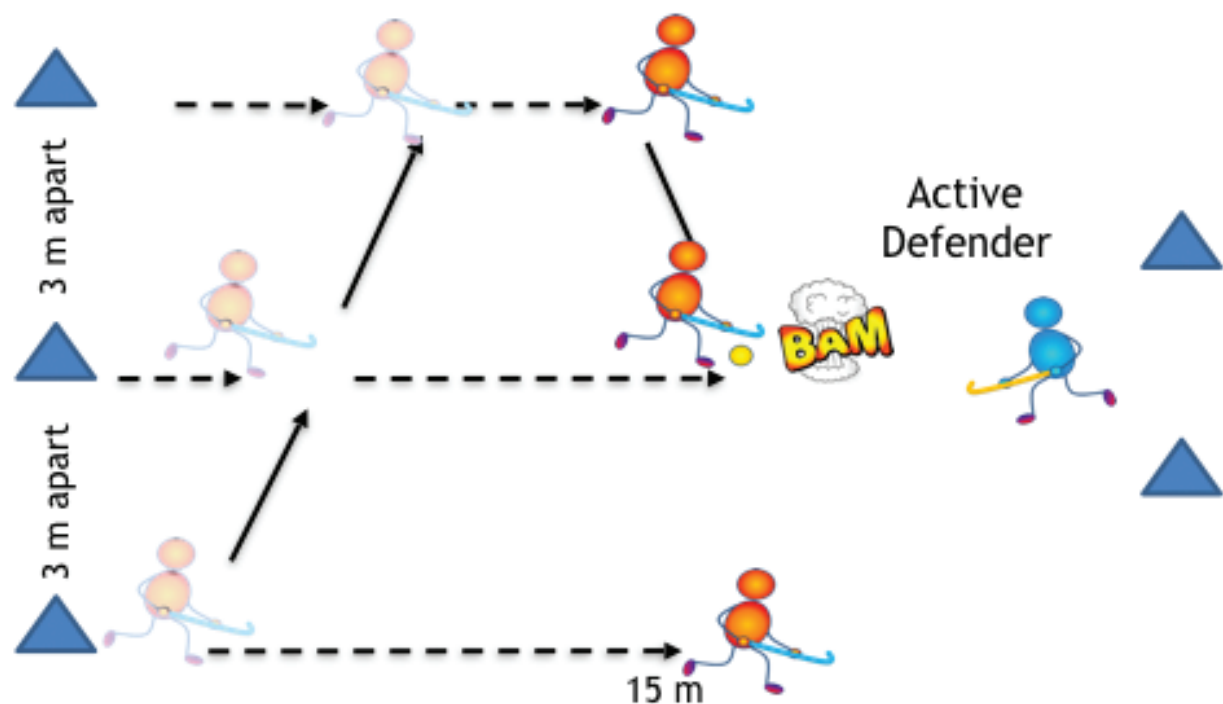
# Channel Passing With Passive Defender and Shot on Goal

Module 4 Lesson 2 Task 2



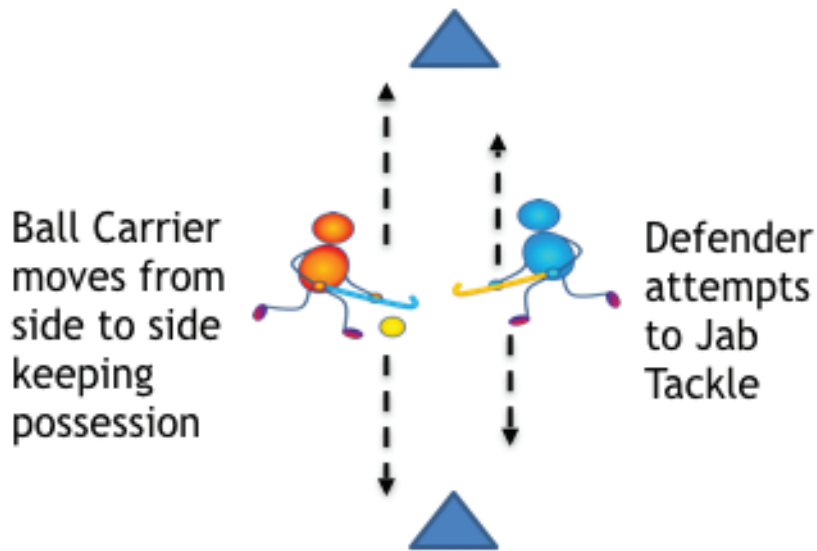
# 3 Channel Passing with Active Defender and Shot on Goal

Module 4 Lesson 2 Task 3



# Jab Tackle

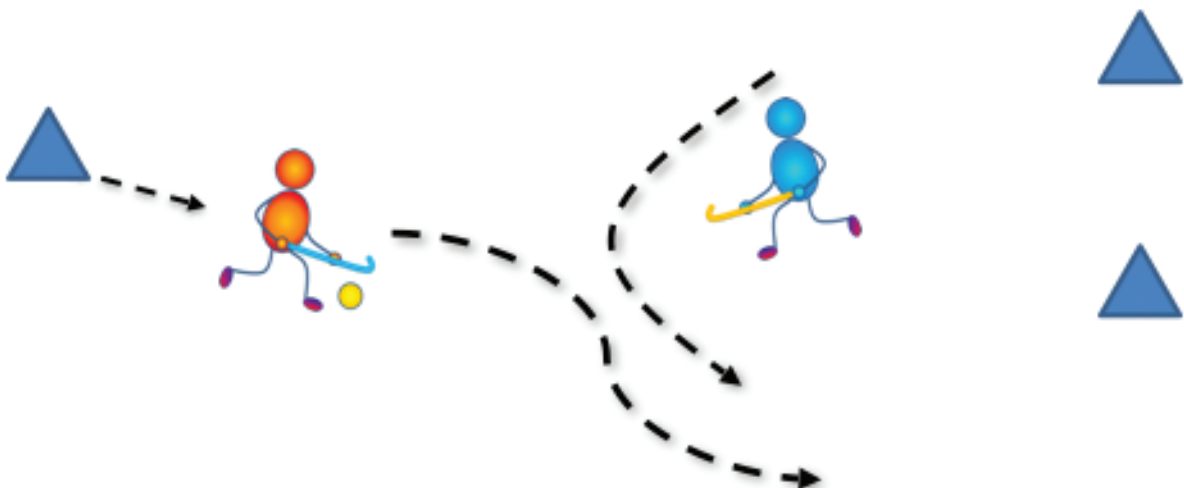
## Module 4 Lesson 3 Task 1



# Channeling with Passive/Active Defender

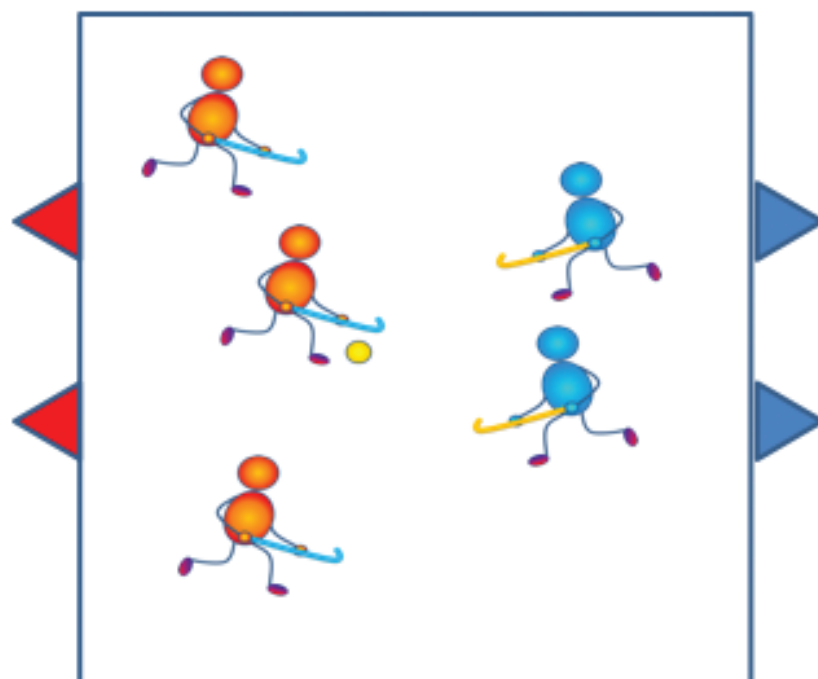
## Module 4 Lesson 3 Task 2

Defender uses stick and body to channel attacker towards the sideline



## 3 v 2 With Goal

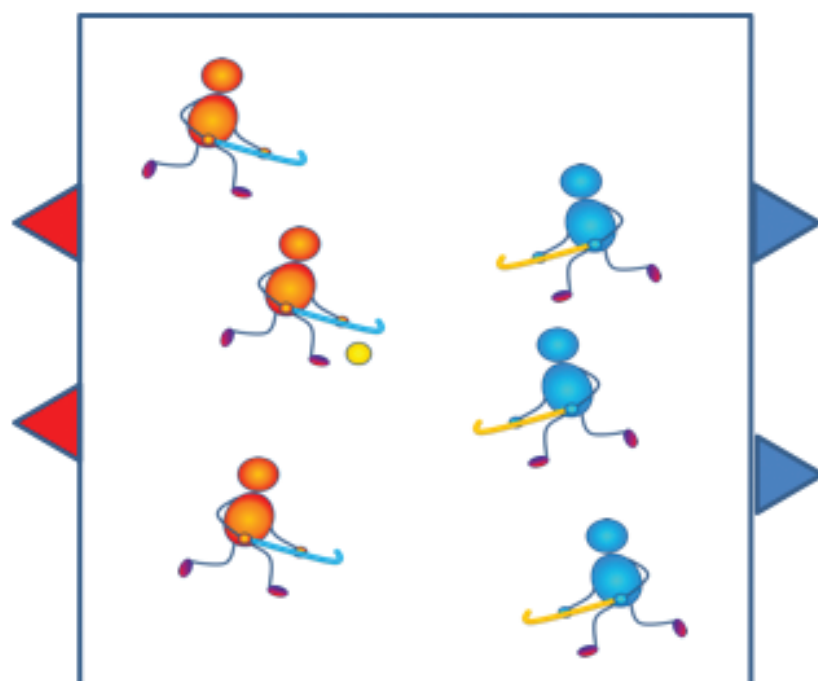
Module 4 Lesson 3 Task 3



Playing area size : 5 m x 5 m

## 3 v 3 With Goal

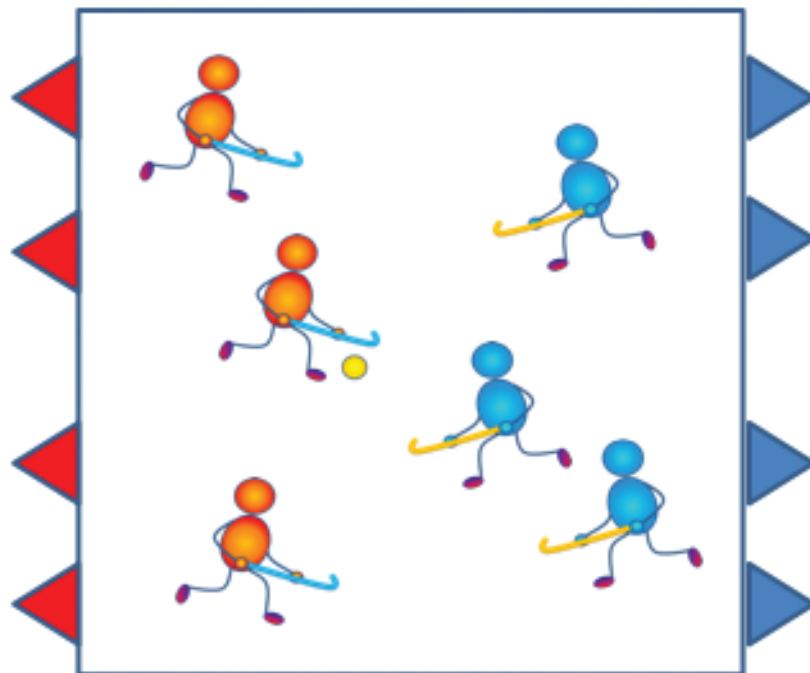
Module 4 Lesson 4 Task 1



Playing area size : 5 m x 5 m

# 3 v 3 With 2 Goals

Module 4 Lesson 5 Task 1



Playing area size : 5 m x 5 m



