

HOCKEY RESOURCES & ONLINE LEARNING



**A range of hockey-related activities to support online learning,
promote physical activity and provide ideas & inspiration for PE staff**

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INTRODUCTION

We know how important physical activity is for mental and physical health, but we are very aware of the challenges that the current situation is creating for the provision of sport in educational environments. These resources have been designed to introduce some hockey-related ideas and challenges to inspire KS2 children and support teachers and parents as they deliver online learning and home schooling.

CONTENTS

1. PHYSICAL CHALLENGES

Hockey Skills - some basic stick and ball activities*

Hockey Movement Circuit - a physical activity designed to replicate some hockey movements, help prevent injury and build strength and endurance

2. 'THINKING LIKE A HOCKEY PLAYER'

Hockey Word Search - can be combined with a physical challenge

Hockey 'Finish the Sentence' - a basic written activity to help players think about some tactical ideas, aspects of the game they enjoy and what it's like to be part of a team

3. HOCKEY ONLINE

Watch hockey online - some suggested YouTube videos of skilful and exciting top level hockey

GB Hockey Research Project - some tasks to help young hockey players find out more about the Great Britain international teams

4. HOCKEY QUIZ

**We are very aware that many children will not have their own hockey stick. However, there is some space to be creative here... you could also encourage children to use an alternative piece of equipment they may have at home (e.g. a cricket bat, tennis racquet, perhaps even a wooden spoon!) to replicate the same hockey movements. All they will need is a tennis ball (or similar) and something resembling a stick.*

PHYSICAL CHALLENGES

Hockey Skills Challenges

Speed Drags

How many side to side drags can you complete in 60 seconds? Stand with feet shoulder width apart and drag ball from outside one foot to outside the other.

Big Drags

Do 20 sideways drags (10 in each direction), aiming to drag the ball as far as you can each time while staying in control

Box Drags

How long does it take you to dribble 3 squares in each direction around your body?

Spell Your Name

Stand with your feet shoulder width apart and the ball in front of your feet. Dribble the hockey ball to spell out your name!

Figure of 8

Stand with your feet shoulder width apart and the ball in front of your feet, in the middle. Dribble a figure of 8 (ball goes back between your feet, around to the side of your right foot, back between your feet again, around to the side of your left foot and back to the beginning)

Passing and Receiving (with outdoor wall)

Stand 1-2 metres away from wall and try pushing the ball and receiving the rebound. Can you pass and receive taking just 3 touches? What about 2 touches?

TOP TIPS

Try to keep the ball on the flat side of the hockey stick the whole time - twist the stick in your right hand to help you keep control of the ball as you move it from right to left

Try to keep the stick and ball stuck together

Dribble 'quietly' - move the ball smoothly rather than tip tapping

Don't forget you can move your feet as well as the stick and ball!

Challenge yourself - if it's too easy, try to do the skills faster. If it's too difficult, slow things down

PHYSICAL CHALLENGES

Hockey Movement Circuit

2 rounds = 18 minutes

All of these movements can be really useful for hockey players. Having strong leg muscles and core stability can help make you faster and stronger, while also reducing the risk of injury when you bend, twist, turn and change direction.

Try doing each exercise for 30 seconds, with 30 seconds rest between each exercise.

Have a 2 minute break, then go through every exercise a second time.

1. Jogging on the spot



Jog (or run) on the spot, pumping your arms as you run

2. Lunges



Step forward, bending your front knee to 90 degrees and dropping your back knee towards the floor. Repeat with the other leg

3. Squats



Start with your feet shoulder width apart. Bend knees, sinking your bottom towards the floor until it is level with your knees. Try to keep your heels on the ground. Stand up again and repeat

4. Sit ups



Lie on your back with knees bent to 90 degrees and feet flat on the ground. Sit up until you feel your tummy muscles switching on. Slowly return to start position.

5. High knees on the spot



Jog (or run) on the spot, but raise your knees up high on every step

6. Side lunges



Start with feet shoulder width apart. Do a big step out to one side and bend the leg you stepped out with, keeping other leg straight. Repeat on other leg.

7. Hop and stick



Hop up and try to balance for 3 seconds when you land (on same leg). Swap legs every 3 hops

8. Squat jumps



Start with your feet shoulder width apart. bend your knees, dipping into a squat, then spring up as high as you can

THINKING LIKE A HOCKEY PLAYER

Hockey Word Search / Circuit

Find the 15 hockey-related words hidden in the grid below.

MAKE IT A CHALLENGE: Why not turn this into a combination challenge? Every time you find a word, complete 10 of any movement (e.g. star jumps, jumping jacks, high knees) before you search for the next word.

S	O	L	L	B	R	S	C	R	U	L	H	E	A
T	S	L	B	A	E	T	A	S	B	R	F	D	L
U	S	T	C	L	O	E	D	S	T	T	B	E	E
K	M	E	I	L	I	A	K	A	S	K	A	T	L
T	S	P	E	C	M	M	E	P	C	P	O	C	K
H	C	T	I	P	K	L	C	I	A	O	T	E	P
I	T	D	E	R	S	T	L	L	H	E	K	C	S
T	P	A	E	I	E	F	B	S	A	P	D	O	F
C	I	M	C	F	A	T	T	A	C	K	R	A	K
G	O	A	L	K	E	E	P	E	R	B	I	C	A
T	H	E	T	R	L	N	O	I	C	E	B	H	M
I	S	E	K	R	E	E	D	M	A	L	B	B	T
T	A	B	I	R	E	K	E	E	A	E	L	L	E
S	K	I	L	L	M	T	I	M	R	E	E	O	T

BALL
TEAM
PASS
PITCH
ATTACK
DEFENDER
UMPIRE
SHOOT
COACH
DRIBBLE
GOALKEEPER
STICK
SKILL
FLICK
TACKLE

THINKING LIKE A HOCKEY PLAYER

Finish the Sentence...

1. Speed is useful for hockey because _____

2. I think the most important skill in hockey is _____

because _____

3. My favourite skill to practice is _____

because _____

4. Passing is important because _____

5. My favourite hockey position is [choose one] goalkeeper / defender / midfielder /

attacker because _____

6. Describe a good team mate in one sentence: _____

7. Describe a good captain in one sentence: _____

8. Being part of a team is fun because: _____

HOCKEY: ONLINE ACTIVITIES

Watch Hockey Online

Check out these amazing videos of international hockey in action!

Highlights of GB women's Olympic hockey gold medal at Rio 2016 (16 mins)

Click here: <https://www.youtube.com/watch?v=02uh5ZBXokg>

Best goals from the Men's 2018 World Cup in India (13 mins)

Click here: <https://www.youtube.com/watch?v=3lkxEqRjVfk>

Top 10 goals from the Women's 2018 World Cup in England (5 mins)

Click here: <https://www.youtube.com/watch?v=v6ybxk0jU8Y>

Some of the best Olympic hockey goals through history (4 mins)

Click here: <https://www.youtube.com/watch?v=kja6DI-vbbk>



HOCKEY: ONLINE ACTIVITIES

Great Britain Hockey Research Project

Learn more about the Great Britain hockey teams in the lead up to the Tokyo Olympic Games this summer...

Visit the Great Britain Hockey website [here](#) and write down the answers to the following questions:

1. Which women's player has the most Great Britain caps*?
2. Which men's player currently has the most England caps?
3. Which current women's player has scored the most international goals?
4. How many Surbiton HC players are in the men's and women's squads in total?
5. How many Scotland players are in the GB men's squad?
6. How many Welsh players are in the GB women's squad?
7. Who wears shirt number 18 in each squad?
8. How many goalkeepers are in each squad?

**A cap is an international game. So a player who has 100 England caps has played 100 hockey games for England. Great Britain players earn 'GB caps' as well as caps for their home nation (England, Scotland or Wales)*

HOCKEY QUIZ

Just for fun!

Round 1: HOCKEY GENERAL KNOWLEDGE

- Which country has won the most Olympic gold medals in hockey?
A. India / B. Netherlands / C. Australia / D. Great Britain
- Which city will host the 2024 Olympic Games?
A. Los Angeles / B. Tokyo / C. Paris / D. London
- How long is the suspension for a green card?
A. 4 minutes / B. 2 minutes / C. 10 minutes / D. The rest of the match
- How wide is a hockey goal?
A. 2.2 metres / B. 3.66 metres / C. 4.88 metres / D. 5 metres
- How many substitutions can you make in a hockey match?
A. 3 / B. 6 / C. 15 / D. Unlimited

Round 2: INTERNATIONAL HOCKEY KITS - which country plays in each of these shirts?



Round 3: HOCKEY ANAGRAMS

- CHICKY STOKE (2 words)
- DISHPANS (2 words)
- A GREEK POLE (1 word)
- NERD FEED (1 word)
- SNOTTY APPLE (2 words)

ANSWERS

Round 1: Q1 - A; Q2 - C; Q3 - B; Q4 - B; Q5 - D
 Round 2: Red - Great Britain; Striped - Argentina; Black - New Zealand; Green - Ireland; Orange - Netherlands
 Round 3: Q1 - Hockey Stick; Q2 - Shin Pads; Q3 - Goalkeeper; Q4 - Defender; Q5 - Penalty Spot

FIND OUT MORE & CONTACT US

SHC Community Projects is a registered charity set up with the specific aim of delivering a programme of hockey coaching to local schools, many of whom have little or no organised sport. We offer free and subsidised hockey coaching to schools during curriculum or as clubs for children between the ages of 6-13. All sessions are delivered by qualified and experienced coaches, including current and ex-international hockey players.

Email us: communityshc@gmail.com

We are closely aligned with Surbiton Hockey Club (SHC), one of the biggest and most inclusive hockey clubs in the country. SHC provides outstanding hockey for players of all ages and abilities. Come along to one of our regular holiday hockey camps or taster days to give hockey a go at SHC!

Find out more: www.surbitonhc.com/colts | coltsdir@surbitonhc.com

