

## KS1 Unihoc

In KS1 Unihoc, the children will learn individual skills such as feint dodges, flicks, jab tackles and basic attacking and defending as well as tactical play. They will participate in team games and use some of the basic rules of hockey.

### In this unit children will:

- Learn how to correctly hold a hockey stick.
- Learn how to angle feet when pushing and hitting the ball.
- Participate in team games.
- Be able to communicate effectively.
- Dribble open stick and Indian dribble.
- Developing simple tactics for attacking and defending.
- Be able to push and hit the ball.
- Become familiar with some of the key rules of the game.

### Prior Learning

KS1 Unihoc

### Cross Curricular Links

Hockey can be linked to maths for counting and sequencing, as well as direction.

## Key Vocabulary

**Dribble-** run while controlling the ball with the stick on the open side.

**Indian Dribble-** Use both sides of the stick to dribble.

**Push Pass-** Have your hands apart on the stick and keep contact with the ball as you push it to your partner.

**Hit-** Have both hands at the top of your stick and with a swinging motion, hit the ball to your partner.

**Tackle-** Trying to get the ball from the opposition.

**Puck-** the plastic piece of equipment you push around to try and score.

## Rules and Regulations

- No jewellery of any type can be worn.
- Hair must be tied away from the face at all times.
- Trainers must be worn.
- **The correct technique for pushing and hitting the ball.**
- **If it hits your feet the other team get a free hit.**
- **The basic rules for goal keepers not being allowed to kick, who gets the ball when and how to play as a team to score.**
- **Explain the differences between Unihoc and Hockey and why KS1 do Unihoc.**



## Equipment

- Unihoc sticks
- Pucks
- Cones
- Bibs

## Key Questions

- What is a puck?
- How do you dribble?
- What is the difference between open and Indian dribbling?
- How can you work as a team?
- How do you score?