

## St John's Senior School



**Subject: Physical Education (Girls' hockey)**

**Form: 2 & 3**

**Term: Autumn**

WEEK	TOPIC
8	<p>Ball skills – ball handling and basic control.                      Stance, body positioning and stick handling.                      Dribbling.                      Basic rules.</p> <p>Extension:                      Ball skills – controlled ball handling.                      Reverse stick dribbling.</p>
9	<p>Passing and receiving - open stick (push pass).                       Extension:                      Dribbling, passing and receiving with accuracy (push pass and hit) – open and reverse stick.</p> <p>Passing and receiving with accuracy in advanced situations.</p>
10	<p>Passing and receiving (hit). Reverse stick receiving.                      Tackling (attack and defence).</p> <p>Extension:                      Introduction of slap hit and flick.</p>
11	<p>Attacking and defending principles.                      2 Vs 1</p> <p>Extension:                      Small sided, pressurised situations.</p>
12	<p>Shooting/goal keeping</p> <p>Extension:                      Short corner attack and defence tactics.</p>
13	<p>Skills catch up/assessment.</p>