

St Bede's Inter-Church School Hockey KS3 Curriculum Map

Year 7	Year 8	Year 9
Dribbling – close ball control and tap	Dribbling and moving with ball - Indian Dribble	Dribbling - effective and efficient strong and weak side dribbling –under control and varied speed
Passing – Push Pass & Slap Hit	Passing – on the move- Push Drive Hit Slap	Passing – with accuracy and efficiency – Reverse Stick Passing: Push Drive Hit Slap Aerial Flick Scoop
Receiving – Open Stick Stop	Receiving – on the move - Reverse Stick Stop Receiving from the left and right	Receiving –with control on open stick and reverse stick Receiving from the rear On the run from all angles
Outwitting Opponents – using passing and receiving	Outwitting Opponent – V Drag, open stick dodge, reverse stick dodge	Outwitting an opponent – advanced techniques – lifting ball under control
Use of Space – exploring ideas to create space	Creation of space and moving ball into wide areas	Exploiting space – Switching play to teams’ advantage
Shooting – basic shot open side	Shooting – Effective push and hit shot with increased accuracy and control	Shooting – scoop and drag flick – strategies and set plays
Tackling – block tackle Marking player with the ball -basic defensive skills	Tackling – Jab Tackle Marking - Channeling & Shadowing, intercepting Marking the player without the ball	Tackling – Reverse Stick Tackle Advanced Marking Skills –Tracking Understanding defensive roles in the ‘D’ and in open play. Marking player without the ball
Goal Keeping – basic shot stopping	Goal Keeping – Saving Shots Positioning	Goal Keeping – Pressuring the player on the ball – logging.

	Narrowing the angles Use of pads/feet and stick	Distribution Kicking Different shot heights and ranges Tactics: Defending Short Corners & Penalty Flicks
Understanding Positions and Responsibilities	Tactical awareness of positions and responsibilities including the Goalkeeper	Advanced positional understanding – including the Goalkeeper
Game Play- Small sided 2 v 2, 3v3, 4v4, 5v5 Overloaded 1 v 3, 1 v 2, 3 v 2, 4 v2, 5 v 3	Game Play – Small sided – ranging from 2 v 2 to 6 v 6 Conditioned: 1 v 3, 1 v 2, 3 v 2, 4 v2, 5 v 3	Game Play – Small sided Conditioned Attack vs Defence
7 aside Game	7 aside Game	7 aside Game 11 aside Game
Simple Rules – 7 aside Game	Full Rules – 7 aside Hockey	11 aside Rules
Basic Strategies – Hit outs Sideline balls Self-pass Centre Pass	Basic Strategies – set plays Positions and Formations Apply and adapt the principles of attack and defence in a small sided game Attacking and Defending Short Corners Attacking and defending Long Corners Zoning Formations 2 – 3 – 1 -1 1-3-2 -1	Advanced Strategies including: Positions and Formations Attacking and defending Attacking and defending Penalty Corners & Long Corners Penalty Flicks Zoning Switching play Formations
Identifying basic strength and weaknesses of peers and suggesting ways to improve	Evaluating and Improving - Evaluate and suggest how to improve their team's performance.	Evaluating and Improving team performance in attack and defence and implementing ways to improve.
Umpiring – Understanding the basic rules of the game.	Umpiring – understand the rules of hockey and to officiate small sided games effectively	Umpiring – officiating 7 aside games Officiating 11 aside games
Understanding how to Warm Up and Cool down effectively	Leading peers in a small group warm up	Creating and leading Warm –Ups Leading small group practices and devising drills