

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:	
3&4	Hockey	The Short or Penalty Corner	10						SEN:	
Objectives:	To be able to confidently perform with accuracy, a variety of short corner strategies. To be able to confidently perform with accuracy, the short corners correctly and safely. To have an understanding of the rules that affect the short corner. To use imagination and creativity to confidently perform with accuracy, new tactics and set plays from a short corner position.									
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Link to Theoretical PE Aspects			
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Observe pupils performances <input type="checkbox"/> Use warm up cards with key phrases	R+ Write down what the brain tells you when you do not succeed?	<ol style="list-style-type: none"> 1. Give an example of antagonistic muscle pair. 2. Define Balance and justify why it is needed in Hockey. 3. Identify 3 reasons for athletes to carry out fitness testing. 4. From the three fitness tests identify the strengths and weaknesses of the tests. 5. Describe the protocol for the Illinois Agility Test 6. What is the definition of the cardiac cycle? 7. Explain the terms diastole and systole. 			
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Hockey	- Hold stretches for 8 seconds. - No bouncing.	↑ Get pupils to incorporate stretching with Ball / Stick / Objects being used within the lesson	Q & A on benefits of stretching and their warm ups					
The Short or Penalty Corner	- Small group practices b – concentrating on developing 3 clear strategies that may be used at a short corner.	To be able to confidently perform with accuracy, a variety of short corner strategies. To be able to confidently perform with accuracy, the short corners correctly and safely	<u>The hit</u> - Hands together just below top - Foot in-line with ball pointing at target - Short, quick b/swing with wrists - Weight transfer to front leg step in and hit ball	↓ Use stationary defenders / cones ↓ Give them targets to aim at ↓ Decrease distance of pass	<input checked="" type="checkbox"/> Pupils highlight weaknesses and good points for the Penalty Corners	R+ Discuss tactics of a penalty corner R+ Why is practice important in Hockey				
	Practice pushing, stopping, passing shooting. No defenders	To have an understanding of the rules that affects the short corner.		↑ Place cones ½ m from posts 1pt – for through middle, 2pts = cones	<input type="checkbox"/> Stopping skills assessed	R+ Create methods to add control and precision to the corner				
	Within 16m - 7 V 7 games, teams practice their strategies. Every time the ball is hit out of play / foul etc a short corner occurs	To be able to improve the range, difficulty and quality of their skills and techniques at short corners		<u>Push pass</u> - Left foot and shoulder point at target - weight balanced over balls of feet with head steady - transfer weight and push ball by right hand exerting pressure and direction	↑ Alternate roles of both attackers and defenders ↑ Q & A of roles / responsibilities	<input type="checkbox"/> Can their set play be disguised so that they get the better over the opponent		R+ Discuss the key tactics used in support play when performing the penalty corner		
	Pupils find three ways how to defend against a long corner	To know the different types of strategies and tactics used in the short corner			Observe these and ask pupils to evaluate each performance	<input checked="" type="checkbox"/> Pupils evaluate the plays and tactics of attack and defence <input type="checkbox"/> The distribution skills assessed		R+ Assess the influential strategies and tactics used in set plays R+ What would they change to the drill		
	Create three codes and set pieces from a penalty corner	To use imagination and creativity to confidently perform with accuracy, new tactics and set plays from a short corner position		<u>Receiving</u> - Get in line quickly - Bottom of stick on ground and allow the ball to come to stick - stop ball with stick on top of ball and pass the ball inside the D	↑ Work this within a small space	<input type="checkbox"/> Explain how corners are produced and roles of players at corners both in attack and defence <input type="checkbox"/> Assess why they did not hit the target with the penalty shot		R+ Discuss the key positions in set plays when defending the short corner R+ Discuss the importance of being ready when defending		
	Rushing defence. ATT CAN ONLY PUSH BALL INTO NET	To comprehend and grasp where the defenders stand within the goal		<u>Shooting</u> - Must not be dangerous or rising - Must be within the D	↑ Make up your own set piece. ↓ Bring the corner spot closer.	<input type="checkbox"/> Assess the weak short corners <input type="checkbox"/> Can their corners be disguised so that they get the better over the defenders	R+ Can the students play a set play to beat the defenders R+ Create methods to keeping hold of the ball			
Testing and Targets	Create three different Long corners to practice	To perform the Long corners correctly and safely under testing environments		↑ Do the drill in silence	<input type="checkbox"/> Assess the weak attempts performed under test conditions	R+ Students show confidence				
Games	The pupils are to Play 11 v 11 games - Goalkeepers - Tackling - Formations Non participants referee	To incorporate the skills the students have learnt in previous lessons to play a full sided game of Hockey. To incorporate short corners into the games of Hockey	- Play within rules - No contact allowed - Not allowed above head height	NB: if a foul is committed in DEF thirds then play is resumed by a long / short corner - Work on corners and more work on formations - Emphasise the importance of quick, but structured set pieces - Get pupils to use SPACE	<i>Listen to pupils feedback and evaluation regarding the Strengths and Weaknesses of attacking play</i> <input type="checkbox"/> Assess the corners and set plays in the small side games	R+ Discuss how to gain an advantage over competitors when performing set plays R+ What mindset do they have when winning?				
Leadership & Coaching	Create 2/3 drills to work on skills when mistakes arise within the set plays	To be able to analyse teams performances, Strengths and Weaknesses at the corners and set plays To make decisions about what needs to be done to improve their performance and the performance of others.	Observe players skills, tactics and performances. Offer positive advice, do not be negative. Use the correct terminology and instructions.	↑ Talk to students about tactics, defending, attacking, and goalkeeping within game and especially at set plays	<input type="checkbox"/> Coaches instructions and feedback from the set plays are assessed	R+ What demonstrates a positive attitude when coaching				
Officiating	Officiate the Small sided Game Umpires asked to whistle for feet, stick tackle, contact fouls and dangerous play.	To be able to officiate the Hockey Game correctly using the correct signals, comments, scoring and techniques	Use the correct signals Use the whistle, arms and body movements to stop the action effectively and efficiently Get in the right positions to make accurate decisions.	Focus on the rules regarding, tactical play, attacking play, set plays, corners, penalties, short corners, defensive play, and the phases found in Hockey	<input type="checkbox"/> Assess what skills need to improve when officiating <input type="checkbox"/> Assess what skills need to improve when scoring	R+ What demonstrates a positive attitude when officiating				
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	↑ Increase duration ↑ Incorporate skills performed into cool down	Q & A on the teaching points and objectives of the skill, activity and lesson <input type="checkbox"/> Use cool down cards with key phrases	Pupils create a new cool down for passing and keeping possession				
Active lifestyle & Social Guidance		Describe the importance of having qualified Hockey								
Equipment		Astroturf Pitch, Hockey sticks, Hockey balls, Light small balls, bibs, Cones / Markers, Goals, Goal keeping Kit (4 sets), tennis balls, Peer evaluation sheets, Video, TV, Whiteboards, Digital Camera, Laptop, Peer skill Evaluation Sheets								
Healthy Lifestyles and well being		What does RDA (Recommended daily allowance stand for?)								