



Hockey scheme skills and progressions

Skills Covered:

Positioning Fundamentals / Travelling Fundamentals with Hockey Stick / Indian Dribble / Speed dribble / Push Pass / Shooting / Skills performed under pressure in competitive drills + games

EYFS Progressions

- Hold the stick with correct technique
- Travel safely with hockey stick in large and small areas – walking – Going sideways - Going backwards -jogging – running
- Timing with the head of the hockey stick to hit a target safely and accurately
- Travelling with the ball under control - walking – Going sideways - Going backwards - jogging – running
- Dribbling with the ball using Indian dribble and speed dribble - walking – Going sideways - Going backwards -jogging – running
- Push pass the ball accurately to partner over a small distance – to different classmates - increase distances based on progress seen
- Receive a push pass accurately to partner over a small distance – to different classmates - increase distances based on progress seen
- Scoring using correct technique – walking – jogging – running – into large goal – small
- Clear communication with a partner – small group – whole class



Year 1

All the EYFS progressions and skills need to be established then move onto

- Make a push pass whilst under pressure – walking – jogging – running – large area – small area
- Dribble and keeping the ball under pressure – walking – jogging – running – large area – small area
- Basics of defending trying to get the ball off an opponent – walking – jogging – running – large area – small area
- Show composure to pass, Indian or speed dribble or score in a competitive situation

Year 2

All the Year 1 progressions and skills need to be established then move onto

- Show decision making when and when not to pass the ball in competitive situations - walking – jogging – running – large area – small area
- Show decision making when and when not to pass the ball in competitive situations - walking – jogging – running – large area – small area
- Beat a defender to score - walking – jogging – running – large area – small area
- Perform passing, dribbling, and scoring in competitive team games and drills