

**Curriculum Objectives**

- This lesson is a revision of skills taught in the previous lessons through the playing of small-sided games with the whole class.

Venue

- Yard/field

Equipment

- Hockey sticks or hurleys, or if indoors uni-hoc sticks.
- Olympic handball sized balls, cones tennis balls.

ALL TEACHERS PLEASE NOTE: IF USING HURLEYS THE CHILDREN MUST WEAR HELMETS.

Reference

- Primary School Curriculum (1999) Physical Education, page 43.
- Teacher Guidelines, pages 51.

Move up a level

PSSI Homepage

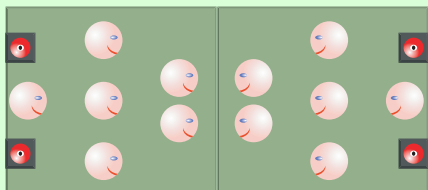


ORGANISATION

Place the children in teams of six.
Use bibs/braids to identify each team.

Set up two pitches to run two games simultaneously.

If playing indoors use uni-hoc sticks or indoor hurleys and implement the rotation of teams every three to four minutes.



If you wish to rotate the teams regularly, the games should be of five minutes duration approximately. The waiting team, if there is one, should practise shooting, striking and dribbling skills in a grid area while waiting their turn to play.

The teacher should be in a position to have a view of all the children.

ACTIVITY

The following are ideas to provide variety in invasion games to develop and practise skills learned. Games should be ground striking only.

Warm up and stretching: Visit your warm up bank.

1 6 v 6 striking games

To start the game:

- the ball is passed off/thrown in from the centre of the field;
- the players may remain in his/her own half of the field or take up attacking and defensive positions at the beginning of play.

Playing the game

- The emphasis is on interception, blocking and moving into space for a pass.

Rules: State clearly the few rules which must be followed in all games.

- No pushing, pulling or dragging.

Discuss with the children before the lesson the modified rules to put in place. The teacher should ensure the following points are covered.

- One person stands in goal and may save the ball using the stick or feet.
- A goal is scored every time the ball is struck through the opponent's goal.
- A free kick is awarded if a player kicks or pushes an opponent.
- When the ball passes behind the line a sideline strike is taken.
- When a ball passes behind the goal, the goalkeeper hits it out from the goal area.
- Every time a goal is scored the ball is hit out from the goal area.

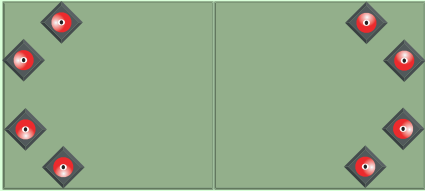
Hand the ball to the other team:

- if the ball is out of bounds i.e. ball over sideline
- after a score
- if there is a **foul** e.g. someone is pulled or pushed or dragged.

ALL TEACHERS PLEASE NOTE: IF USING HURLEYS THE CHILDREN MUST WEAR HELMETS. IF USING HOCKEY STICKS ONLY USE THE BALL DESCRIBED ABOVE. DO NOT USE A STANDARD HOCKEY BALL

TEACHING POINTS

ORGANISATION



Mark out three pitches if possible – each pitch should have four goals, one metre wide (see diagram).

Place four or five cones one metre apart for Activity 3. The children line up as below.



ACTIVITY

2 Goal game

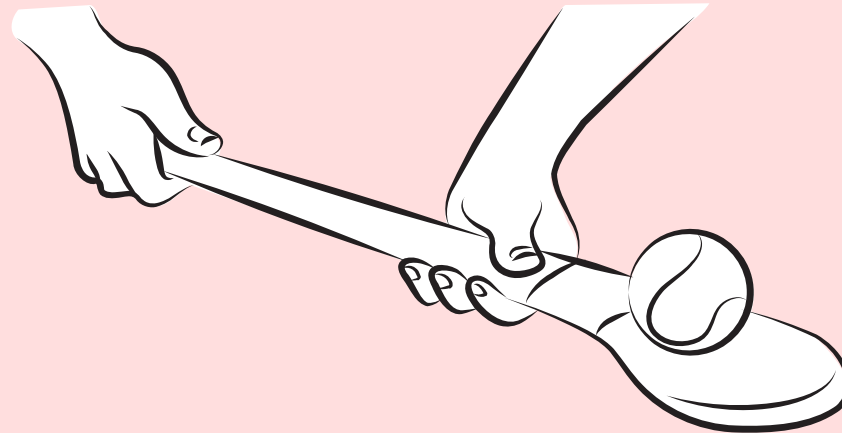
Rules

- The teams play with no goalkeeper but with two goals to defend and two goals to attack.
- No player may stand within two metres of goals.
- Play begins as above.
- Depending on the space available this can be played as described above.

Section 3, 4 and 5 are suggested grid activities for the waiting team.

3 Dribbling/Solo

- Dribble relay:** In turn, each child dribbles in and out of the cones and back. On returning that player goes to the back of the line and sits. Winner – best of three races.
- Beat the clock:** How many runs can a team complete in two minutes? Each member of the team must take part.
- If using hurleys the children can solo.** Balance the ball on the hurley while running to the last cone and back, running up on one side of the cones and down on the other. The children can then be challenged to perform this activity by running in and out of the cones, slalom fashion.

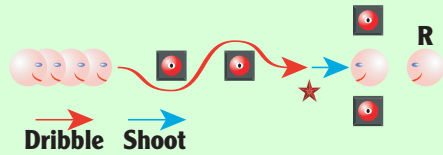


TEACHING POINTS

- Penalise the team if a player attempts to act as a goalie.
 - Encourage short accurate passing.
 - Encourage **give and go**.
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- Encourage control.

ORGANISATION

Divide the children into teams of six. Place one set of cones two metres apart as a goal. Each child takes a turn to act as goalkeeper and as retriever **R**.



The children are in pairs – one ball per pair.

ACTIVITY

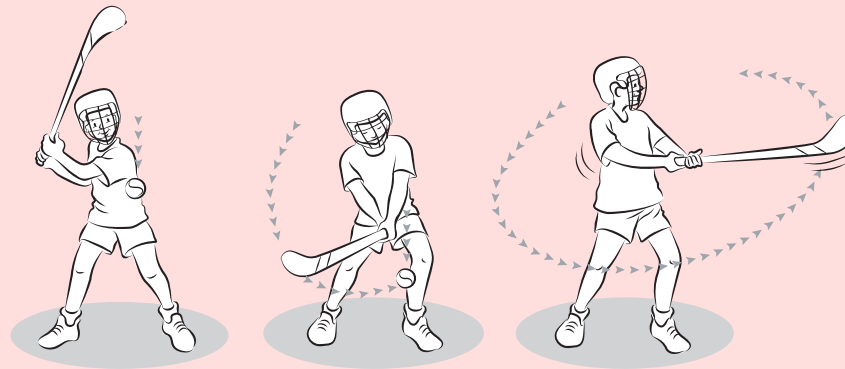
4 Dribble and shoot

In turn, each child dribbles the ball to the mark and shoots.

The teams have three rounds each. Change the goalkeeper and retriever after each round. Keep a record of scores made.

5 Striking from the hand (only for use with hurleys)

The children practise striking the ball from the hand.

**6 Cool down**

Visit your cool down bank.

TEACHING POINTS

- Encourage control.

- Encourage the children to concentrate on the accuracy of the pass rather than the distance.

DEVELOPMENT FOR FOURTH CLASS

All of the above can be repeated in Fourth Class encouraging greater skill and/or increasing the levels of difficulty of the activities.