

**HOCKEY**

**Equipment:**



[This Photo](http://edenalmasite.blogspot.com/2013/12/field-hockey-stick-end-cap.html) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/)

**1 Hockey stick**

**1 ball**

**5 cones**

**AIM: Improve dribbling on the straight**

**Equipment:**



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**1 hockey stick**

**1 ball**

**5 cones (placed in a circle roughly 7m diameter)**

**Aim: Improve dribbling at speed to points on the clock face**

**Equipment:**



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**1 Hockey stick**

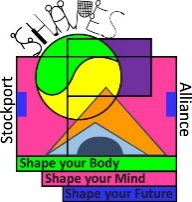
**1 ball**

**10 cones to be set up in pairs as gates to travel through**

**AIM: How do you stop the ball in between the gates?**

**ALL ACTIVITIES TO BE DESIGNED BY PUPILS AND THEN COMPLETED UNDER TIME RESTRICTIONS SET OUT BY THE TEACHER**

**NB: Use the FLAT side of the stick, don’t let it hit your feet, Left hand at the top & Right ¾ way down, bend your knees**





**NETBALL**

**Equipment:**



[This Photo](https://voakl.net/2016/10/26/new-elite-anz-netball-franchise-to-be-based-in-papakura/) by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-nc-sa/3.0/)

**1 netball**

**Outside wall**

**AIM: Improve chest passes (DOUBLE FOOTED LANDING, 1 / 2 LANDING)**

**Equipment:**



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**1 netball**

**Chalk**

**Outside Wall**

**AIM: Improve accuracy using a variety of throws**

**Equipment:**

**5 Cones set up in a fan**



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**Aim: To improve sprinting out to receive a ball (imaginary)**

**ALL ACTIVITIES TO BE DESIGNED BY PUPILS AND THEN COMPLETED UNDER TIME RESTRICTIONS SET OUT BY THE TEACHER**

**NB: Remember DO not RUN with the ball**



**FOOTBALL**

**Equipment:**



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**1 football**

**Outside wall**

**Aim: 2 touch control – come up with 3 points of how to control and send the ball (think how your kicking foot should be when you strike the ball, what is your body doing, how do you receive the ball off the rebound)**

**Equipment:**

**1 football**

**5 cones**

**Aim: to dribble the ball with control (set the cones in a straight line & then try in a zigzag line)**

**Equipment:**

**1 football**

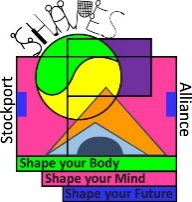
**5 Cones set up in a fan**

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**Aim: To dribble then control the ball at the cone**

**ALL ACTIVITIES TO BE DESIGNED BY PUPILS AND THEN COMPLETED UNDER TIME RESTRICTIONS SET OUT BY THE TEACHER**





**Score Sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **1st attempt** | **2nd attempt** | **3rd attempt** |
| **Hockey**  **Dribbling on the straight** |  |  |  |
| **Hockey**  **Clock face** |  |  |  |
| **Hockey**  **Gates** |  |  |  |
| **Netball**  **Chest passes against the wall** |  |  |  |
| **Netball**  **Accuracy** |  |  |  |
| **Netball**  **Sprinting** |  |  |  |
| **Football**  **Send and stop** |  |  |  |
| **Football**  **Dribbling** |  |  |  |
| **Football**  **Fan control** |  |  |  |

