**Uni Hoc**

Teaching Points Equipment:

* Safety when holding hockey stick Unihoc set- Plastic Hockey Sticks, balls, bibs
* 2 hands on a hockey stick Goals.
* Do not lift hockey stick higher than waist.
* Safety when tackling/trying to get ball

Instruction

* Split children into teams of 4-6 and give them different coloured bibs for their teams
* Go over the main safety rules of how we should hold the hockey sticks (as above in teaching points)
* Each team chooses a goalie and the rest of the team spreads around the space (set positions for older children)
* Emphasise team work- passing and communication
* Emphasise defending- can they mark a player from the other team?
* Emphasise finding a space- can they spread out and use all areas of the pitch?
* Children try to score in their opponent’s goal. The team with the most points at the end wins.

Tips/Progressions

* For younger children rather than doing a hockey game you can practice some dribbling and passing skills in pairs, in small teams or as part of a relay race.
* Set a time limit for the hockey games. If you have more than two teams you do not want them sitting out for too long.