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| Learning Objectives | Skills |
| * Learn how to hold the hockey stick correctly whilst maintaining the correct posture.
* Develop dribbling skills including stopping the ball and making a bridge to change direction).
* Understand basic passing techniques and develop passing skills using the push pass effectively.
* Develop receiving skills by making a barrier to receive a pass.
* Develop tackling skills using block and jab tackles effectively.
* Find and use space and communicate with teammates.
* Choose positions in their team.
* Know how to mark and defend the goals.
* Play small-sided games effectively.
* Use a variety of tactics to keep the ball from the opponent.
* Understand different ways to get the ball to the opponent’s goal.

 | Warm-upDribbleReceive and controlJab tackleBlock tackleBridgePush passShoot | DefendPositional play |
| Key Vocabulary |
| SAFETY GRIPFLAT-SIDEBRIDGEINVASION PUSH PASSBARRIERATTACKINGDEFENDING  | JABBLOCKRECEIVINGSENDINGTACKLECOMMUNICATEPOSSESSIONPOSITIONINGEFFECTIVELY |