



HOWZAT!

Games – Warm Ups

Name: Hand Hockey

Aim:

To warm up physically and mentally.

To acquire and develop a range of fielding skills – movement skills and spatial awareness skills under pressure.

To select and apply skills and tactics to successfully complete a range of throwing and fielding / intercepting skills to score points or prevent a team from scoring.

To evaluate and improve performance by thinking about how to effectively use space, correct throwing and receiving and also effective intercepting to increase / decrease, scoring opportunities. To work as a team and communicate effectively with one another.

To understand the benefits of fitness to maintain and increase performance.

Organisation:

Equal teams of 6 – 12 are organised. Teams are to try to roll the ball underarm to another team member to create a goal scoring opportunity.

Points can either be scored by rolling the ball over the end line of the grid to an awaiting team member or into the opposing teams goal (if chosen to use this method). Should the ball be miss-fielded, possession is lost. The defending team can also gain possession by intercepting the ball. Players can move around the grid freely. The player in possession of the ball can only take one step.

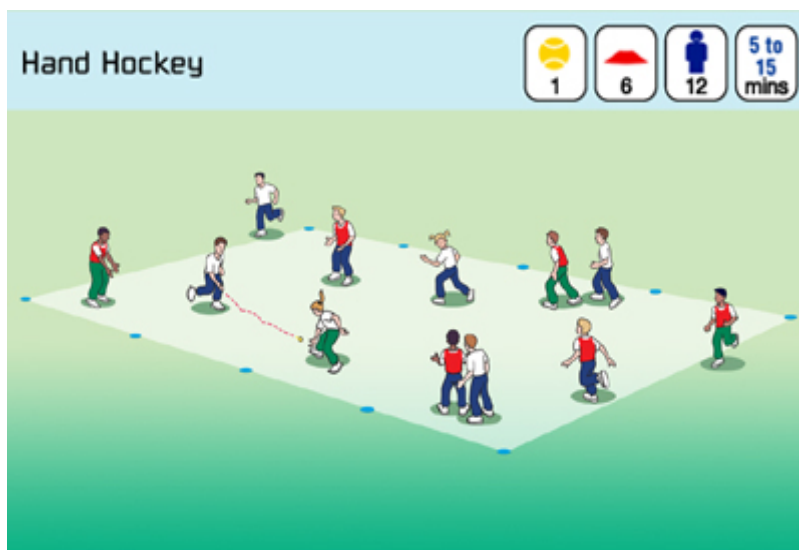
Technique:

Maintain a balanced position; Watch the ball; Hands together when receiving the ball; Palms at the ball; Head level; Communicate with team members.

Adaptation/Variation:

Increase / decrease the size of the grid; Increase / decrease the size of the goal; Increase / decrease the number of players; Use other movement skills, skipping, hopping, side stepping walking; Increase / decrease the size of the ball; Alter the throw – over arm, one bounce – direct throw – bowling to team mates.

If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.



Equipment:

Players: teams of 6 -12;

Cones: 6 - 10;

Tennis Balls: 1 per game;

Bibs: 6 -12 (desirable)

Time: 5 -15 mins