

Year 6 - QuickSticks - HT2



Prior Learning: In year 5, children developed their dribbling skills and were introduced to the Indian dribble. They recapped how to pass and move. They also recapped their tackling skills and were introduced to some more advanced ways to tackle. They played small sided quicksticks games and practiced their attacking, marking and defending skills in these games.

Physical Me

- Running **Agility**
- Speed **Balance**
- Strength **Co-ordination**
- Reaction **Power**
- Passing

Key Skills

Thinking Me

- Select and apply my skills
- Evaluate performance
- Decision making

Value Me:

- Determination
- Passion

Social Me

- Helping others
- Accepting and embracing rules



Key Knowledge

Tactics - Actions and strategies are planned to achieve an overall objective – in sport that objective is predominantly to win

Tackling - When tackling, players should **only hit the ball** with their stick and should not hit the other player's stick.

Marking- To mark a player you follow their movements to try and stop them shooting or passing, and so that you can regain possession.



Quicksticks Rules:

Start of Game:

One team being given a centre pass

Restart the game:

Centre pass is taken by the team who has not scored

A free pass (the ball must be taken from where the offence took place)

If a ball crosses the sideline, a free pass is taken from the team that did not touch the ball last.

-You can pass or dribble onto the pitch from a sideline

FREE PASS to the other team:

- If a ball crosses the back line off an attacker, a free pass is taken by the defending team from the top of the shooting circle/area

- If a ball crosses the back line off a defender: the free pass shall be taken by the attacking team from the corner

- If sticks raised above waist/knee height
- If uses rounded side of the hockey stick
- If you obstructs attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball

Key Vocabulary

Chicane

Accuracy

Angles

Marking

Improve

Tactically

Demonstrate

Possession

Target

I can statements	✓ X
Dribble the ball at various speeds- both in isolation and a game situation	
Pass the ball over a variety of distances in attacking or defensive situations	
Pass and move into a space with accuracy, control and speed (in isolation/game situation)	
Begin to defend as an individual and communicate to defend as a team (marking and tackling)	
Hit a moving ball into a goal from different angles and sometimes with different levels of power	
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending	

Anything else you have learnt? What have you enjoyed?