

St Ninian's High School Physical Education



S4 National 5

Hockey

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Factors Impacting performance

In hockey we will focus on two factors which impact on performance these factors are:

- **Physical Factor – Tactics**
- **Social Factor – Teamwork, Communication, Co-operation**

Physical Factor – Tactics

By the end of the block you should understand which tactics are the most effective for your team. You must take into consideration the following:

- Your teams strengths and weaknesses
- Your opponents strengths and weaknesses
- The score in the game
- The time in the game.

Social Factor - Teamwork, Communication, Co-operation

By the end of the block you should understand how social factors affect your teams' performance in a positive or negative way.

For example, you may find that your communication as a team is poor in your mid-field. This may cause gaps to develop and more scoring opportunities for the opposition.

Homework 1

1. Select a role in Hockey. Within this role explain the qualities required for successful performance. Give at least *three* examples.

2. Explain how Teamwork, Co-operation and Communication can impact on your teams' performance in a positive way?

Formations – 1-3-2-1

The most commonly used formation in 7v7 hockey is a

1-3-2-1

The 1-3-2-1 formation provides your team with heavy positioning in the middle of the field. The line-up positions are as follows:

- **One forward**
- **Three midfielders**
- **Two defenders**
- **One goal keeper**

Benefits of a 1-3-2-1

- The advantage of this type of line up is that midfield players can move to create a triangle in attack or defence. This helps to create passing options and defensive support.
- Allows ball to be played out wide when necessary.
- Provides depth in attack and defence.
- If you have a slow back 2 players who keep being out run by forwards mid-field will support.

Limitations of a 1-3-2-1

- With this formation defence is vulnerable in the centre of the pitch and relies heavily on the mid field players.
- Attacker playing on their own so options can become limited if mid field players do not move forward.

Homework 2

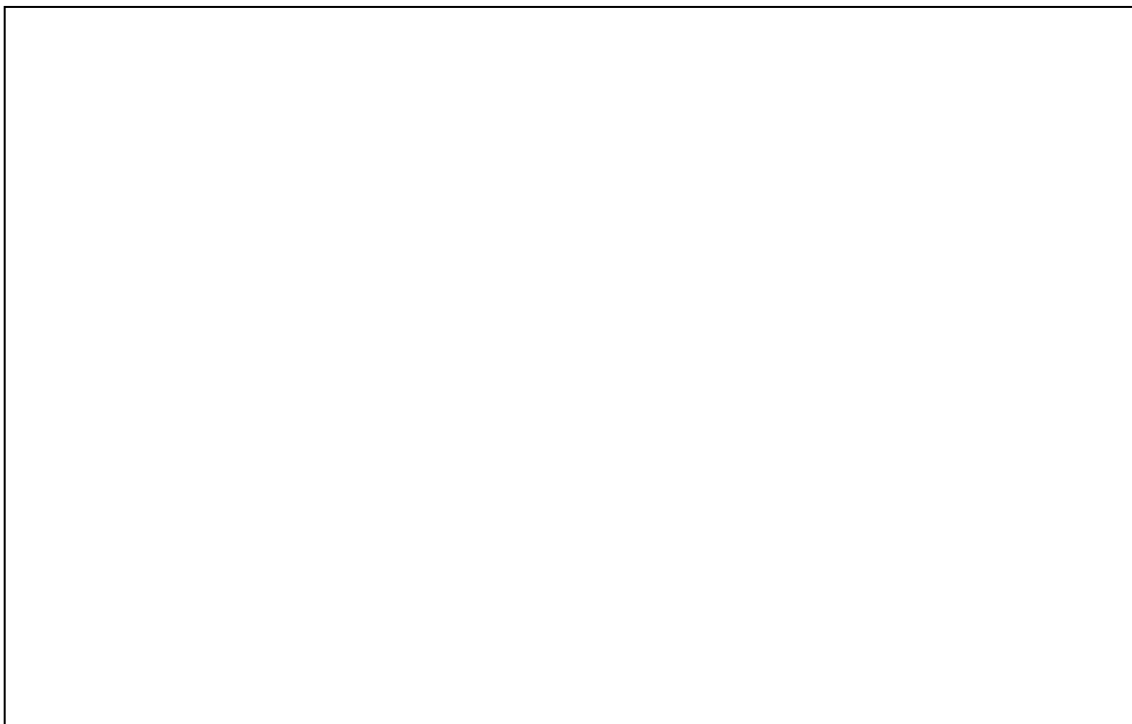
Developing Performance in 1-3-2-1

Describe three practices you have used to develop your teams' performance in the 1-3-2-1.

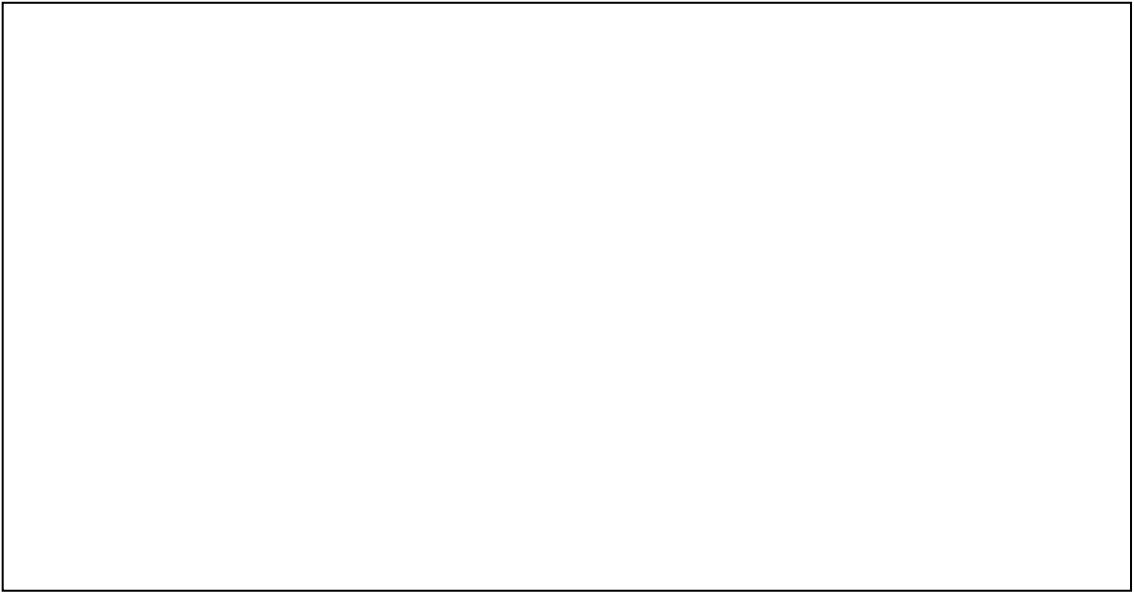
Include the following in your descriptions:

- Focus of the practice
- How the practice is carried out
- What the practice looks like
- How feedback is given during practice

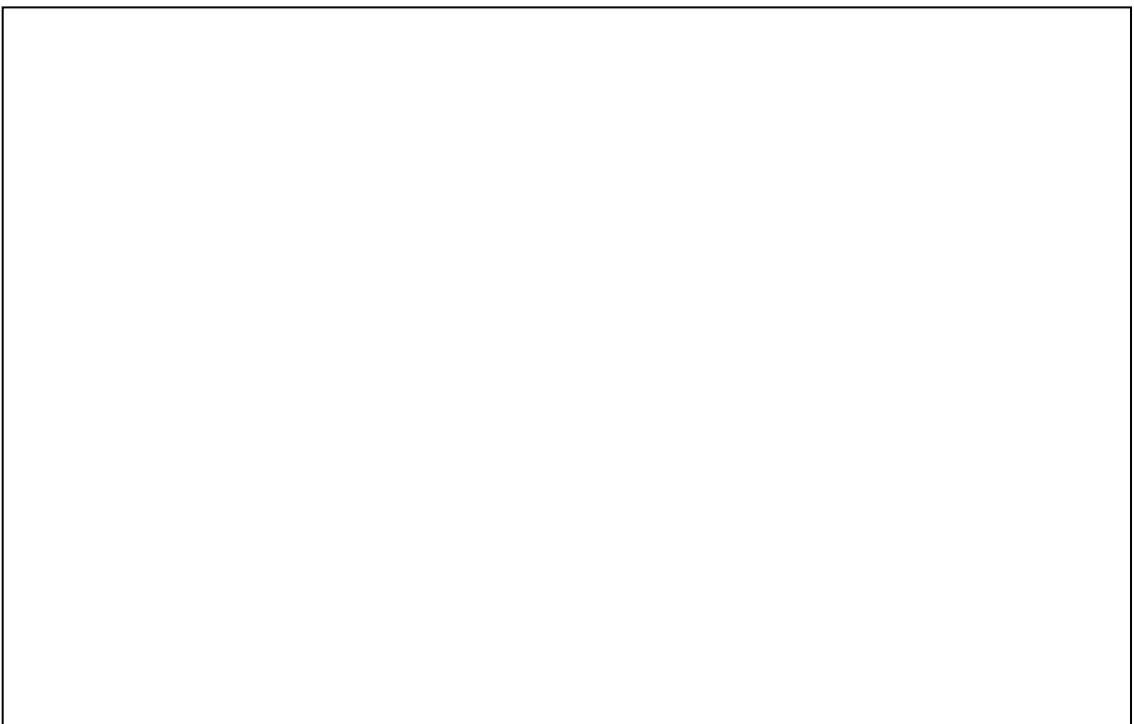
1.



2.



3.



Adapting and Changing

It is important to solve any problems that may happen during the game. In this case you will have to adapt or change your structure or strategy. The need to change or adapt will depend on the following types of offensive and defensive considerations such as:

- The strategy is not working
- Adjusting defence rhythm to upset the offence
- To catch up or exert even more pressure
- To suit individuals in key positions who can affect an advantage
- To pressurise key players in the opposition
- The physical demands of the adopted strategy
- The time is running out
- You are being beaten
- You are winning

Definitions:

Adapt = to “tweak” or adjust your structure or strategy. Your structure or strategy stays the same but you may adapt one element of it to make it more efficient

Change = make it completely different from the original. If your structure or strategy is not working at all for your team you may decide to try a different structure or strategy

Points to consider:

As players you must be able to respond to changing situations by adapting team strategies. To be able to adapt, the team must:

- Know the alternatives
- Have practiced playing against varying offensive/defensive structures
- Have practiced changing from one strategy to another
- All be able to react on the field of play

Homework 3

1. Describe an attacking adaptation you could apply to the 1-3-2-1

Include the following in your answer:

- The aim of the adaptation
- What it looks like
- How it is carried out
- Roles and responsibilities

Diagram:



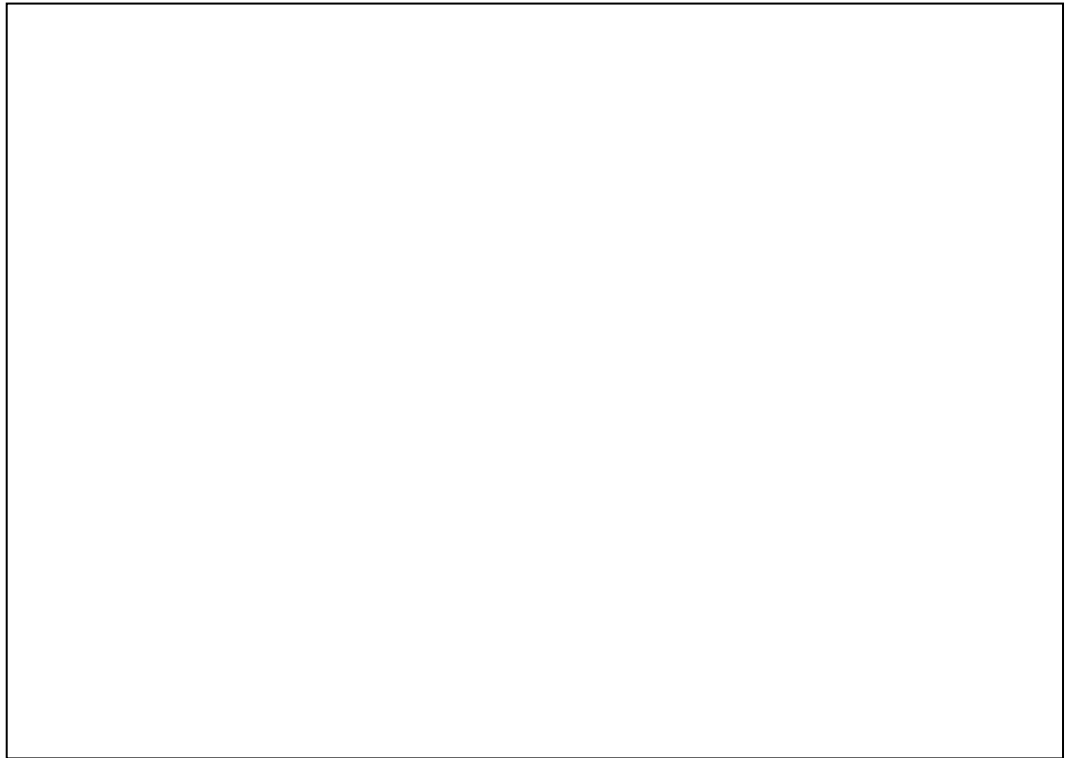
2. Describe a situation when this adaptation would be applied?

3. Describe a defending adaptation you could apply to the 1-3-2-1

Include the following in your answer:

- The aim
- What it looks like
- How it is carried out
- Roles and responsibilities

Diagram:

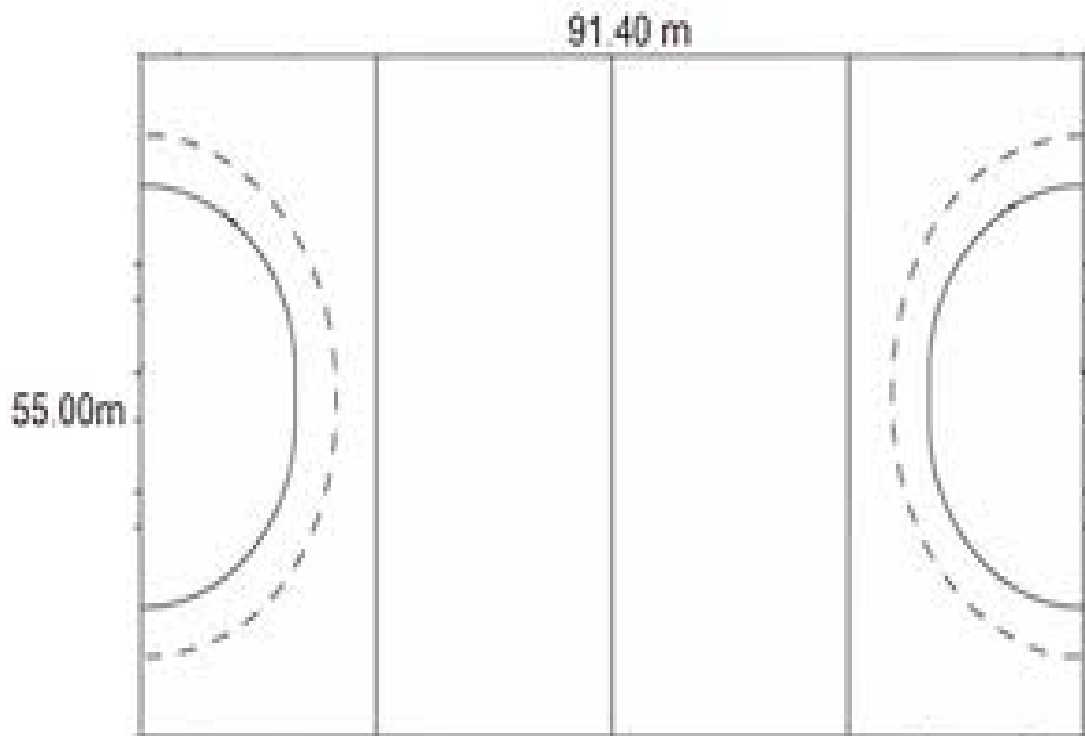


4. Describe a situation when this adaptation would be applied?

Set-Plays (Short and Long Corners)

There are two types of corners in Hockey: Long and short. Short corners are like power plays awarded to the offense for a penalty committed by the defense inside of the shooting circle. Long corners result from the ball being hit over the end line unintentionally by the defense — in that, they are more similar to sideline hits than penalty plays.

On the following diagram mark where a short and long corner would be taken from:



Long Corners

Set plays are not commonly used on long corners because on a long corner, the defense's positioning is unpredictable. Instead, strategies are used — a few of which are listed below:

Strategies for the player taking the free hit include:

- Passing to an open player
- Passing into space for a teammate to run onto
- Passing the ball away from the attacking zone to a teammate (called a back pass)
- Drawing fouls inside the circle to receive short corners
- Self pass – player taking the long corner dribbles along the baseline towards the near post and then passes
- Staying involved in the play after the initial hit
- Strategies for the offensive players with possession of the ball include:
 - Creating space near the goal by drawing a defender away from it
 - Cutting in front of a defender
 - Passing the ball around the circle
 - Moving around the circle to create passing opportunities
 - Taking quick shots on goal
 - Screening the goalie

Short Corners

Short corners can create the opportunity for set plays. The positions at the top of the circle generally vary, but there are three concrete positions for the offensive player: The feeder, stopper, and hitter.

The feeder can hit the ball to her teammates however she chooses. They should either deliver the ball with a push or hit. The key to this position is controlling the ball. It cannot be lifted, nor can it deviate from the path of the stopper. This type of delivery will put the stopper in the best position to stop and control the ball before the hitter takes a shot on goal

The stopper's job is to trap the ball at the top of the circle to control it for the hitter

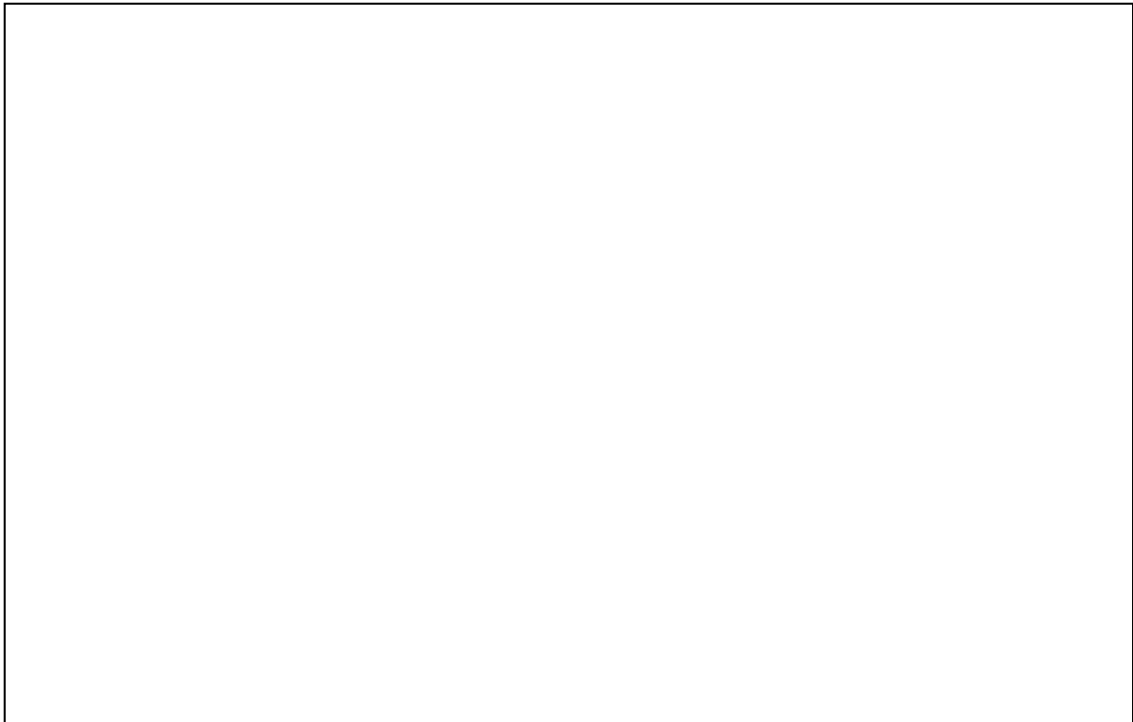
The hitter stands at the top of the circle and to the left of the stopper. Timing with this shot is crucial, the ball needs to be hit as soon as it is either trapped or pushed into the circle. The ball is usually stopped a few inches outside the circle and tapped back in.

Homework 4

Developing Performance in Corners

Describe three practices you have used to develop your teams' performance in corners.

1.



2.



3.



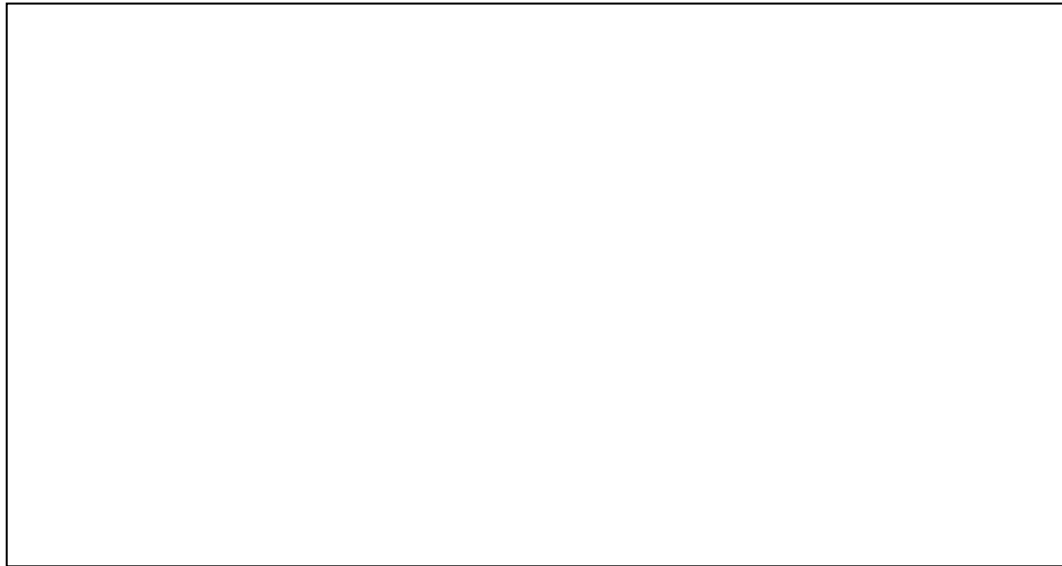
Homework 5

1. Describe an adaptation you could apply to your first choice short corner?

Include the following in your answer:

- The aim of the adaptation
- What it looks like
- How it is carried out
- Roles and responsibilities

Diagram:



2. Describe a situation when this adaptation would be applied?

3. Describe an adaptation you could apply to long corners

Include the following in your answer:

- The aim
- What it looks like
- How it is carried out
- Roles and responsibilities

Diagram:



5. Describe a situation when this adaptation would be applied?

Hockey Revision

Homework 6

Which factor has had a **positive** impact on your performance?

Physical

Social

Explain why this factor has had a positive impact on your performance.

Which factor has had a **negative** impact on your performance?

Physical

Social

Explain why this factor has had a negative impact on your performance.
