

SPORTS & GAMES · GRADES 3–5

Hockey — Passing & Receiving

45-minute lesson plan

Lesson at a glance

Time	45 minutes
Equipment	Plastic hockey sticks, soft hockey balls or tennis balls, cones, bibs
Space	Outdoor playground or hall
Aim	Push pass with control — keep the ball on the ground.
Safety	Sticks STAY BELOW THE WAIST. Players give space. No high follow-through.

Lesson structure

<p>Warm-up (5 min)</p> <p>Jog around with stick. Then short slalom dribble — small touches, ball stays close. The 'reverse' side of the stick is illegal in hockey — only the FLAT side touches the ball.</p>	<p>Skill 1 — Grip and stance (5 min)</p> <p>Left hand at top of stick, right hand lower. Knees bent slightly. Ball just outside the right foot when stationary.</p>
<p>Skill 2 — Push pass in pairs (10 min)</p> <p>3m apart. Push pass — sweep the ball, don't hit it. Coaching: low body position, sweep through the ball, follow through low. Build to 5m apart.</p>	<p>Skill 3 — Pass and move (10 min)</p> <p>Triangle of 3 players. Pass round in one direction. After your pass, MOVE to a new spot. Ball follows the players.</p>
<p>Game (10 min)</p> <p>3-v-3 mini hockey on small pitches. Goals = cones. Safety rules: sticks LOW. Substitute regularly so everyone plays.</p>	<p>Cool-down (5 min)</p> <p>Walking lap. Sticks together by the wall. Reflection: what worked, what was hard?</p>

