

## MODIFIED HOCKEY ACTIVATION

### PHYSICAL EDUCATION LESSON PLAN LAYOUT

COMPILED BY GARY DOLLEY

#### OBJECTIVE

To introduce modified hockey as an activity within the physical education lesson.

#### Station 1

- Rolling and receiving the ball – Correct body position; grip on the ball

#### Station 2

- Throwing and catching a bean bag: under arm throw- Correct body position; hand -eye coordination, balance, weight transfer

#### Station 3

- Running with the RING: Correct grip on stick & balance; correct body position; footwork

#### Station 4

- Running with the ball [ dribbling] – Correct grip on the stick; Starting position; Correct body position; position of stick and ball

#### Station 5

- Passing[push] & fore hand receiving[trap]: Correct grip; correct body position; weight transfer; footwork

#### Station 6

- Fore hand stick tackle: Correct grip; correct body position; footwork

#### Station 7

- Modified FUN game.