



Skills

Stillness Juniors Knowledge Organiser - Hockey

Skill	Description
Side in	Free hit awarded to a team after the ball goes out of bounds over the side line.
Free Hit	Awarded after most penalties. Defenders must stand five yards from the ball till played.
Control	Keep the ball as close to the stick as possible when dribbling or receiving the ball.
Receive	When a teammate passes to you – you receive.
Block Tackle	Knees bent/back straight/stick flat to the floor/left fist on the ground/stick slightly tilted forward

Dribbling

Open stick:

- Left hand at the top and right at the bottom of grip
- Knees Bent
- Back Straight
- Elbow up
- Ball on your right



Passes/Shots

Push Pass: Left hand at the top and right at the bottom. Put your left foot forwards and push ball from behind. This is used for a shorter pass.

Slap Pass: Start with your left hand at the top and right hand at the bottom. Your hands will then come together for power, with your left foot level with the ball and your back knee almost touching the ground, you can take your shot. Tip: When you hit the ball keep low This is for a longer pass.

Hit: Both hands should be at the top of the grip with the ball in line with the left foot. The face of the stick starts open so that there is impact on the ball. To make the power for this hit the flat stick face needs to make contact with the ball. This is used for more power.

Grip

Grips Tips:

- Left hand at the top of the stick and right hand at the bottom
- Make sure there is a gap between top and bottom as this provides control
- The gap can decrease as control improves
- Good control allows an easy transfer to the reverse side.



Rounders Knowledge Organiser

One Stick

In hockey all sticks have a flat and curved side.

- Players play on their left hand side
- Players may only touch the ball with the left side of their stick



Sports Stars



Connor McDavid

Connor is a professional ice hockey player and was named the best NHL player at the 2022 ESPY Awards.

Sports Stars



Sarah Nurse

The 2022 Winter Olympics saw the Canadian women's team win gold. Sarah Nurse is the first black women to win Olympic gold in Women's Hockey.

