

Subject	PE
Unit	Hockey

Key vocabulary	Definition
Dribble	Running with the ball and stick stuck together
Push	A silent pass for short distances. Stand sideways, no back swing, hands apart, transfer your weight and move the ball to pass on
Slap	Like the push but with noise. Stand sideways, with a back swing, hands apart, transfer your weight and move the ball to pass
Sweep	Stand sideways, Hands apart, move the stick on the ground to contact the ball
Hit	A pass for longer distances. Stand sideways, Hands together, swing the stick back to front stepping in to connect with the ball
Open Stick	When the ball is dribbled to the right-hand side of the body
Reverse Stick	When the stick is turned in the left hand and the ball is dribbled on the left-hand side of the body
Defender	A player's role is to protect their own side's goal
Attacker	A player's role is to invade the other team's territory to try and score a goal
Midfielder	A player in the central part of the field who both attacks and defends
Free hit	If a foul is committed, the other team gets possession of the ball
Long Corner	When the ball unintentionally goes off the back line from a defenders stick
Short Corner	When the ball is intentionally hit off the back line or hits a defender's foot in the D
Self Pass	A free hit may be passed by the player or they may dribble the ball to continue the game