


Key Knowledge and Concepts

- There are no left handed hockey sticks.
- When dribbling, knees should be slightly bent and back should be straight so that you can look ahead of the ball and not at feet.
- How to hold a hockey stick: flat side of the hockey stick faces away from the body. Left hand should be at the top of the hockey stick and right hand should be approximately two thirds of the way down the stick.



Word	Definition
Dribbling	.Pushing the ball so that it is ahead of the feet using the
Hockey stick	
Passing	Sending the ball to your partner or team-mate using the hockey stick. Left foot stays ahead of right, keep stick low on the follow through.

Health and safety

Both hands remain on the hockey stick at all times.

Hockey stick must remain below waist height at all times.

Do not kick the ball.