



Introduction to Roller Hockey



**South Cambs School
Sports Partnership**

Aims & Objectives

- To introduce children to Roller Hockey
- To provide basic skating skills
- To provide basic ball & stick skills
- To play & enjoy a game of roller hockey
- Each session will include off skate work

Session 1: Skating

- Health & safety: Skates, knee pads etc, balls, sticks, falling
- Walking on mats
- 'Little man'
- Using the wall

Ball Skills

- Use/holding of stick
- Tap (one touch)
- Double touch
- Stooping the ball

Session 2: Skating

- Walk on skates/mats
- 'Little man'
- Skate with feet parallel
- Alternate feet

Ball Skills

- Tap
- Double touch

- Passing in a circle

Session 3: Skating

- Stopping: toe stops/plough
- Repeat earlier exercises
- Use of football/hands on knees

Ball Skills

- Passing around a circle
- Passing from the centre out
- Cones (dribbling)

Session 4: Skating

- Feet parallel
- One leg standing
- 'Little man'
- Snake pattern
- Skate in a circle
- Use of balloons

Ball Skills

- Cones
- Spoons
- Passing in pairs

Session 5: Skating

- Repeat all previous exercises
- Stopping
- Backwards
- Jumping

- Skate with hands on knees

Ball Skills

- Passing in pairs
- Cone work
- Spoons
- Individual passing (wide/narrow)

Session 6: Matches

