

Field hockey is a team sport that is played on grass or artificial turf. It involves two teams of 11 players, including a goalkeeper. Players must use a curved stick to dribble, pass and shoot the ball. Field hockey requires a combination of skills including speed, agility, hand-eye coordination, and teamwork.

**Eva De Goede**

**National Team:** Holland

**Position:** Midfield

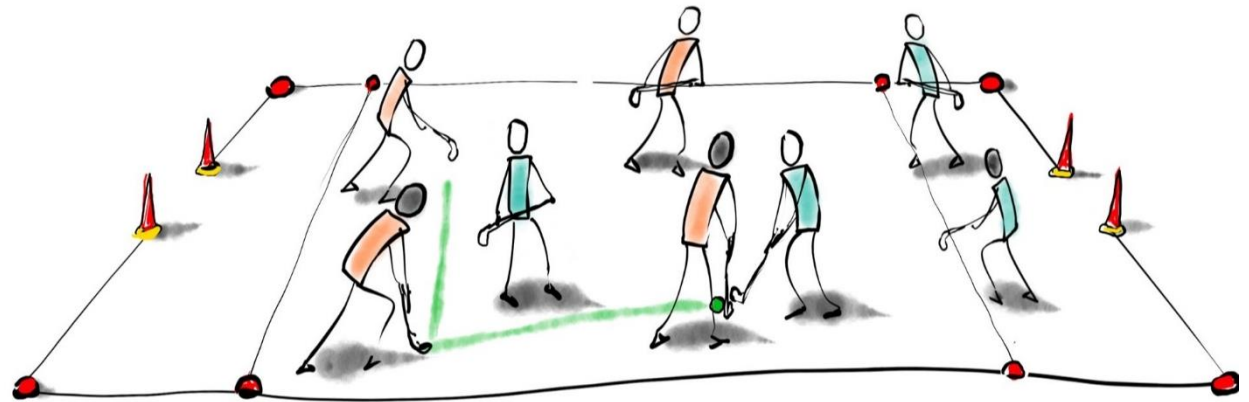
**Fact:** Known as the best player of all time, Eva De Goede has won 3 Olympic gold medals and 3 world gold medals.



dribbling turn shoot

control teamwork speed

push pass possession



**STEPS TO SUCCESS**

**These are the skills I need to achieve success in UKS2 Hockey:**

To play games understanding different positions and roles.

To use different passes whilst on the move.

To shoot with confidence and control.

To dribble a ball at speed whilst changing direction.

To decide the best way to defend in a game situation.

To decide the best way to attack in a game situation.