



Prime Sports NW

UniHoc

Key Stage 1



UniHoc or Floorball is a type of floor hockey, is an indoor team sport which was developed in the 1970s in Sweden. The game is played with plastic sticks and ball. The ball is a little bigger than a tennis ball but is very light and has holes on it's surface.

Target: Girls, Boys, disabilities and able bodied aged 5-7.

Background and Aims

- No previous hockey experience assumed.
- Plastic UniHoc sticks and balls to minimise injury and maximise enjoyment and involvement .
- Take pupils from no hockey knowledge to playing small internal or intra-school games.

Outline of Activities and Extensions

- This is a perfect activity for outdoors on the playground but skills can be practiced indoors in a school hall.
- Week 1: assessment and target setting
- Week 6: evaluation and recommended progression
- Fun and engaging; game based coaching.
- Stick Control and safety
- Controlling a ball on the stick, dribbling, passing, receiving a pass and shooting
- Passing to make receiving easier. Tackling and playing small sides games.
- Extension: QuickSticks using more recognisable sticks and balls

Curriculum Links covered

- Master basic movements including running, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending

Outcomes

- Improve teamwork, cooperation and develop discipline.
- Better awareness, concentration and control
- Developed a whole new set of skills and overcome new challenges.

Progression

- Individual girls and boys joining local Hockey teams such as Beavers team at Bolton Hockey Club at www.boltonhc.co.uk
- We follow guidelines from <http://ukfloorball.org/>

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All equipment is provided

Teamwork - Respect - Enjoyment - Discipline - Sportsmanship