

Mark Band	Games Activity - Hockey
9 – 10	<p>Different types of passes appropriate to the situation are demonstrated showing accuracy and ball pace. The candidate is able to receive ball from different directions showing good first touch ball control both on the open and reverse stick sides. When dribbling, the ball should be in close contact with the stick and the player should show changes of pace and direction as well as demonstrating body and stick feints to outwit the opponent. A strong, balanced body position should be evident. The candidate should be able to select an appropriate tackle to dispossess his/her opponent, and then use the ball to advantage showing vision and good tactical awareness. Uses intelligent positioning of the body to limit the attacker's options giving evidence of 'shadowing' and 'channelling'. Exerts significant control over the game. High individual skill level making few unforced errors and assists team mates with effective support play.</p>
7 – 8	<p>Performs push, slap hit, hit and flick with accuracy, direction and power. Brings ball under control quickly and efficiently to strongest side when receiving. Stick 'gives' to cushion the ball. The candidate makes effective use of push and Indian dribbling techniques and is able get past a defender with either a dodge or a well timed pass.</p> <p>A strong, low balanced position is adopted when tackling and he/she is able to 'time' the tackle thus achieving a good success rate at winning the ball.</p> <p>Plays effectively in the game exerting an influence in either attack or defence. Good level of individual skill performed with accuracy and speed under the pressures of the game. Evidence of support play and movement off the ball.</p>
5 – 6	<p>Demonstrates good push, slap hit and hit, adjusting footwork to give direction and accuracy. Attempts flick pass although not always successful. Can receive ball and bring under control on both open and reverse stick side. Begins to show evidence of use of reverse stick whilst moving with ball. Ball and stick in front and to the right of the body to allow for efficient movement. Able to demonstrate jab, open and reverse side tackles. Achieves some success with jab and open but often too slow to execute reverse stick tackle effectively. Plays competently in the game. Individual skills in evidence when trying to outwit opponents. Passes ball with some degree of success. Tackling attempted with some success but may not be able to use the ball effectively after winning it. Evidence of understanding the main tactics involved in chosen position.</p>
3 – 4	<p>Demonstrates competent push and slap hit but both lack power. Able to receive and use basic footwork to bring ball under control whilst stationary or on the move.</p> <p>When moving with the ball maintains good control but ball kept too close to body with no peripheral vision. Mainly uses open side of stick – little evidence of ability to turn the stick over. Overall movement slow and awkward. Achieves some success when tackling but there is little evidence of timing the tackle or of adopting the correct body position. Often stick tackles.</p> <p>Starts to become more effective in the game. May attempt some skills but these may be affected by the pressures of the game. Attempts to pass the ball but lacks awareness of other players' positioning. Often caught in possession of the ball. Little awareness of basic positioning.</p>
1 – 2	<p>Demonstrates push and slap hit but both lack power and accuracy. Able to receive and control easy passes. Little effort to move feet to receive in correct position. When moving with the ball body position is upright and there is little evidence of stick and ball control. Able to show action of block tackle but rarely wins ball. Little or no footwork evident.</p> <p>Participates in game with limited effectiveness. Has difficulty performing basic skills in game situation when under pressure. Rarely moves with the ball. Passing lacks accuracy and direction. Avoids tackling.</p>