

York University

Faculty of Health

School of Kinesiology and Health Science

PKIN 0305/0306

Field Hockey 1&11

The aim of this course is to give students a basic analysis of learning the fundamental skills necessary to enjoy and have fun playing field hockey in a team sport environment. The basic technics, tactical skills, strategies and rules of field hockey will be covered. The student will enjoy playing the field hockey on a full field with 11 players aside.

Instructor: Deb Fullerton

Email address: debfull@yorku.ca

Session: Pre-Term

Where: Field Turf outside

Dress: Shorts or track pants and T-Shirt, running shoes (active wear)

Evaluation:	Practical	-60% attendance and class participation
	Project	-20% teaching assignment
	Testing	-20% written test

CONTENT:

- An analysis of basic skill development learning how to dribbling and draw the ball to beat an opponent
- A basic skill of receiving, passing and shooting on goal
- Use of lead up games to practice and develop skills such as 1 vs 1, 2 vs 1 and 3 vs 2 continuous relays
- An introduction to some drills in games and set plays necessary to play an organized game.
- Importance and use of rules in field hockey
- Fitness development activities, agility and footwork
- Method of organization to learn tactics and practice game skills
- Playing an organized game and applying the rules

ATTENDANCE 80% required by Department PKIN policy.

As this is mainly a participation course, attendance will affect your grade.