



# PODAR ENRICHMENT ACADEMY

## Learning for Life

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### → **Hockey:-**

- Introduction of hockey.
- Warm –up.
- Specific exercise.
- Basic skills.
- Run on the ground.
- Run on the ground with the hockey stick.
- Run without ball with the hockey stick.
- Grip with hockey stick.
- Body position without ball.
- Dribble without ball.
- Dribble with the ball.
- Rolling without ball.
- Rolling with the ball.
- Tapping without ball.
- Tapping with the ball.
- Dribble right to left.
- Dribble left to right.
- Dribble roll tap- left side, right side, front side.
- Pushing – straight Push.
- Stopping – straight stop.
- Set play with skills.

