

# SKILLS IN THE SPOTLIGHT

**Identify** one acute injury that may occur when dribbling in hockey

**State** one chronic injury that could develop from repetitive dribbling movements

**Explain** how an effective warm-up reduces the risk of injury when dribbling in hockey

**Explain** how physiotherapy exercises can be used to rehabilitate an ankle sprain in hockey

**Explain** one physiological reason why compression garments may aid recovery after intense dribbling drills

**Describe** one item of protective equipment that reduces injury risk when dribbling



**Hockey -  
Dribbling**



# SKILLS IN THE SPOTLIGHT

Ankle sprain, muscle strain, fracture

Achilles tendonitis, Stress fracture

Increases muscle temperature, improves flexibility, prepares joints for movement

Improves venous return, reduces swelling, speeds removal of waste products

Improves balance, enhances joint awareness, strengthens stabilising muscles, reduces risk of re-injury



Shin pads - protect lower legs from impacts from sticks/the ball. Mouth guard - protects the teeth and jaw during collisions.

Hockey - Dribbling

