

Hockey Challenges

PARENTS/CARERS - PLEASE MAKE SURE THERE IS NOTHING BREAKABLE AROUND

You will need:-

- Hockey stick. If you have not got one, see the section on how to make your own.
- Hockey ball, or a Tennis ball, or a similar size ball or a pair of rolled up socks.
- Things to put on the floor to dribble round.
(NOTHING BREAKABLE PLEASE)

When you have practised dribbling the ball and turning the stick so you can dribble in both directions, try some of these challenges.....

- Time how long it takes you to get from one end of the garden to the other, or one place to another inside. Can you get quicker at it?
- Can you dribble the ball clockwise round a chair and anti-clockwise around the same chair?
- Can you hit the ball under tables/chairs so it comes out the other side?
- Put a cardboard box on its side to use as a goal and can you hit the ball into the box? What happens if you make the box smaller or move further away from it?
- Find something's that are not breakable and spread them out in the garden or on the floor. Can you dribble the ball round without hitting any of them? What happens if you move things closer together? Can you dribble round them quicker?
- Can you make up your own challenge for playing hockey?