

# No-Prep Hockey Lesson Plans

6 X 1 HOUR PLANS FOR PE TEACHERS AND COACHES

## Lesson 1: Dribbling

### Learning Objective

To be able to display good stick control using the proper fundamentals

### SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns



## Dribble Drill

### SKILL FOCUS

\* Eye-hand coordination, stick control, balance, agility

### GROUP SIZE

\* Any number of even teams

### EQUIPMENT

\* 4 cones, 2 hockey sticks, 2 hockey pucks or tennis balls

### LOCATION

\* Inside or outside

### SETUP

Set up the class in traditional relay race lines. Use cones to show the children where the starting line is located and where they have to dribble to. Give the first child in each line a hockey stick and puck (or tennis ball).

### INSTRUCTIONS

1. On 'go' the first kid in line will dribble the hockey puck to the opposite end of your room where a cone is located.
2. They must dribble the puck around the cone and then come back to the starting line.
3. Once back at the starting line, they will hand off the stick to the next child who will follow the same pattern.
4. The first team to finish wins the race.
5. At no time can the children use their hands to touch the hockey puck.

## Lesson 1 - Overview

### Dribble Drill

Set up the class in a traditional relay race line and lines to help kids know where to go. The first child in each line must dribble to their cone and then come back to start line where the



### Obstacle Course

Set up the class in a traditional relay race line and lines to help kids know where to go. The first child in each line must dribble and weave in and out of pins and then come back to start line where the



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# Lesson 1: Dribbling

## Learning Objective

To be able to display good stick control using the proper fundamentals

## SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

## Success Criteria

I can dribble a hockey puck under control

I can dribble a hockey puck with the proper fundamentals

I can hit the puck with accuracy

## Focus Questions

How can I dribble the puck with control?

How can I dribble the puck and keep it close to my body?

## Equipment

4 x		Tall cones
8 x		Bowling pins
2 x		Hockey sticks
2 x		Pucks / balls

### Coaching Points

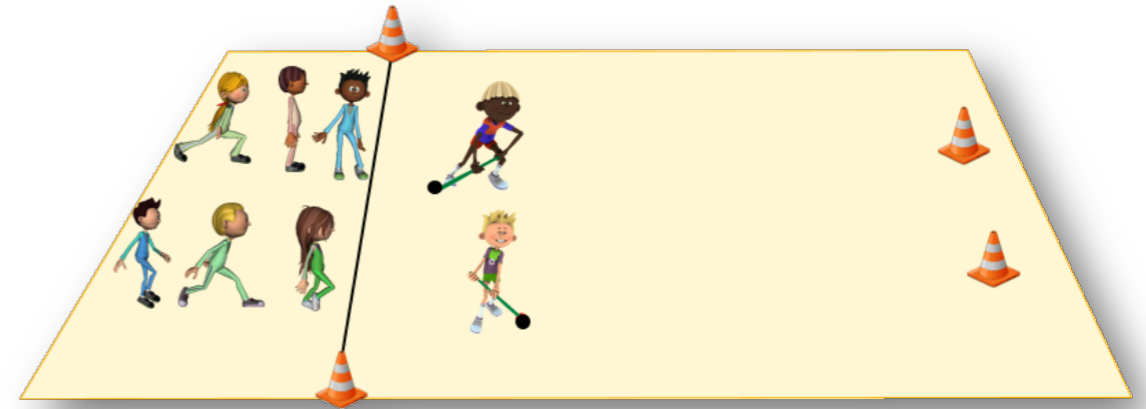
- ✓ Keep the puck close to your body
- ✓ Dribble to both the left and the right, not just to one side
- ✓ Try not to keep your eyes looking down
- ✓ Keep the hockey puck under control



# Lesson 1 - Overview

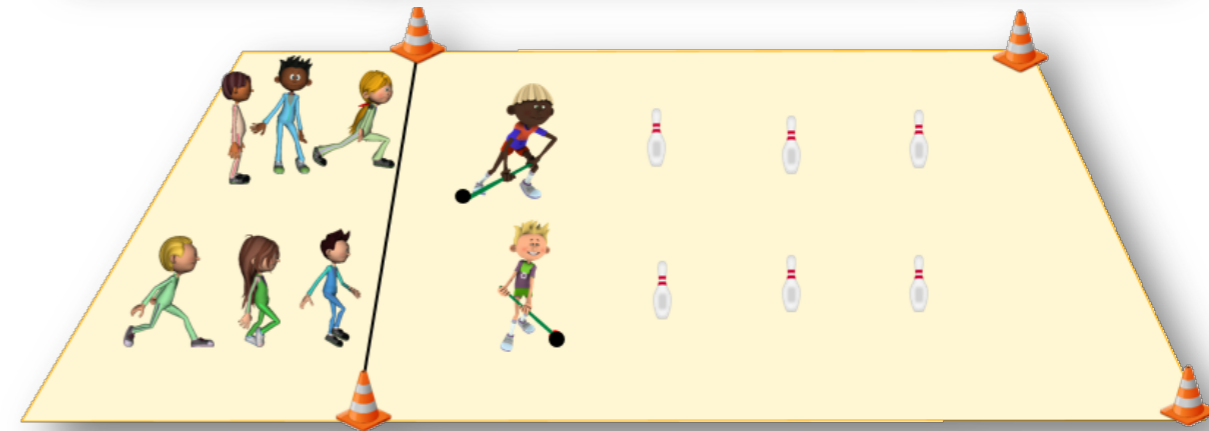
## Activity 1: Dribble Drill

- Set up cones and get kids in a traditional relay race line
- Place cones at start and end lines to help kids know where to go
- On 'go' the first child must dribble to their cone
- They must go around cone and come back to start line where the next child takes their turn



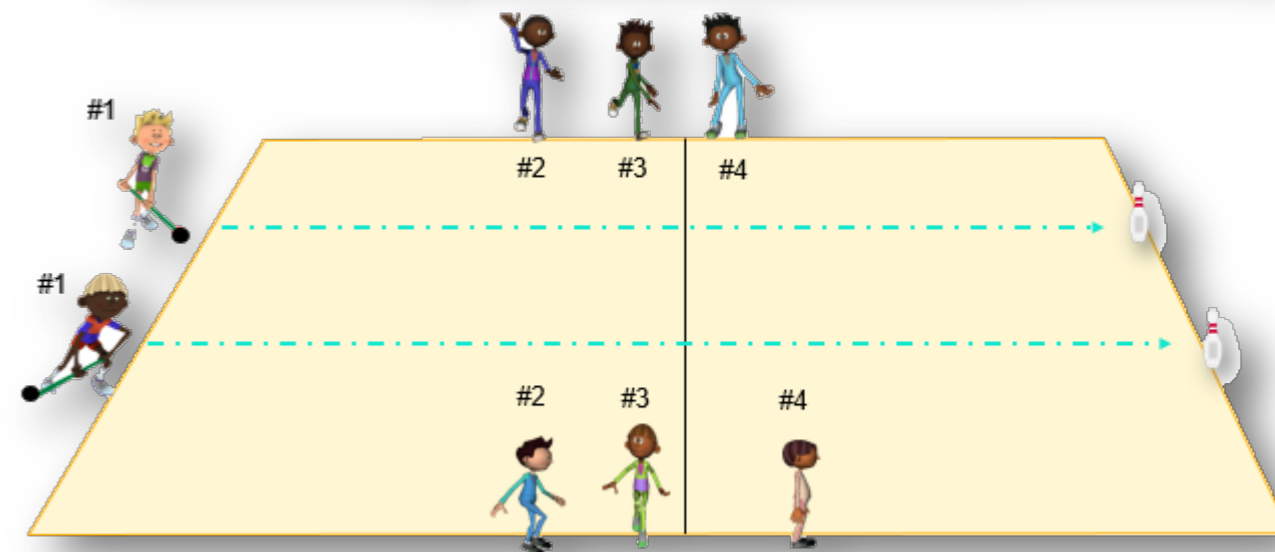
## Activity 2: Dribble Obstacle Course

- Set up cones and get kids in a traditional relay race line
- Place cones at start and end lines to help kids know where to go
- On 'go' the first child must dribble and weave in and out of pins
- When they get to the last pin, they must travel back the same way



## Activity 3: Line Hockey

- Divide the class in half with each team on one sideline
- Give each child a number
- When their number is called, they must come out and dribble the puck or ball towards a pin on the other side
- The first one to knock over the pin gets the point





# Dribble Drill

## SKILL FOCUS

- ★ Eye-hand coordination, stick control, balance, agility

## GROUP SIZE

- ★ Any number of even teams

## EQUIPMENT

- ★ 4 cones, 2 hockey sticks, 2 hockey pucks or tennis balls

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Children should be careful not to swing their stick inappropriately

## SETUP

Set up the class in traditional relay race lines. Use cones to show the children where the starting line is located and where they have to dribble to. Give the first child in each line a hockey stick and puck (or tennis ball).

## INSTRUCTIONS

1. On 'go' the first kid in line will dribble the hockey puck to the opposite end of your room where a cone is located.
2. They must dribble the puck around the cone and then come back to the starting line.
3. Once back at the starting line, they will hand off the stick to the next child who will follow the same pattern.
4. The first team to finish wins the race.
5. At no time can the children use their hands to touch the hockey puck.

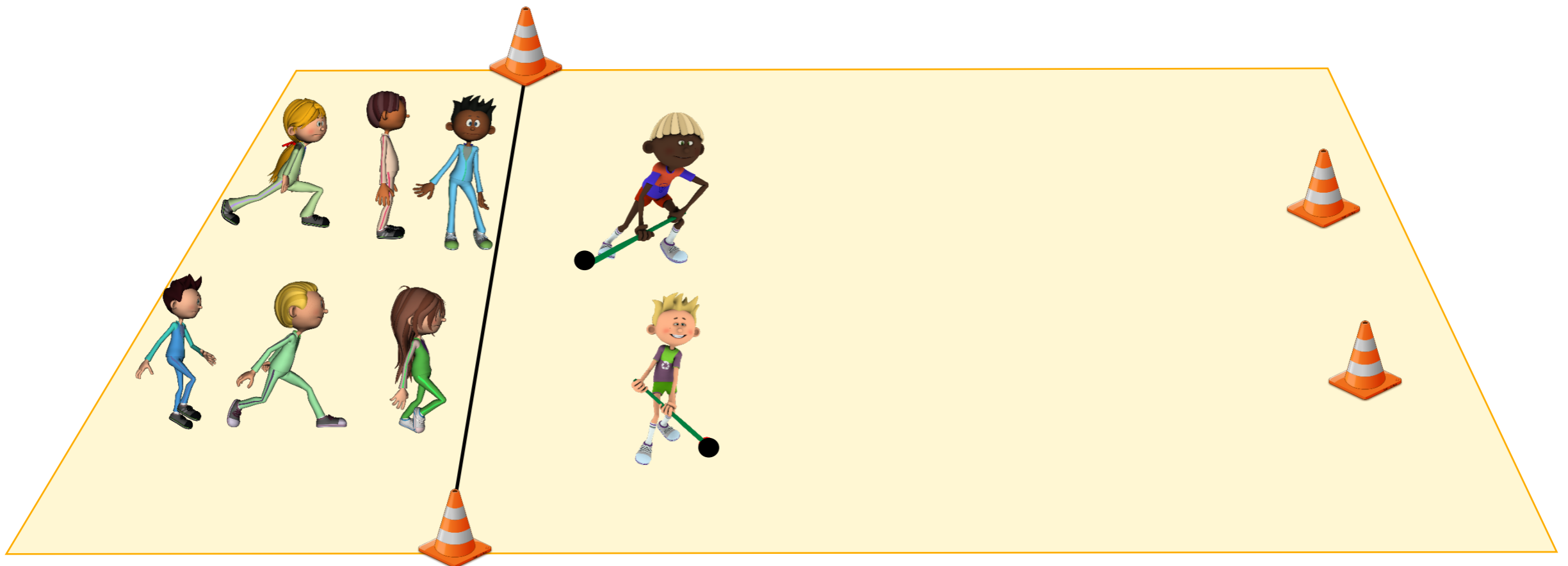
## MODIFICATIONS

To make it harder, distance the starting line further away from the cone they must dribble the hockey puck around.



# Dribble Drill

A relay race where the children will dribble the hockey puck around a cone and back to the starting line





# Dribble Obstacle Course

## SKILL FOCUS

- ★ Eye-hand coordination, balance, stick control

## GROUP SIZE

- ★ 8-30 students

## EQUIPMENT

- ★ 2 hockey sticks, 2 hockey pucks or tennis balls, 4 cones, 8 bowling pins

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Be aware of other children's space to avoid contact and be careful not to use hockey sticks around the other children

## SETUP

Place the kids in a traditional relay race line. Give the first child in each line a hockey stick and puck. Set up 4 cones to designate the start and end lines. Set up 3-4 bowling pins in front of each team (as shown in image).

## INSTRUCTIONS

1. On 'go' the first child in line must dribble their puck or ball, weaving (weaving is similar to figure 8's) in and out of the bowling pins in front of them.
2. Once they get to the last pin, they must turn around this pin and head back to the start line, weaving in and out of the pins.
3. Once they get back to start line, they hand the stick and ball to the next child and go to the end of the line.
4. The first team to finish wins the race.
5. If they knock over a pin, the child must pick it up and start again from the beginning.

## MODIFICATIONS

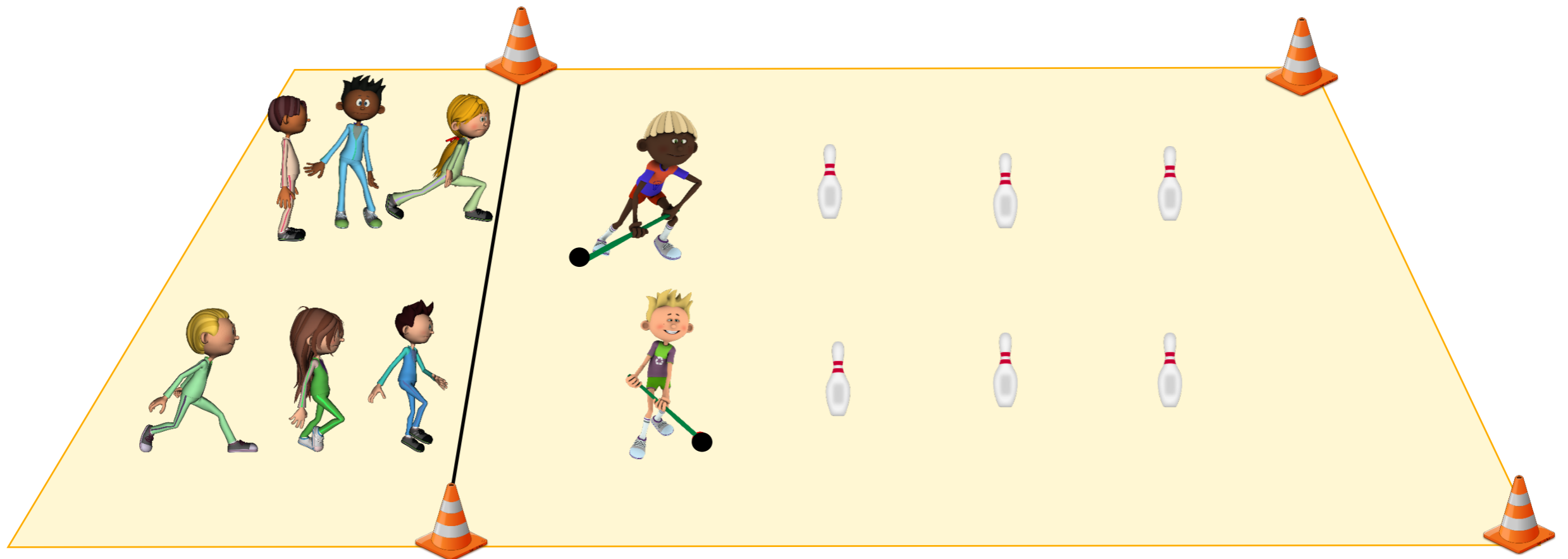
To make it harder, use more pins to weave in and out of.





# Dribble Obstacle Course

A fun dribbling race where the children try to avoid knocking over a pin





# Line Hockey

## SKILL FOCUS

- ★ Eye-hand coordination, stick control, aim, agility

## GROUP SIZE

- ★ 8-24 children

## EQUIPMENT

- ★ 2 hockey sticks, 2 hockey pucks, 2 bowling pins

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Child should be careful to not swing the sticks in a dangerous fashion

## SETUP

Put the children on two teams and position them on a sideline (as shown in image). Give each child a number so they know when it is their turn. When their number is called, they must come out, pick up their hockey stick and then dribble towards their bowling pin with the objective of knocking it over before the other team.

## INSTRUCTIONS

1. When the teacher calls out a number, those children must come out and pick up their team's hockey stick.
2. Once they pick up the stick, the teacher will say 'go' and those children must dribble the ball or puck towards their bowling pin.
3. Their objective is to knock over their pin before the other team.
4. The first team to knock over their pin gets a point for their team.
5. If they miss, they must run after their ball or puck and try again to knock it over.
6. The team that knocks down the most pins is the winner.

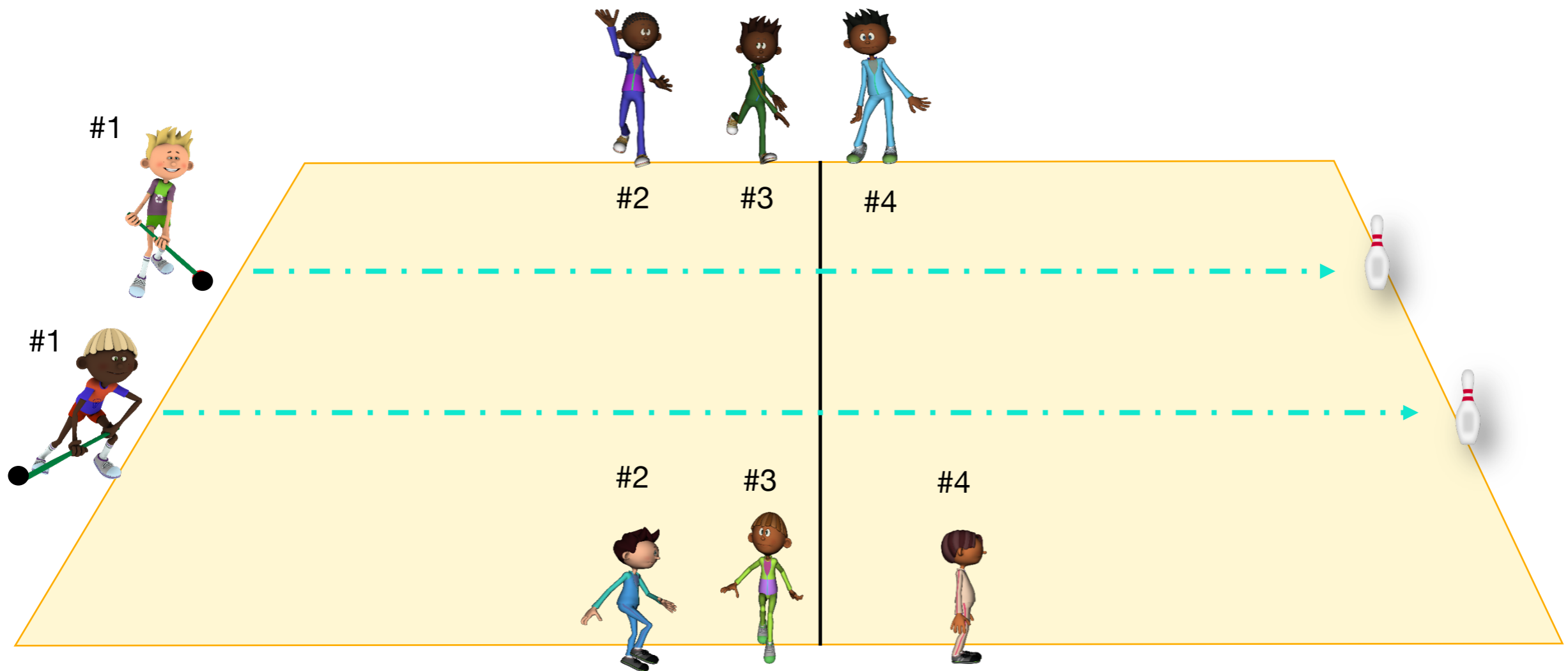
## MODIFICATIONS

To make it harder, increase the distance of the pin from the start line.



# Line Hockey

A fun activity where children have to dribble a ball or puck and be the first to knock over a pin



# Lesson 2: Passing

## Learning Objective

To be able to pass a hockey puck or ball using the proper fundamentals

## SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

## Success Criteria

- I can pass a hockey puck or ball with proper eye-hand coordination
- I can pass a hockey puck or ball with proper fundamentals
- I can pass a hockey puck or ball with great accuracy

## Focus Questions

- How do I concentrate on passing a puck or ball properly?
- How do I track a puck or ball as it comes towards me?

## Equipment

- 4 x  Tall cones
- 24 x  Bowling pins
- 24 x  Hockey sticks
- 12 x  Pucks / balls

### Coaching Points

- ✓ Concentrate on being accurate with your pass
- ✓ Do not take your eyes off the puck or ball.
- ✓ Learn how to track the ball
- ✓ Always remember to follow through when you pass the puck or ball





# Lesson 2 - Overview

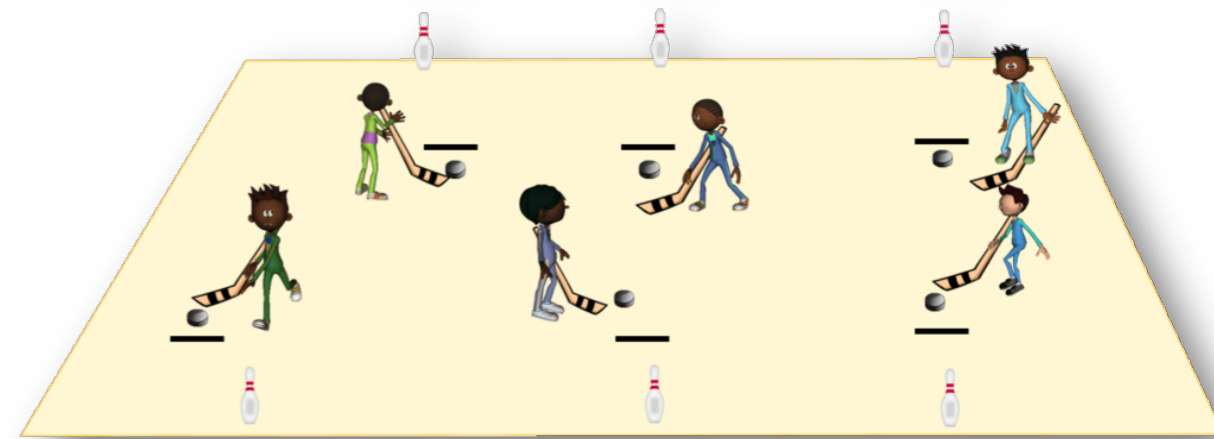
## Activity 1: Passing Partner

- Partner children up in groups of two
- Give each group a hockey puck or ball
- Have the children about 5 feet apart to start
- On 'go' the children will practice passing the ball to each other



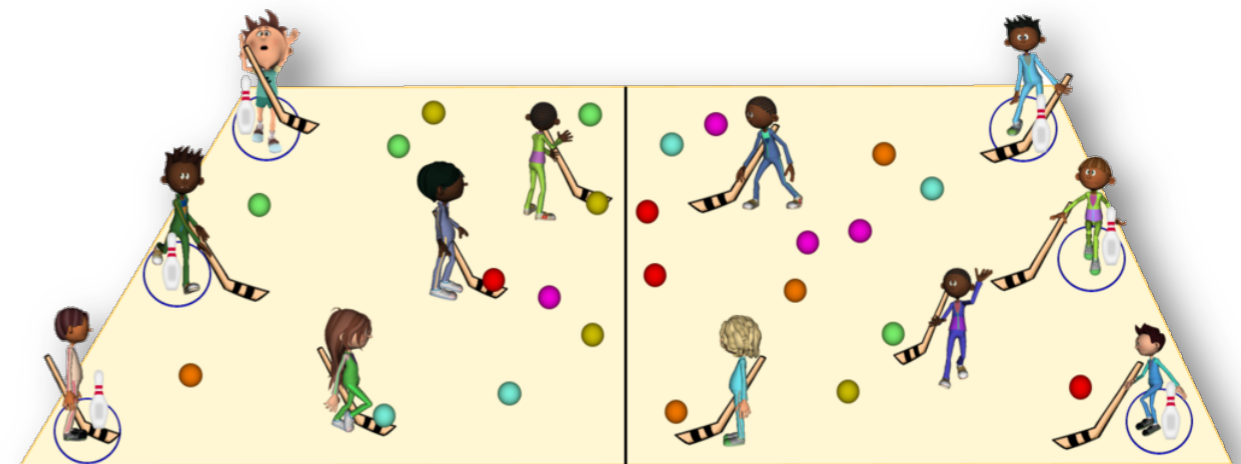
## Activity 2: Pin Pass

- Give each child a hockey stick and puck / ball
- Place floor tape on the ground where they should hit from
- Place a pin about 5 feet away
- On 'go' they will hit their puck / ball at their pin



## Activity 3: Pins 'N' Hoops

- Place the children on two teams on each half of the room
- Each side will have 3 hula hoops on their end line with a pin in the center of it
- Each team will pick 3 guards
- The other kids will be shooters





# Passing Partner

## SKILL FOCUS

- ★ Eye-hand coordination, aim, stick control

## GROUP SIZE

- ★ 8-24 children

## EQUIPMENT

- ★ 24 hockey sticks, 12 hockey pucks / balls

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Children should not swing the sticks inappropriately

## SETUP

Spread your students out around the room and group them in pairs. Provide each student with their own hockey stick, and each pair with their own hockey puck or ball.

## INSTRUCTIONS

1. Partners should stand about 5 feet apart facing each other.
2. On 'go' the children will begin passing the ball back and forth to each other.
3. They should not hit the ball very hard or fast, just work on the mechanics
4. Once they start getting comfortable, you can increase the distance between them.
5. Ask them to keep track of how many times in a row they can successfully hit the ball back and forth with no errors.

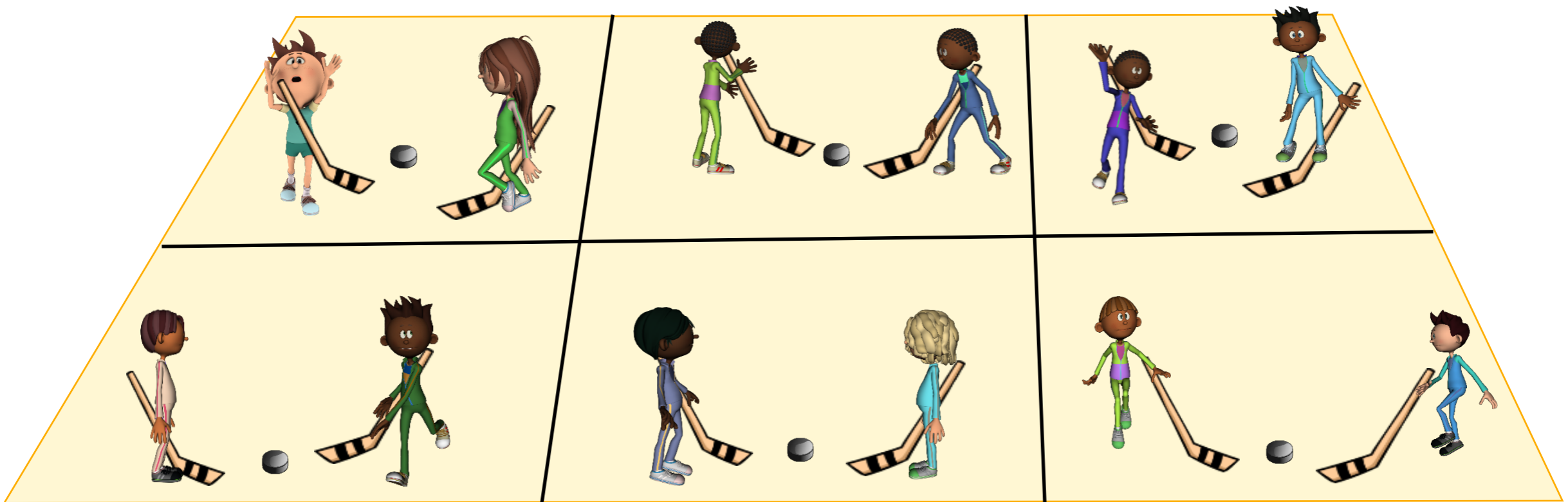
## MODIFICATIONS

To make it harder, spread the children out 10 feet apart instead of 5 feet.



# Passing Partner

A fun activity where the children practice passing to one another





# Pin Pass

## SKILL FOCUS

- ★ Eye-hand coordination, aim, stick control

## GROUP SIZE

- ★ 8-24 students

## EQUIPMENT

- ★ A hockey stick, puck, and pin for each child. floor tape

## LOCATION

- ★ Inside

## SAFETY

- ★ Children should not swing their stick inappropriately

## SETUP

Give each child a hockey stick and puck / ball. Place a piece of floor tape on the ground where you want them to pass the puck or ball (as seen in image). Place a bowling pin across from each child about 5 feet away.

## INSTRUCTIONS

1. On 'go' each child will begin to pass their puck or ball at the bowling pin which is across from them.
2. After they hit the puck or ball, they must retrieve it and bring it back to their passing line.
3. If they knocked over their pin, they must also pick that up.
4. The children need to keep track of how many times they successfully knocked over their pin.
5. The child who knocked it over the most wins that round.
6. As they become more proficient at hitting their puck or ball, you can increase the distance they hit from. Simply pull up the tape and move it backwards.

## MODIFICATIONS

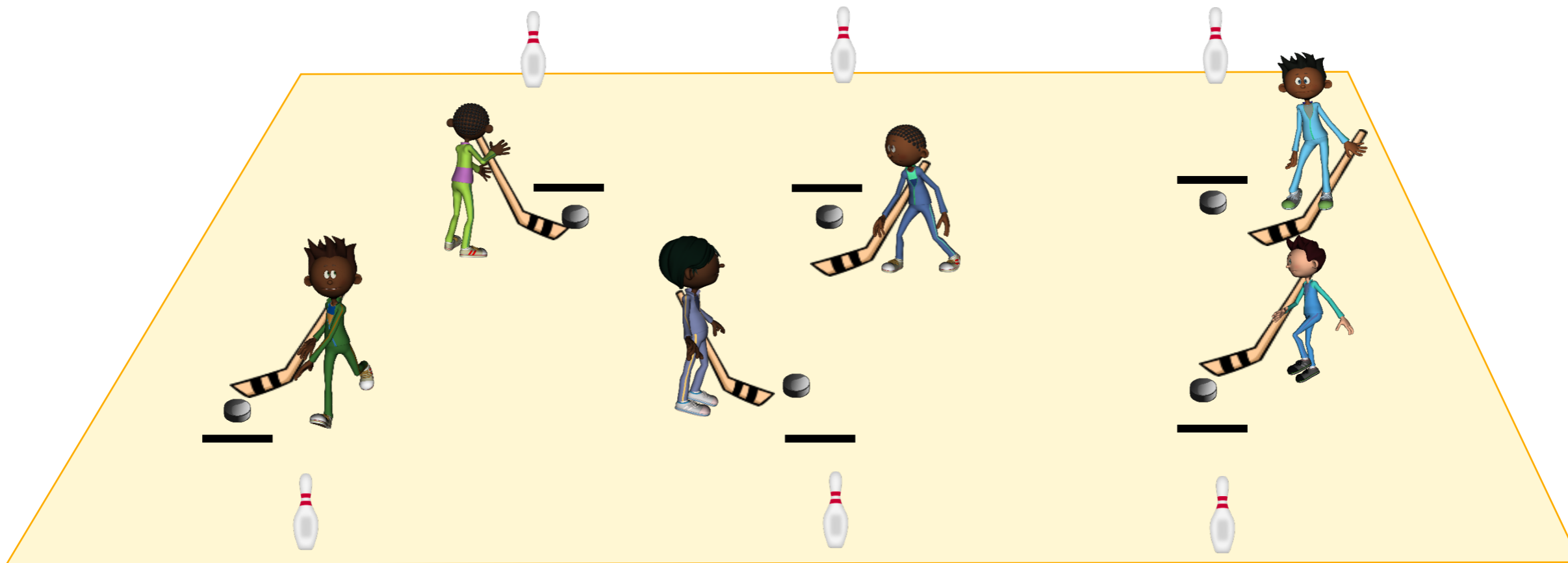
To make it harder, increase the distance at the pin.





# Pin Pass

An activity where the children will pass the ball at a bowling pin with the objective of knocking it over





# Pins 'N' HOOPS

## SKILL FOCUS

- ★ Eye-hand coordination, aim, guarding, agility, teamwork

## GROUP SIZE

- ★ 8-30 students

## EQUIPMENT

- ★ 24 small sponge balls, 24 hockey sticks, 6 bowling pins

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Students should be aware of each other to not bump. Hockey sticks need to be swung very low. Use sponge hockey sticks if you have them.

## SETUP

Place your students on 2 even teams divided by the middle line. Place 3 hula hoops on each end line. Spread 24 sponge balls around the room. Place a bowling pin in each hoop. Give each child a hockey stick.

## INSTRUCTIONS

1. Each team must select 3 guards to stand in the hula hoop with the bowling pin.
2. The rest of the kids on the team are shooters.
3. Each team is only allowed to go on their half of the room.
4. On 'go' the shooters will start to hit the sponge balls across the room at the other team's bowling pins. The guards will use their stick to stop balls from knocking over their pin.
5. Once a pin gets knocked down, play will pause, and a point is awarded. Once the pin is standing up again, rotate the goalies and start again. The team with the most points wins.

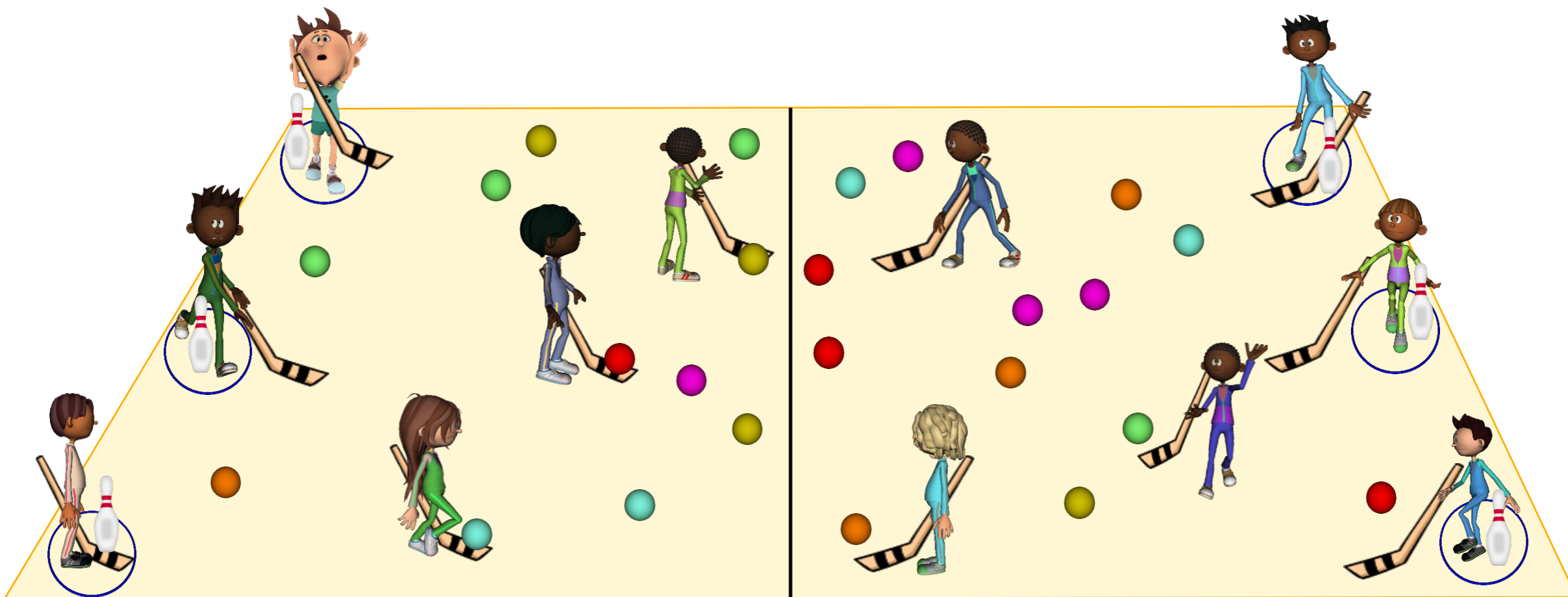
## MODIFICATIONS

To make it harder, add more balls and allow more than one goalie per pin.



# Pins 'N' HOOPS

A fun passing activity for accuracy where the children try to knock over an opposing team's pin



# Lesson 3: Goalie Play

## Learning Objective

To be able to effectively stop a hockey puck from entering the goal

## SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

## Success Criteria

- I can block a puck from entering the goal
- I can lock in on the puck coming to my direction
- I can move with agility in the goal area

## Focus Questions

- How do I block a puck from entering the goal?
- How do I move at different angles while keeping my balance?

## Equipment

- 4 x  Tall cones
- 4 x  Bowling pins
- 24 x  Hockey sticks
- 24 x  Pucks / balls

### Coaching Points

- ✓ Concentrate on balance in goal area
- ✓ Visually lock in on hockey puck
- ✓ Know your surroundings around the goal area
- ✓ Communicate with teammates so they do not block your vision



# Lesson 3 - Overview

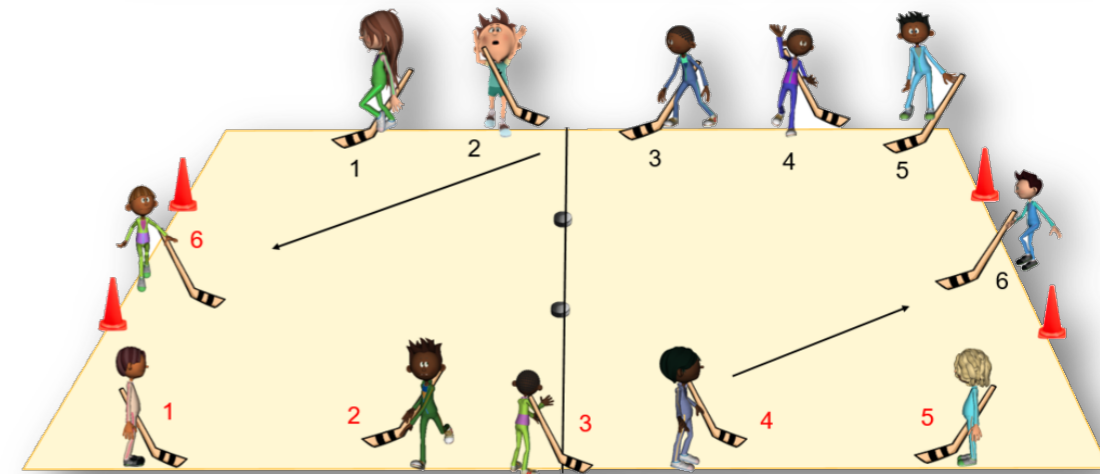
## Activity 1: Circle Goal

- Set up the children around the perimeter of your room
- Have one child volunteer to be the goalie in the middle
- Give each child a hockey stick and spread pucks around the room
- On 'go' the children will hit their pucks at the pin in the middle, trying to knock it over while the goalie protects the pin



## Activity 2: Goalie Line Hockey

- Place each team on an end line
- Give each child a number
- Each round, the teacher will call out 2 numbers
- Each round, 1 child will be a shooter, the other a goalie



## Activity 3: Pin Hockey

- Place the children on two even teams
- One team per half of your room
- They must stay on their half of the room
- The objective is to knock over the other team's bowling pins





# Circle Goal

## SKILL FOCUS

- ★ Eye-hand coordination, balance, agility, shooting, goalie play

## GROUP SIZE

- ★ 8-25 children

## EQUIPMENT

- ★ 25 hockey sticks, 40 pucks / balls, 1 bowling pin

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Use sponge hockey pucks or soft balls to protect the goalie

## SETUP

Provide each student with a hockey stick, place a pin in the middle of the room and spread sponge hockey pucks or small soft balls all over the room.

## INSTRUCTIONS

1. All the children on the perimeter of the room will be the shooters and one child will be in the center who is the goalie. The goalie has to protect the center pin.
2. On 'go' the shooters begin to hit their pucks / balls at the center pin. They are only allowed to shoot from the perimeter line.
3. The shooters are always allowed to leave the perimeter line to find new balls / pucks and use their sticks to bring them back to the shooting perimeter line.
4. Each round continues until someone knocks over the pin.
5. Once this happens, pause the game, pick up the pin, and the child who knocked over the pin now becomes the new goalie.
6. Try to ensure that every child gets a chance to be the goalie.

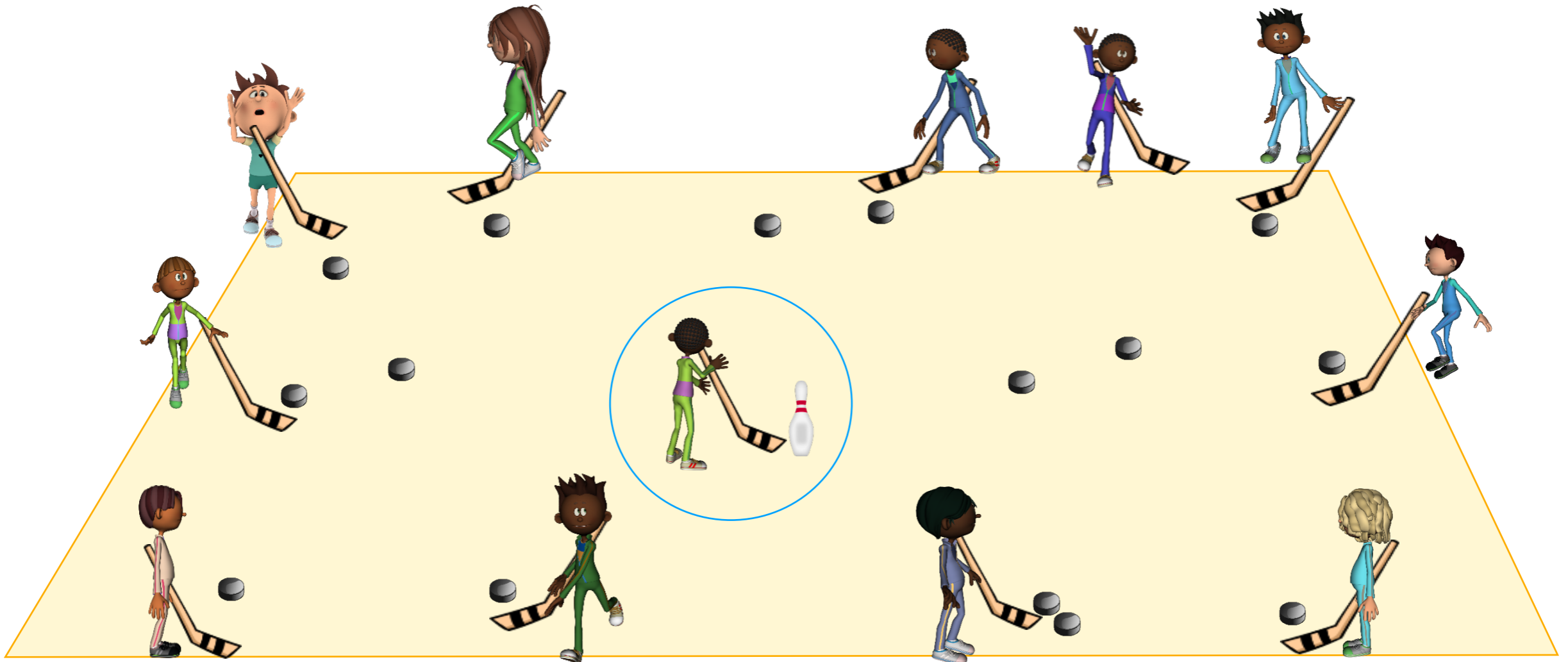
## MODIFICATIONS

To make it harder, place 2 pins in the center. You can also try having 2 goalies as well.



# Circle Goal

A fun activity where the goalie guards the goal against everyone else





# Goalie Line Hockey

## SKILL FOCUS

- ★ Eye-hand coordination, balance, agility, offense, defense

## GROUP SIZE

- ★ 8-24 children

## EQUIPMENT

- ★ Hockey sticks for each child, 4 cones, 2 sponge pucks

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Children need to be careful not to swing their sticks too high or get too close to the goalie

## SETUP

Divide the class into 2 even teams and place them on different sidelines of your room. Give each child a number. Place 2 pucks in the middle of the room and set up cones for the goals (as seen in image).

## INSTRUCTIONS

1. Each round, the teacher will call out 2 numbers. The first number called is the goalie who must go to the goal area. The second number is the shooter who must go to the middle of the room where the pucks are located.
2. On 'go' the shooters have to try to get the puck past the opposing goalie. They may dribble closer, but set boundaries denoting how close they can get to the goalie to protect the goalie.
3. The goalie will try to stop the puck from going in. The shooter only gets one shot.
4. The first child to score gets the point. If nobody gets the puck in, no points will be awarded.
5. When complete, set up again and call new numbers. The team with the highest point total at the end wins.

## MODIFICATIONS

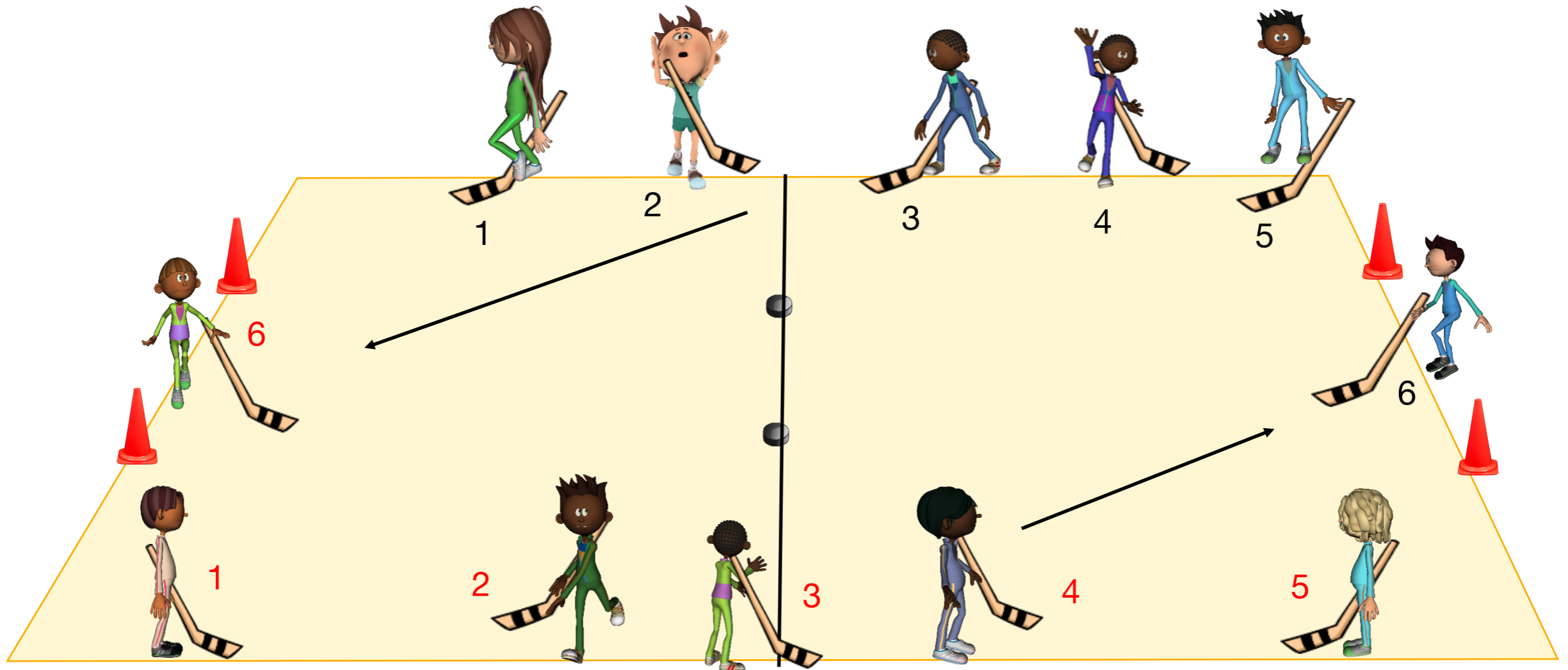
To make it harder, you can make the goal area smaller for the shooters by moving the cones in closer.





# Goalie Line Hockey

A fun hockey activity where children play goalie and shooter





# Pin Hockey

## SKILL FOCUS

- ★ Eye-hand coordination, agility, shooting, balance

## GROUP SIZE

- ★ 8-30 students

## EQUIPMENT

- ★ A hockey stick for each child, 40 pucks / balls, 4 bowling pins

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Children can only swing the hockey stick ankle height, no high sticking

## SETUP

Divide the class into 2 teams. Each team can only go on half of the room. Pick one child on each team to be the goalie, the rest are shooters. Give each child a hockey stick and spread out about 40 pucks / balls around the room.

## INSTRUCTIONS

1. On 'go' the shooters will hit the pucks / balls onto the other team's half of the room.
2. Their objective is to knock over the other team's pins.
3. The goalie for each team will try to prevent the pins from getting knocked over.
4. Children may look for a puck / ball anywhere on their half of the room and then hit it at the opposing team's pins.
5. The first team to knock over both pins on the other side wins.
6. After each round, rotate the goalie.

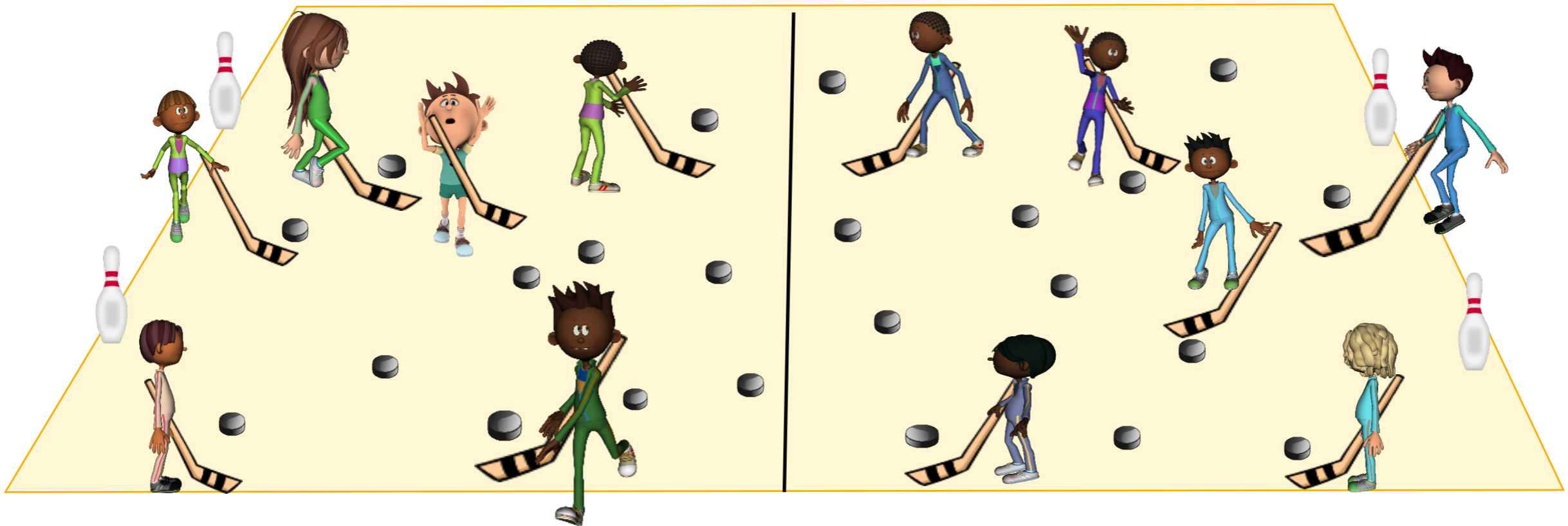
## MODIFICATIONS

To make easier, you may play with no goalies to allow children to knock over the pins with less of a challenge.



# Pin Hockey

A fun activity where the children have to knock over the opposing team's pin while children rotate playing the goalie



# Lesson 4: Shooting

## Learning Objective

To be able to shoot a hockey puck / ball with great accuracy and distance

## SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

## Success Criteria

I can shoot a hockey puck with accuracy most of the time

I can hit my desired target on a regular basis

I can use the proper fundamentals of shooting to achieve my goal

## Focus Questions

How do I concentrate on shooting properly?

How do I shoot the ball with great accuracy?

## Equipment

4 x		Tall cones
4 x		Bowling pins
24 x		Hockey sticks
4 x		Pucks / balls

### Coaching Points

- ✓ Step in the direction you are shooting
- ✓ Remember to follow through on your shot
- ✓ Know which angle to shoot depending on where the goalie is located
- ✓ Try not to telegraph your shot



# Lesson 4 - Overview

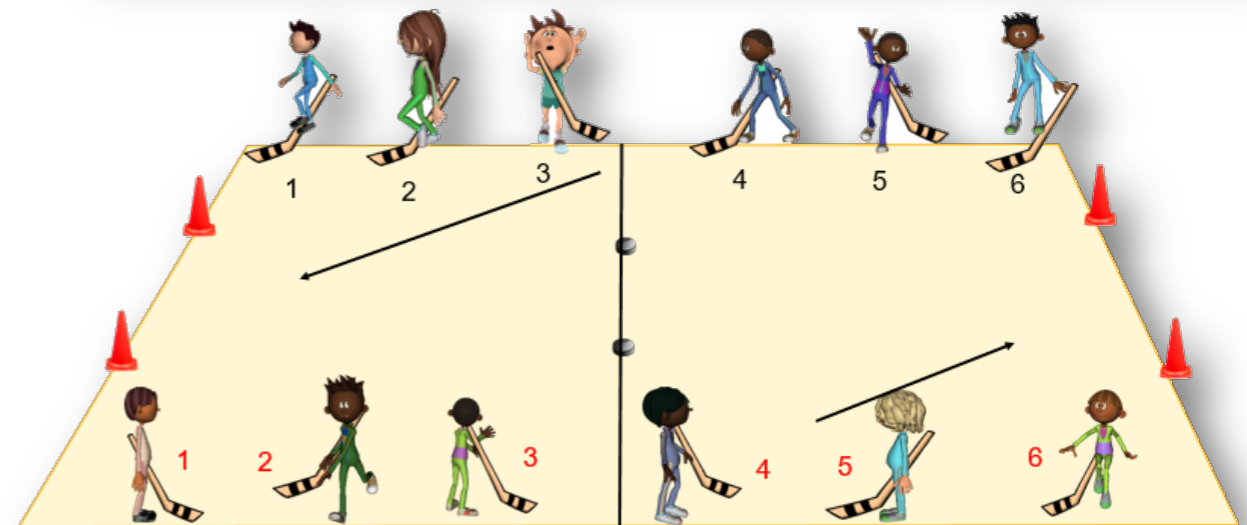
## Activity 1: Pin Ball

- Set the children up in 2 traditional relay race lines
- First child in line must hit a ball at the pins
- If they hit a pin, they get a point
- After they hit, they must stand up the pin and bring the puck back



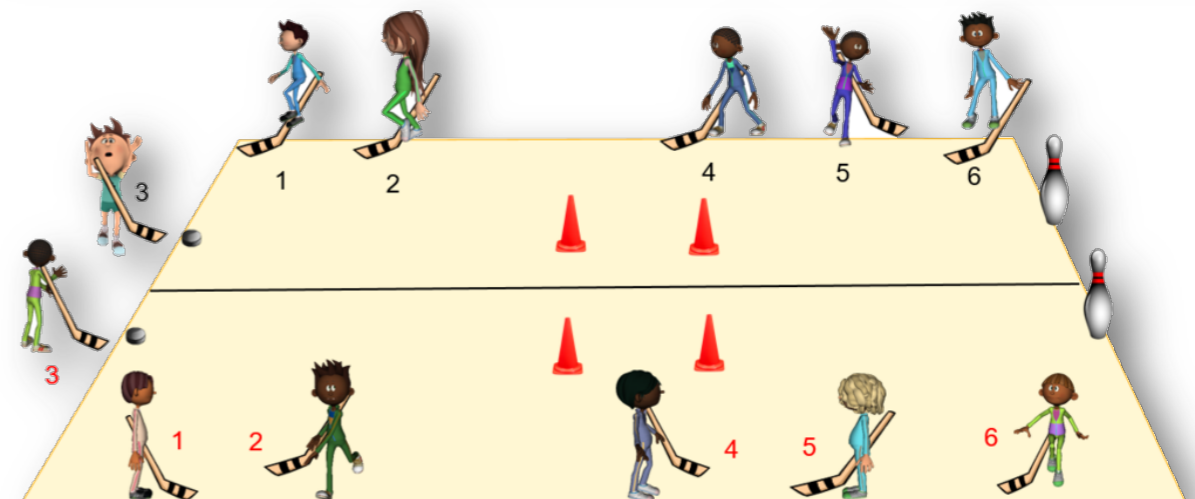
## Activity 2: Speed Line Hockey

- Put the children on 2 even teams
- Each team has one sideline
- Each team has their own goal to shoot at
- The teacher calls out a number
- When a number is called, 2 kids race to score a goal



## Activity 3: Crazy 8's

- Put the children on 2 even teams
- Each team has one sideline
- Each child will have a number
- When their number is called, they will have to do crazy 8's to score a goal





# Pin Ball

## SKILL FOCUS

- ★ Aiming, eye-foot coordination, speed

## GROUP SIZE

- ★ Any number with 2 even teams

## EQUIPMENT

- ★ 4 pins, 2 hockey sticks, 2 pucks / balls

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Children have to be careful not to swing the stick high

## SETUP

Place the children in 2 even relay race lines. Place 4 pins on the opposite end line as shown in image. Give the first child in line a stick and a puck.

## INSTRUCTIONS

1. On 'go' the first child in line hits their team's puck / ball across the room at the bowling pins.
2. The goal is to knock over a pin to get a point for their team.
3. Whether they hit or miss the pin, they must retrieve their puck / ball (pick up pin if they did knock it over) and bring it back to the next child in line.
4. The next child follows the same process.
5. Set a 5-minute time limit on each round.
6. The team who knocks the pin over the most wins.

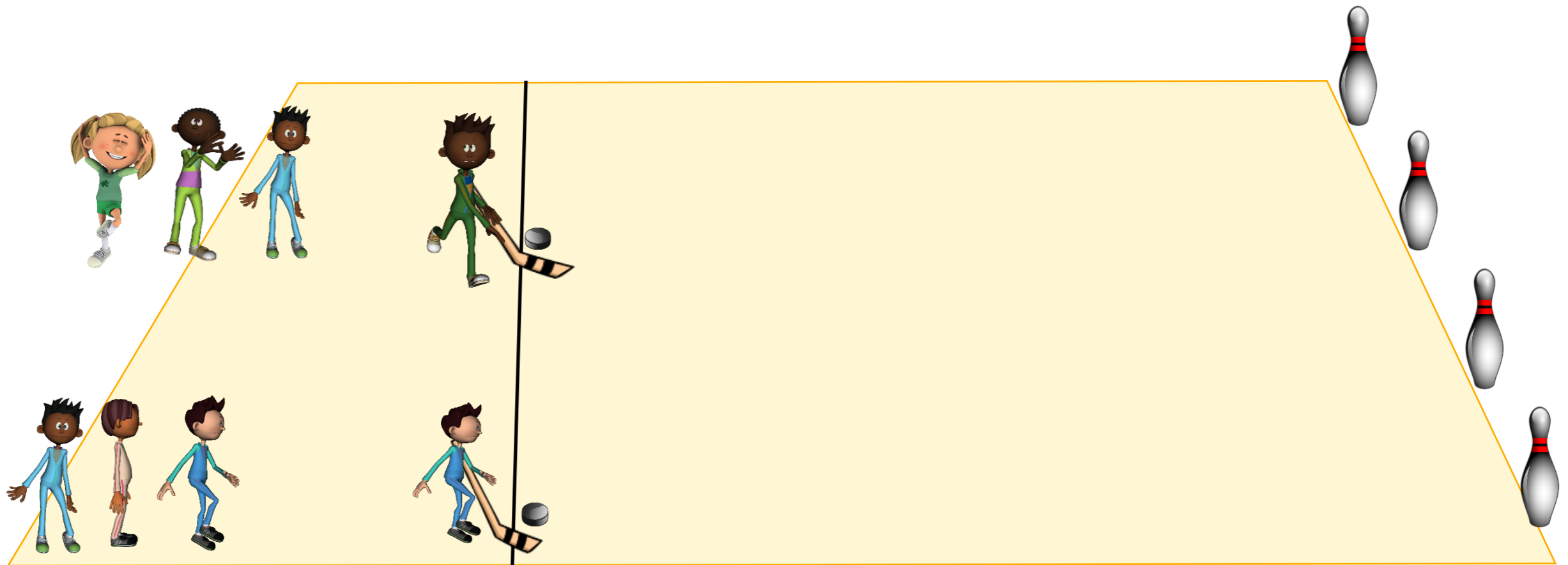
## MODIFICATIONS

To make it harder, increase the distance between the children and the pins.



# Pin Ball

A shooting accuracy game where children have to hit a puck at a pin





# Speed Line Hockey

## SKILL FOCUS

- ★ Aiming, shooting, eye-hand coordination, speed

## GROUP SIZE

- ★ 8-20 children

## EQUIPMENT

- ★ A hockey stick for each child, 2 pucks / balls, 4 cones

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Children cannot high stick, must swing the stick no higher than ankle height

## SETUP

Divide your class into 2 even teams. Place each team on one of the sidelines of your room. Every child is assigned a number as shown in our image. Set up 2 hockey pucks in the middle of the room and use cones to set up the goals.

## INSTRUCTIONS

1. In this game, the objective is going to be to score a goal before the other team.
2. Each child only gets 1 shot per round.
3. The teacher will call out a number. When that number is called, a child from each team will race to the middle and try to shoot their puck / ball into the opposing team's goal before the opponent. Whoever gets it in first wins the round and gets a point.
4. The children may shoot from the middle or dribble the puck / ball in closer.

## MODIFICATIONS

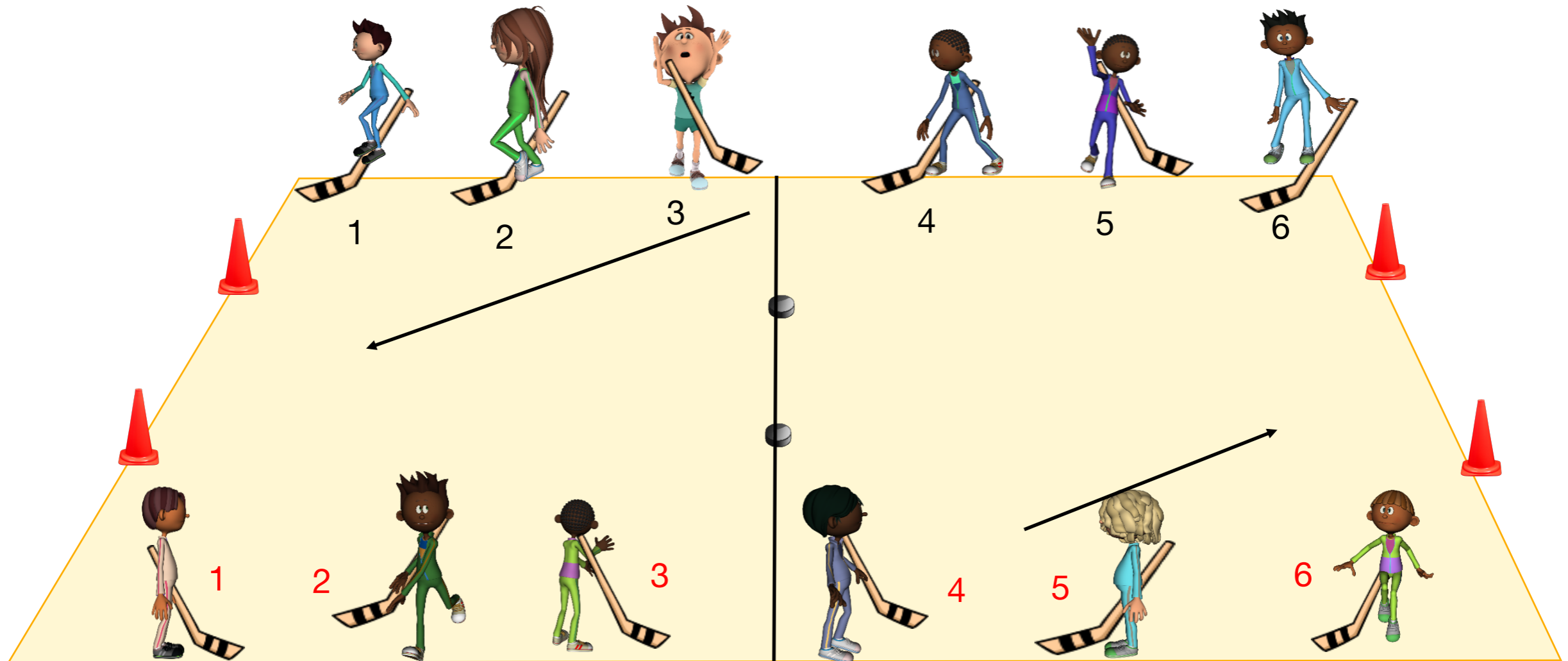
To make it harder, increase the distance the children have to shoot the puck / ball.





# Speed Line Hockey

A fun hockey activity where children race to shoot a goal





# Crazy 8's

## SKILL FOCUS

- ★ Eye-hand coordination, speed, stick control, aim

## GROUP SIZE

- ★ 8-30 children

## EQUIPMENT

- ★ Hockey sticks for each child, 2 pucks, 4 cones, 2 pins

## LOCATION

- ★ Inside or outside

## SAFETY

- ★ Children need to be careful not to bump into one another as well as keeping the sticks low to ground

## SETUP

Put your class on 2 even teams. Each team has their own sideline. Give each child a number, and a hockey stick. Set up 2 cones for each team in the middle of room as well as a bowling pin on the opposite end (see image).

## INSTRUCTIONS

1. When a child's number is called, they must go to the far end of the room where the hockey pucks are located.
2. On 'go' the children must dribble their puck to the other end where their bowling pin is located.
3. When they get to the cones, they must weave (figure 8's) through the cones.
4. Once they complete that aspect, they must now knock over their pin before the other child.
5. If they miss, they must start again, but as soon as one child knocks over the pin, the round stops and a new number is called.
6. After each round, the children must stand up the pins and return the pucks back to the start line.

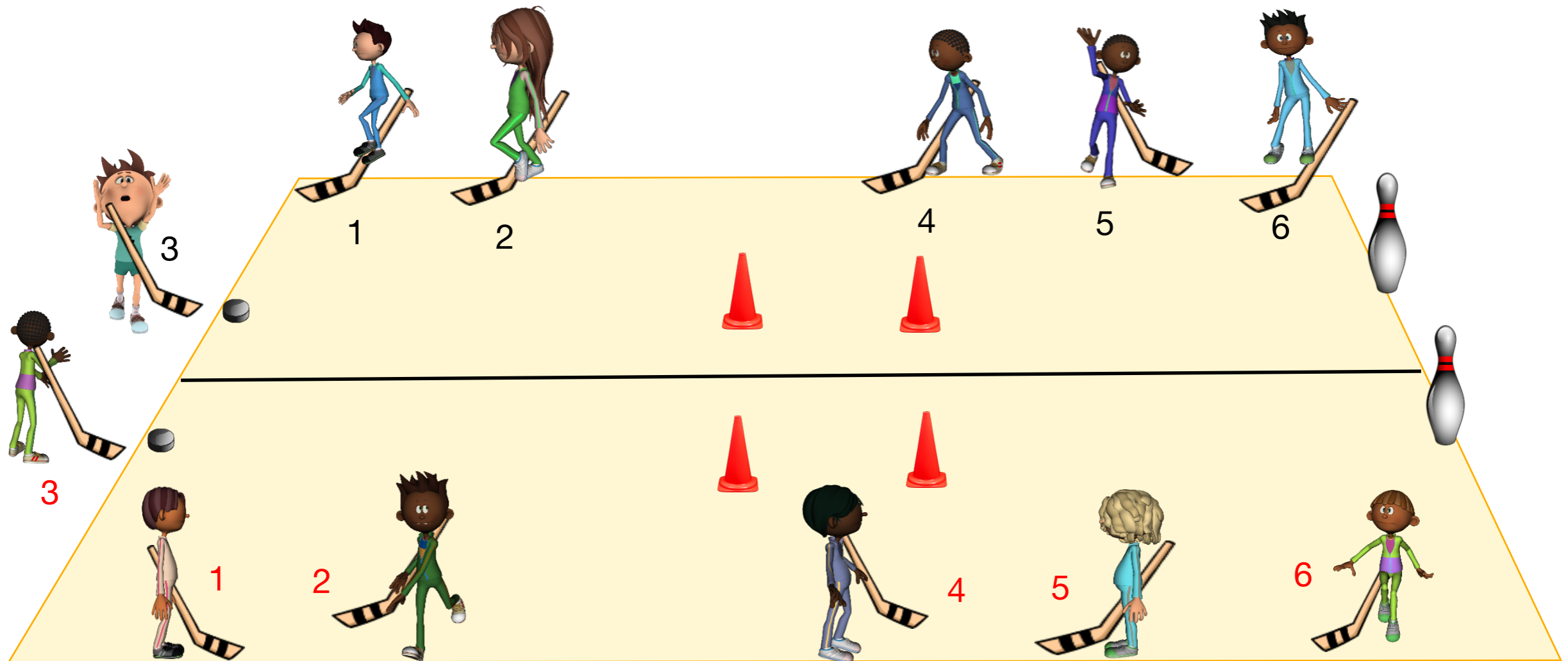
## MODIFICATIONS

To make it harder, increase the distance the children have to shoot the puck.



# Crazy 8's

A fun hockey activity where children race to shoot a goal



# Lesson 5: Defense

## Learning Objective

To be able to play defense efficiently and stop the other team from scoring goals

## SHAPE Standards

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

## Success Criteria

I can play defense efficiently

I can stop the other team from scoring

I can improve my endurance to enhance my defense

## Focus Questions

How do I concentrate on playing defense properly?

How do I run faster?

## Equipment

4 x		Cones
4 x		Bowling pins
24 x		Hockey sticks
4 x		Pucks / balls
5 x		Hula hoops
100 x		Bean bags

## Coaching Points

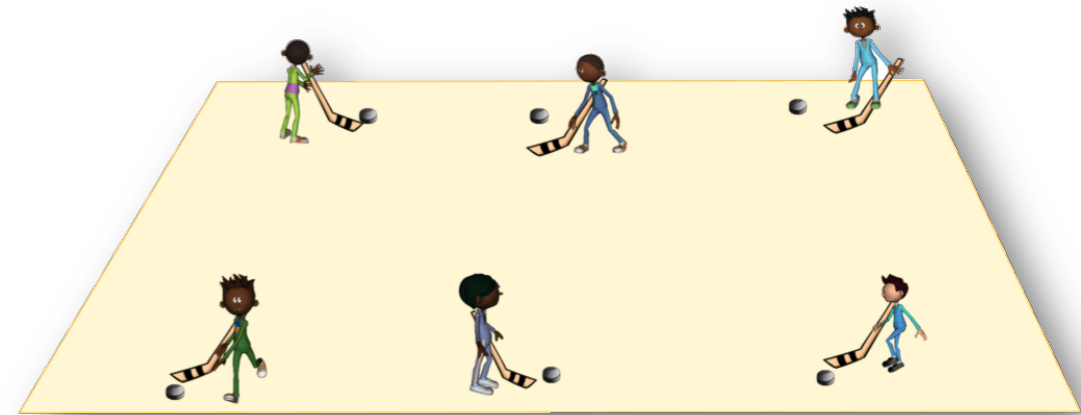
- ✓ Learn how to cut off the angle to the goal
- ✓ Be aggressive on defense
- ✓ Focus on coordination and balance
- ✓ Try to stay one step ahead of the offense



# Lesson 5 - Overview

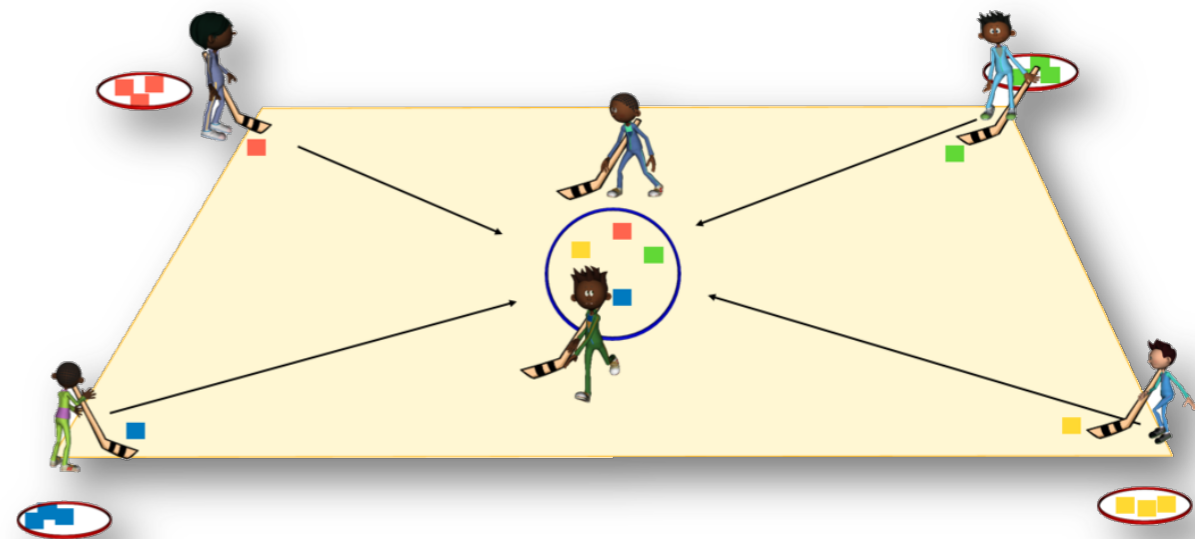
## Activity 1: Wall Defense

- Give each child their own hockey stick and tennis ball
- Each child needs to go near the boundaries of your room
- On 'go' they will hit the ball against the wall
- Their objective is to not let the ball get past them on the way back



## Activity 2: Bean Bag Hockey

- Set up 4 kids to be shooters
- Set up 3 children to be goalies
- On 'go' the shooters will hit their bean bags at the hoop
- After a minute, rotate in new children



## Activity 3: Puck Stealing

- Set up children in traditional relay race lines
- On 'go' the first child must run with stick to their pile of hockey pucks
- They must take a puck with their stick
- Once they take it, they must dribble it back to the starting line





# Wall Defense

## SKILL FOCUS

- ★ Eye-hand coordination, aim, agility, reflexes

## GROUP SIZE

- ★ 8-30 students

## EQUIPMENT

- ★ A hockey stick and tennis ball for each child

## LOCATION

- ★ Inside

## SAFETY

- ★ Children should be careful of the ball rebounding off the wall at them as well as keeping their sticks low

## SETUP

Place each child by a wall in your room and provide everyone with their own hockey stick and tennis ball.

## INSTRUCTIONS

1. On 'go' the children will begin to hit their tennis ball against the wall that is in front of them.
2. They need to hit the ball hard enough so it bounces back at them, so they should not be too far away from the wall.
3. Their objective is to try and stop the ball coming back at them with their hockey stick.
4. Once it becomes too easy for them, they should move closer to the wall.

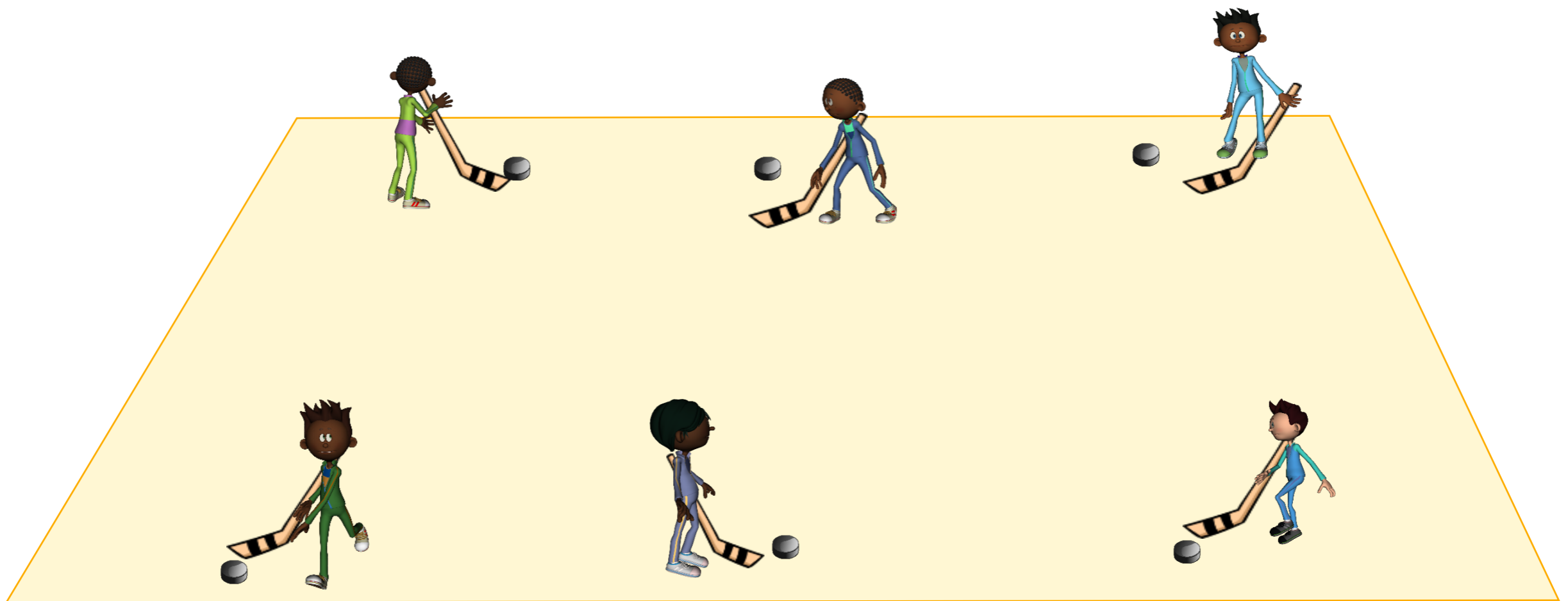
## MODIFICATIONS

To make it harder, have the children stand closer to the wall which will make it more difficult to stop.



# Wall Defense

A fun defensive activity that improves eye-hand coordination and reflexes





# Bean Bag Hockey

## SKILL FOCUS

- ★ Aim, eye-hand coordination, offense, defense

## GROUP SIZE

- ★ 6-24 students

## EQUIPMENT

- ★ 5 hula hoops, 50-100 bean bags, 6 hockey sticks

## LOCATION

- ★ Inside

## SAFETY

- ★ Children need to be careful not to swing their sticks too high

## SETUP

Place 4 hula hoops in the corners of your room and 1 in the center (as shown in image). Place many bean bags in each corner hula hoop but make sure each hoop has its own color bean bag. Give each child a hockey stick. Place 1 child by each corner hoop and 2 children by the center hoop (as seen in image).

## INSTRUCTIONS

1. On 'go' the children in the corners will hit their bean bags at the center hula hoop.
2. Their objective is to get their bean bag into the center hoop.
3. The 2 children in the center are the guards of the hoops. Their objective is to block the bean bags with their sticks and not allow them to enter the center hoop.
4. Since each team has their own color bean bag, it will be easier to see which team got the bean bag into the center hoop.
5. After a minute, collect the bean bags and rotate new kids in.
6. The team with the most bean bags in the center hoop wins.

## MODIFICATIONS

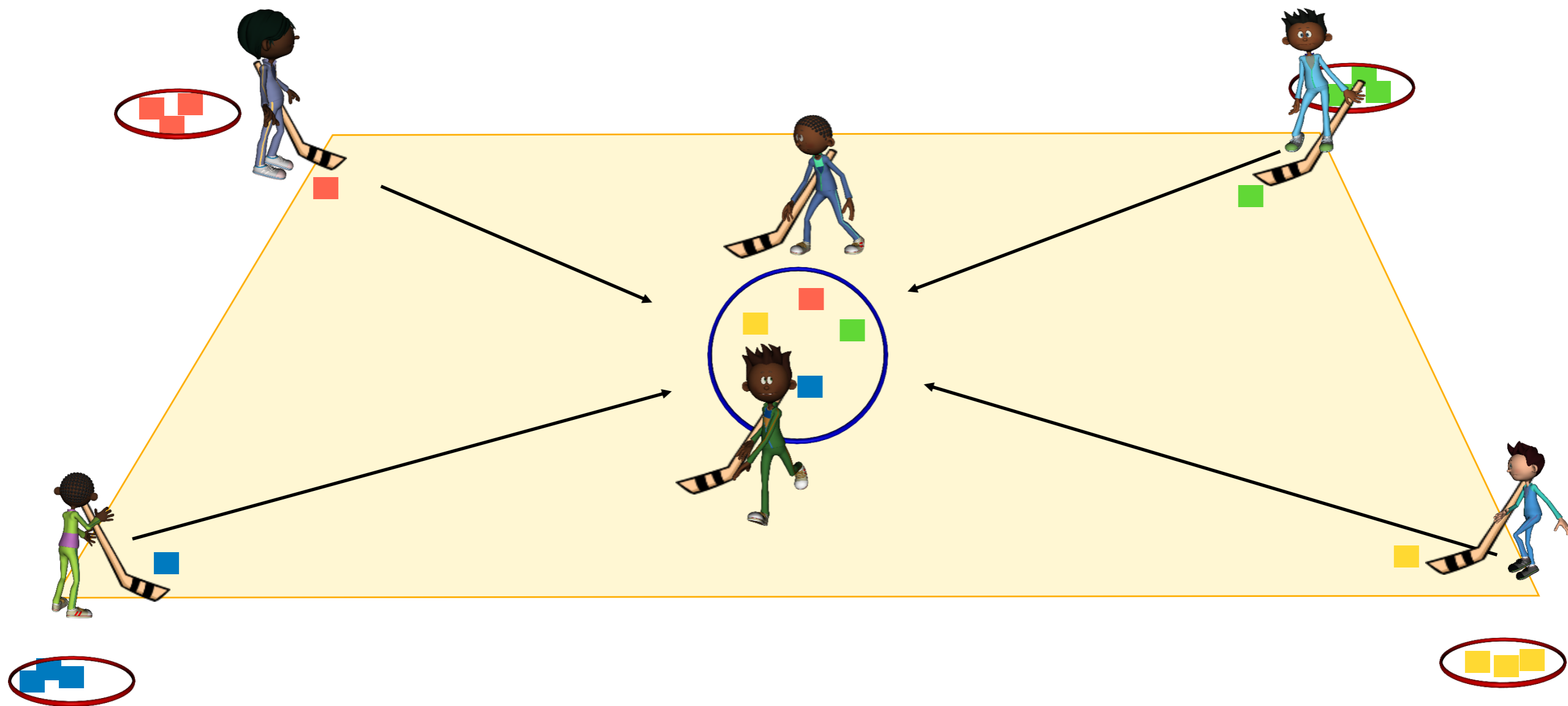
To make it harder, increase the number of goalies from 2 to 4.





# Bean Bag Hockey

A sprinting race where the children have to race to the center of the room and collect bean bags





# Puck Stealing

## SKILL FOCUS

- ★ Running, speed, agility, defense, puck control

## GROUP SIZE

- ★ 8-30 children

## EQUIPMENT

- ★ 24 hockey pucks, 2 sticks

## LOCATION

- ★ Inside

## SAFETY

- ★ Children should be careful not to bump into each other

## SETUP

Put the children in traditional relay race lines. Give the first child in line a hockey stick. Place many hockey pucks on the opposite end of the room (as seen in image).

## INSTRUCTIONS

1. On 'go' the first child in line must run with their stick to the other end of the room where the hockey pucks are located.
2. Once they arrive, using their stick, they take 1 hockey puck from the pile and dribble in back to the start line.
3. Once they get back to the start line, they hand the stick to the next child who will follow the same pattern.
4. The child who just completed can now pick up their hockey puck and hold on to it.
5. The first team to finish wins the race.

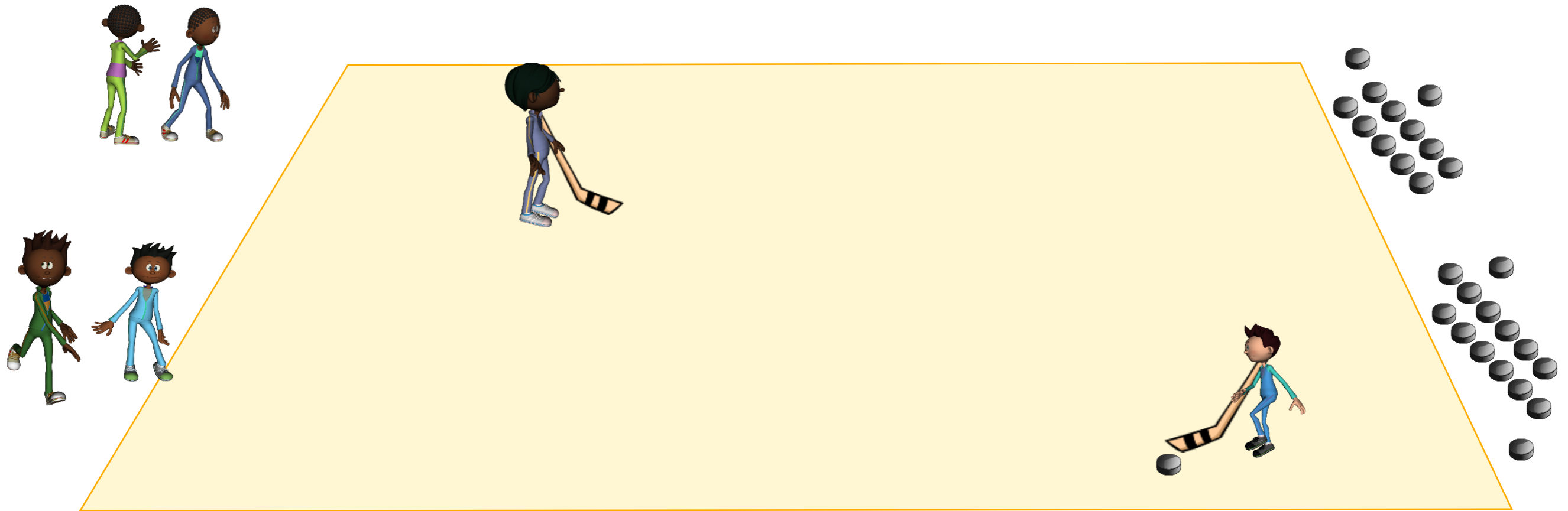
## MODIFICATIONS

To make it harder, go through the line multiple times.



# Puck Stealing

A fun race that teaches children to hustle after a hockey puck



# Lesson 6: Game Play

## Learning Objective

To be able to simulate a game of hockey with proper dribbling, passing, shooting, goalie play and defense.

## SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

## Success Criteria

I understand how to apply the skills needed to play hockey

I can dribble efficiently

I can shoot efficiently



I can play goalie and defense efficiently

## Focus Questions

How do I apply my skills to play hockey?

How can I pass, shoot, and play defense efficiently?

## Equipment

- 24 x  Hockey sticks
- 1 x  Hockey puck

### Coaching Points

-  Focus on the task at hand
-  Be a good teammate
-  Use all the proper fundamentals
-  Apply the skills used in this unit



# The Stanley Cup

## SKILL FOCUS

- ★ Gameplay, teamwork

## GROUP SIZE

- ★ Any number of even teams

## EQUIPMENT

- ★ 4 cones, 1 hockey puck, hockey sticks for each child

## LOCATION

- ★ Inside

## SAFETY

- ★ No high sticks, no checking, use sponge sticks and sponge puck if you have them

## SETUP

This is a chance for your students to put their skills to work in a real game environment. Divide your group in 2 even teams of 6 players and set up 4 cones to create 2 goals. If you have more children, you can sub kids in. If you have fewer children, you can subtract some of the positions.

## INSTRUCTIONS

Your students will be playing a real game of hockey, with a focus on learning the positions, rules and scoring of the game. For all levels, we recommend using sponge hockey sticks and a sponge hockey puck for greater safety.

## MODIFICATIONS

To make it easier:

- Make the goals bigger
- Use a whiffle ball instead of puck
- Play with less positions
- Make the playing area smaller
- Play small-sided games of 3 on 3 or 4 on 4
- Play with no goalie
- Do not keep score

To make it more challenging:

- Make the goals smaller
- Keep score and have a reward for the winning team
- Use a hockey puck
- Make the playing area bigger



# Hockey Unit Assessment

Name: \_\_\_\_\_ Class: \_\_\_\_\_

<b>Skill</b>	<b>Beginning</b>	<b>Developing</b>	<b>Mastering</b>
Passing			
Shooting			
Goalie Play			
Defense			
Speed			
Eye-Hand Coordination			
Teamwork			
Gameplay			
Dribbling			