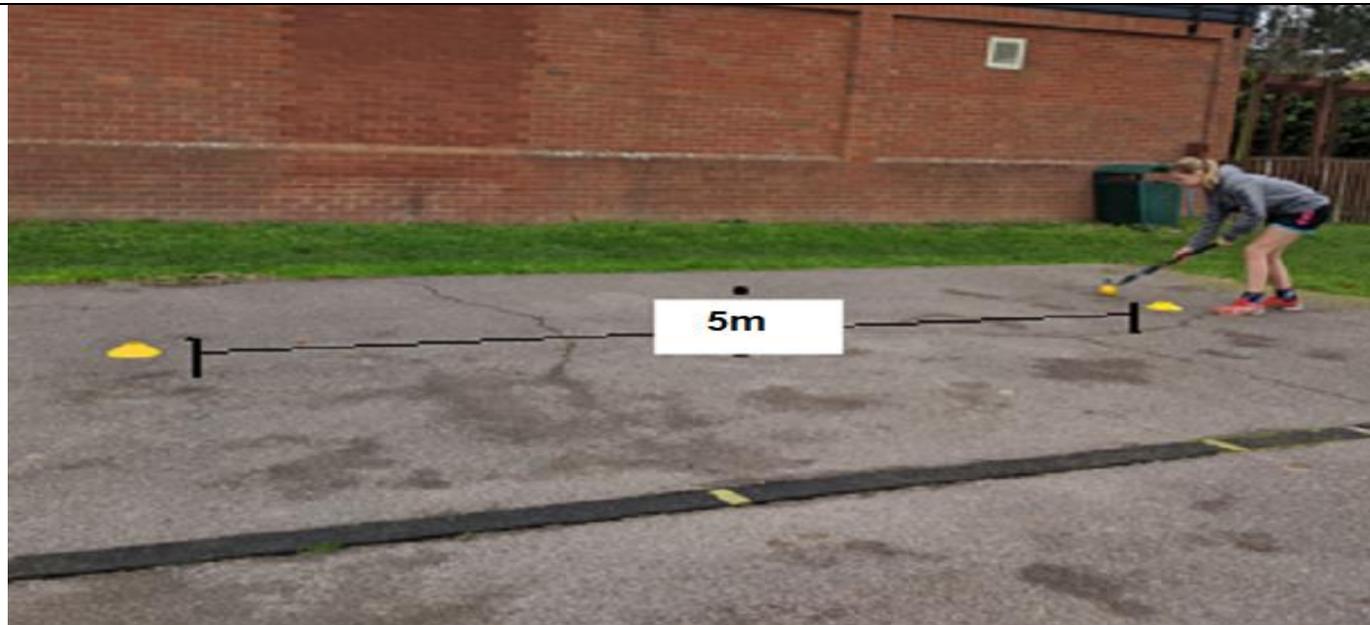


Virtual Hockey Challenge - Circuit for Primary Schools – Years 5 & 6

Station 1 – SPEED DRIBBLE



Description/Rules

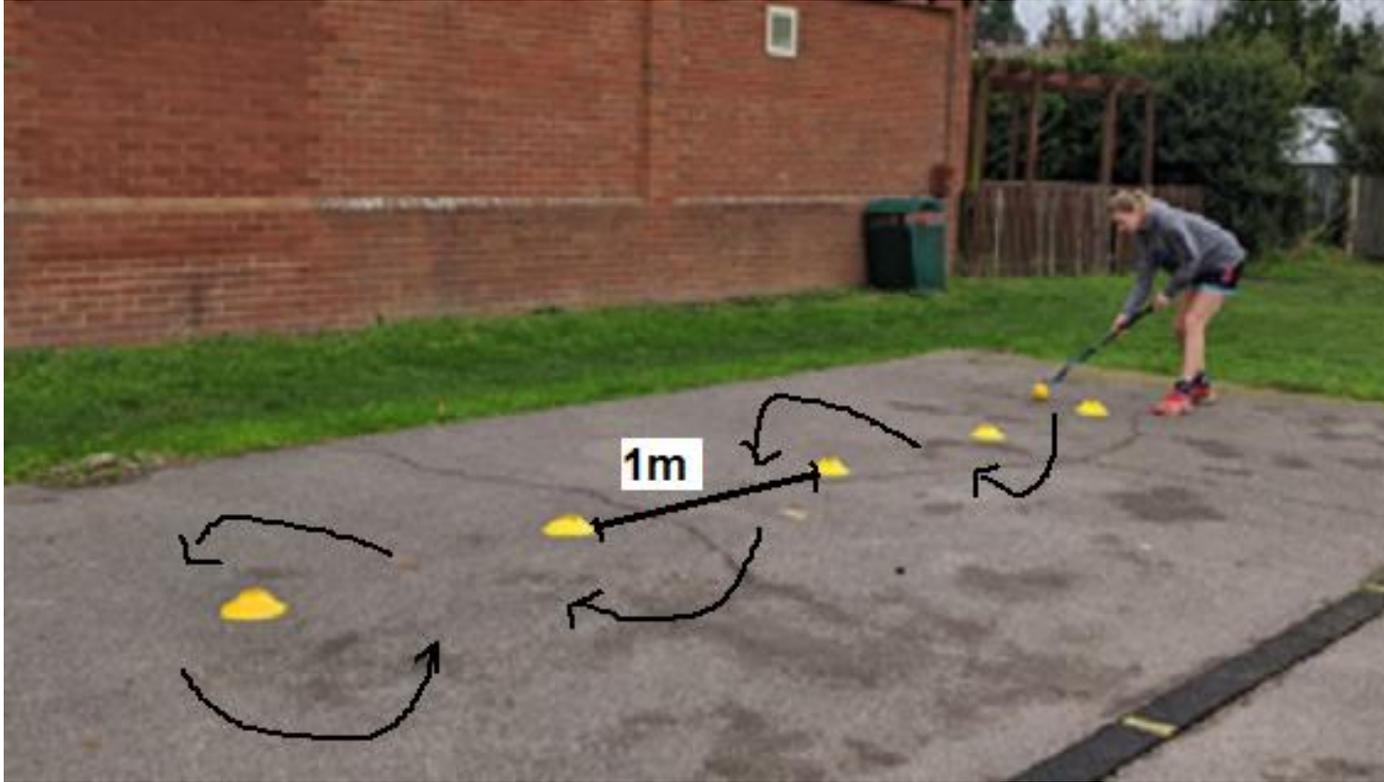
- ❖ How many times can you dribble round the cone and back within the time limit?
- ❖ Pupils dribble the ball from the start to a cone 5m away. They dribble round the cone and then back to start. Repeat.
- ❖ Pupils to use only the flat side of the stick and keep the ball away from their feet.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each shuttle (so 2 points there and back).

Station 2 – SIDE TO SIDE



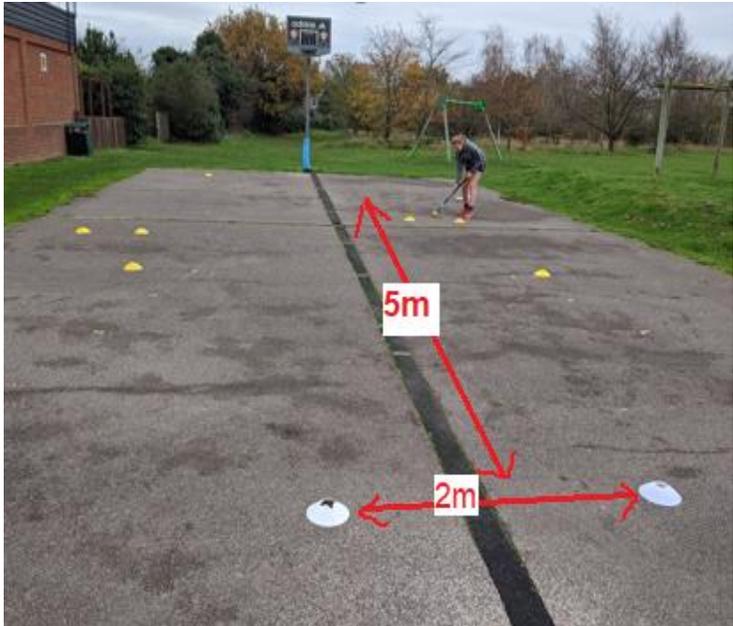
- ❖ How many times can you move the ball from side to side within the time limit?
- ❖ Set up two cones 1m apart.
- ❖ Pupils stand behind the cones and move the ball across from side to side (cone to cone).
- ❖ Pupils must only use the flat side of the stick. They should turn the stick over the top of the ball to move from left to right. Their left hand does all the work.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each time the ball reaches a cone. (To score the ball must reach or go past the cone.)

Station 3 – SLALOM DRIBBLE



- ❖ How many times can you dribble around the slalom course in the time limit?
- ❖ Set up a slalom course of five cones, each 1m apart.
- ❖ Pupils dribble in and out of the cones, round the end cone and back through the slalom to the start. Pupils to use only the flat side of the stick and keep the ball away from their feet.
- ❖ Time limit - 30 seconds.
- ❖ 1 point for each shuttle (so 2 points for there and back).

Station 5 – DRIBBLE SHOOT



- ❖ How many goals can you score after dribbling?
- ❖ The pupil starts 5m away from a 2m wide goal. He/she dribbles through gate 1 (2 cones 2m apart), across to gate 2 (another 2 cones 2m apart.) After dribbling through gate 2, they stop at a cone 3m from the goal. They shoot from here.
- ❖ The pupil then runs straight back to the start, takes a new ball and repeats.
- ❖ Set up a pile of balls at the start (placed within a hoop to stop them rolling away).
- ❖ Time limit - 30 seconds.
- ❖ 5 points for each goal scored. 1 point for a shot that misses the goal.

Station 6 – LITTLE LIFTS



- ❖ How many times can you lift the ball over the obstacle in the time limit?
- ❖ Place a hockey stick on top of two cones. Pupils try to lift the ball over the stick, from one side then the other.
- ❖ Time limit - 30 seconds.
- ❖ 5 points for each lift.