

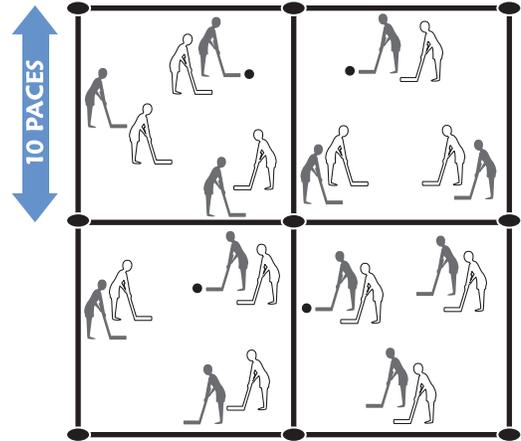


Ready...

- Spot markers (for grids)
- 1 hockey stick per student
- 1 pinnie per 2 students
- 1 hockey ball per 6 students

Set...

- Create 1 grid (10X10 paces) per group of 6.
- Form groups of 3; each with hockey sticks.
- 2 groups per grid; 1 group wears pinnies. Pinnies begin playing Offense.
- 1 ball per grid.



GO!

1. The object is for your group to make 3 traps in a row; each to a different member of your group.
2. Offense players do this by passing and moving to an open space. Dribbling is allowed.
3. Defenders guard a member of the opposing team.
4. After 3 consecutive traps, the Offense scores a point, and, then, it's the other group's turn.
5. If a turnover occurs (incomplete pass, ball out of bounds or defense intercepts), group roles are reversed. Offense becomes Defense, and Defense becomes Offense.
6. The Principle of 3s is in effect.

CHALLENGES

- ★ How quickly can your group make 3 traps?
- ★ How many points can your group score before the signal?

CUES

- ★ Offense, fake and move to open space. Keep your stick on the ground, ready for a pass.
- ★ Defense, sticks down, blades on the ground. Cover passing lanes. Cover your player, but stay 3' away.

★ No-Dribble Endline

The object is to score points by passing the ball to a groupmate beyond the opponent's endline. Ball is advanced using passes only (no dribbling). Defense becomes offense on any turnover. Pinnies start with the ball on own endline. The group scored upon gets the ball to begin play again from their endline.

★ Endline with Post Player

(Add a "Post Player," who stands near the mid-court line and may be used by either team when they are on offense.) Your Post Player only works for the offense, giving Offense a slight advantage. Rotate your Post Player after each score.

★ 5-Trap

(4 players per team.) 5 traps scores a point. To score, each player must make at least 1 pass.



FUN FACT

Hockey players slap their sticks on the ice or ground when they are open and want a pass. Next time you are at a game or watching 1 on TV, look and listen for players around the puck. Could we call them slap happy?

STANDARDS ADDRESSED

NASPE

#1 Passing, pivoting

#2 Offensive and defensive strategies

#5, 6 Cooperation

Your State (Write in here)

PAULA'S POINTERS

- Pinnies Rule: The group wearing pinnies gets the ball first.
- Principle of 3s: The answer is always 3 (keep the ball up to 3 seconds before passing; stay 3' away from person with the ball; passes must travel at least 3'; etc.).

NOTES

