

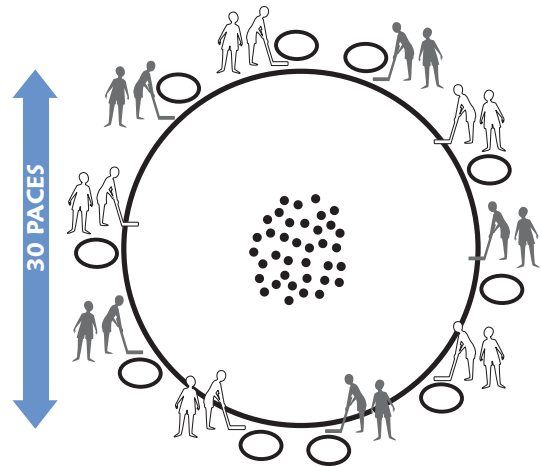


Prep

- 1 hoop per pair of students
- 1 hockey stick per pair
- 1 hockey ball per student

Set

- Create a large (30 pace diameter) circular activity area.
- Create pairs and distribute around perimeter: each pair with a hoop and 1 stick.
- Place all the balls in the center of the area.



Teach

1. In *First to 4* you will practice dribbling and moving quickly and safely through general space. The object is to collect 4 balls (1 at a time) in your home hoop.
2. On signal, run to the middle and use your stick to take only 1 ball and dribble it back to your home hoop.
3. Hand the stick to your partner who takes a turn to bring a ball home.
4. Continue until all balls are gone from the middle. At this time, you may begin taking balls from other hoops.
5. Continue alternating with your partner until you have 4 balls in your hoop. When this is accomplished yell, "Four!"
6. (*Distribute balls back to center and play again.*)
7. **Cues**
 - Keep ball close while dribbling.
 - Keep head up, look for open space, and watch for others.
 - Keep stick low to the ground.
8. **Challenges**
 - Can you keep your head up, watching where you are going while dribbling?
9. **Think About...**
 - Why is it important to keep control of the ball even when you are in a hurry?
 - Where did you go to find balls after all the ones in the middle were gone? Why did you choose that hoop?

FIRST TO 4

EXTENSIONS

Change the Criteria

(Score for the following: hoops with even number of balls, odd number of balls, least, most, etc.)

Add a Defender

(Use 4 cones to create a small - 4X4 pace area for each group.) One of your group-mates may defend your home area. Defenders try to stop others from taking balls or they may legally steal from others before they get the ball back to their home area. Stick checking is not permitted. Defenders must be reaching for the ball.



HOME INTEGRATION

Be the first to 4 in your workouts at home. Design a fitness plan that helps you improve these 4 fitness components: muscular strength, muscular endurance, cardiovascular endurance, and flexibility. Body composition is the 5th component. Eat right and focus on the first 4, and body composition will take care of itself.



STANDARDS ADDRESSED

NASPE

#1, 2 Dribbling, trapping

#3, 4 Aerobic capacity

#5, 6 Cooperation, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Students may not guard their hoops (except in *Add a Defender Extension*).
- Watch for eager students who want to hit their ball long distances (back to their home hoop).
- Use music to increase enjoyment and motivation.

NOTES
