



GRADES

5-6

SESSION LENGTH

45 MIN – 1 HOUR

EXCITED – FUN – ENGAGING

WARM UP

SCARECROW TIGGY

- Line everyone up and pick your taggers.
- Make sure you outline where everyone can play.
- Your taggers job is to chase all of the players around and tap them on the shoulder, if they get tapped or “tagged” they must stand still like a scarecrow.
- To get back in the game, a free player must clap between the legs of a tagged player.

SKILLS

SAFETY

HOW TO HOLD OUR HOCKEY STICK

HOW TO DRIBBLE OUR HOCKEY BALL

HOW TO STEAL

ACTIVITY 1

ROBBERS

GAME LAYOUT



- Each player has a ball except for 3-4 players, these are your robbers.
- All players must stay within your designated area.
- The robber goes around and try to steal everyone's ball, once you have lost your ball you become a robber.
- The aim of the game is for players to tackle to gain possession rather than knock the ball out of play.

ACTIVITY 2

NUMBER HOCKEY



- Set up goals at each end of the court.
- Give each player a number between 1 and 4. 1s and 4s line up on one parallel line and the 2s and 3s line up on the other.
- The coach starts with the ball and then calls out a number between 1 and 4. The players then get to play the ball and try and score at their designated goal.
- Once a goal is scored or the ball is out of play the game re-starts and everyone goes back to their lines.

ENERGISERS

EGG & SPOON RACE
[BALANCE BALL]

JUGGLE THE BALL ON
YOUR STICK!

REMEMBER

SELL THE STORY
MORE HOCKEY, LESS
TALKING
TEACHER INVOLVED

HOOKIN2HOCKEY SPEECH

Who had fun today? Who would like to play hockey again? Awesome well you are super lucky because your local hockey club..... has a Hin2H program starting.... At This is where you can learn more cool tricks and play REAL hockey games. If you join up, you get this amazing hockey kit to KEEP?! Who is going to go home and tell mum and dad that you had so much fun today playing hockey and ask them to sign you up to get this awesome kit?!