

Age: 1.5 - 3		Sport: Ball Hockey	
Duration: 45 mins	Physical Skills: Moving / controlling the ball	Social Skill: Sharing	Stickers: Ball Hockey, Sharing

Review Ball Hockey Sport Resources Alongside Lesson Plan [HERE](#)

Welcome!

1. Introduce the sport - holding out hockey stick
2. Talk about the actions we do in ball hockey
3. Introduce the social skill
3. Talk about what **sharing** is and how we use it

Social Skill Intro

- **Sharing** means we don't keep things just for ourselves — we let our friends have a turn too.
- **Sharing** helps everyone feel included and makes activities more fun for the whole group.
- What can we do to show we are **sharing**?
 - Take turns using equipment
 - Using kind words like “your turn” or “do you want to try?”
 - Wait patiently while someone else is having a turn

WARM UP

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

Physical Literacy Skill

- ★ **Jumping**
- Practice bending your knees and standing back up
- Try small jumps in place with both feet together - practice landing softly with bent knees like a quiet ninja!
- Try big jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really high like a spaceship taking off into space!
- Try far jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really far and powerful like a kangaroo

Octopus Tag!

Equipment

☐ **Cones**

Key Points

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- Create two lines of cones on both ends of the play space - these will be the safe zones
 - The coach will start in the middle as the Octopus - they are IT
 - Players line up along one of the safe zones to begin
 - When the coach says GO, players try to run to the other side without getting tagged by the Octopus
 - If a player is tagged, they become seaweed and have to sit down where they were tagged
 - Seaweed can help the octopus tag others by reach their arms out as players run past them to try and tag them
 - Play until one player remains and reset a new round

PHYSICAL SKILLS

Passing!

Equipment

☐ **Balls, hockey sticks**

Key Points	→ Each player and parent pair find their own space, each with their own stick and sharing one ball → Parents practice passing the ball back and forth with their kiddo → Encourage players to use two hands on the stick and stop the ball before passing it back → Focus on gentle and controlled passes
Adaptation	• Progression: Parents stand with their legs open to make a goal - players aim to pass the ball through the goal to score
Walk the Ball!	
Equipment	☐ Balls, hockey sticks
Key Points	→ Before playing any games with the sticks, have a quick safety talk with the group and show the kiddos how to hold the stick → All players will line up on one side of the gym, each with their own ball and stick → Demonstrate how to gently push or “walk” the ball across the floor while keeping the stick near the ground → When the coach says GO, players will practice walking their ball to the other side of the gym → Practice for 2-3 minutes before moving onto the next game
Adaptation	• Progression: As players get comfortable moving the ball, increase the pace and try running with the ball
Outer Space Stickhandling!	
Equipment	☐ Balls, hockey sticks, cones
Key Points	→ Spread many different colored cones around the outside of the play space → Each player will have a ball and a stick → Players will start in the middle of the gym with the coach → Set the scene - you are now in outer space! The colored cones are planets, and the yellow cones are stars → When the coach calls out a color, players will: ◆ Stickhandle to any cone of that color ◆ Circle around the cone like a rocket ship ◆ Stickhandle all the way back to the coach in the middle (give players lots of high fives when they return!)
Adaptation	• Progression: Call out a sequence of colors (i.e. blue, yellow, back to coach). Players must visit each color in order before returning to the coach.
SOCIAL SKILLS	
Shoot and Share!	
Equipment	☐ Balls, hockey sticks, nets
Key Points	→ Set up 1-2 nets at one end of the play space → Create a boundary line on the opposite side of the space → Midway between the nets and boundary line, spread balls around the space → Half of the players will start with a hockey stick, and the other half without → Players without a stick stand behind the boundary line and wait their turn → Players with a stick will find a ball, stickhandle toward the net and try to score → After shooting, they run back and share their stick with another player → The player who receives the stick then gets to go find a ball and shoot, while the other waits behind the boundary line → Continue switching roles so everyone gets lots of turns with the stick → Emphasize sharing by celebrating when players share their stick! Encourage them to give their stick to a different friend each time

FUN ACTIVITY	
Red Light Green Light!	
Equipment	Cones
Key Points	→ Set up a line of cones on one end of the play area → Have kids and parents stand at the line of cones, each child with a stick and a ball → The coach stands at the opposite end of the space → When the coach faces the group and calls “RED LIGHT!”, everyone must stop and freeze with their ball → When the coach turns their back and calls “GREEN LIGHT!”, players stickhandle toward the coach
WRAP UP	
Huddle & Review!	
Review	→ Who can tell me what actions we practiced in ball hockey today (stickhandling, passing, control)? → What social skill did we work on today? → Yes, sharing! Can I hear everyone say “sharing”?
Cheer	• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Ball Hockey and Sharing stickers