

Age: 3-5		Sport: Ball Hockey - Week 2	
Duration: 55 mins	Physical Skills: Stickhandling	Social Skill: Listening	Stickers: Stickhandling, Listening

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 hockey
3. Introduce the social skill
3. Talk about what **listening** is and how we use it

Social Skill

Intro

- Let's all **turn on our listening ears** right now as a group! (pretend to turn on your ears by physically doing the motion and have the kids do this too).
- What can we do with our bodies to show we are **listening**?
 - Eyes looking the person who is talking
 - Being quiet when someone else is talking
- Our bodies are still and facing toward the person who is talking

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

★ **Running**

- Eyes forward - look where you are going
- Arms bent - make an "L" with your arms
- Opposite arm, opposite leg - right arm with left leg, left arm with right leg
- Swing your arms - forward and back (not across your body)
- Light feet - run quietly on your toes
- Quick steps - short, fast steps

Octopus Tag!

Equipment

☐ **Cones**

Key Points

- 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

- ★ Before playing any games with the sticks, have a quick **safety talk** with the group about using the hockey sticks and show the kiddos how to hold the stick properly!

Walk the Ball!

Equipment	☐ Balls, hockey sticks
Key Points	→ 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 or add in cones throughout the space for them to practice stickhandling around
Sharks and Minnows!	
Equipment	☐ Balls, hockey sticks, cones
Key Points	→ Players will line up on one end of the play space, each with their own stick and ball - they will be the minnows → Coaches will start in the middle of the space with only a stick - they will be the shark → The minnows have to try stickhandle to the other side of the ‘ocean’ without getting their ball eaten by a shark → If a shark steals a ball from a minnow, the minnow becomes a shark and helps steal balls from the others in the next round → Keep going until there is only one minnow left
SOCIAL SKILLS	
Outer Space Stickhandling!	
Equipment	☐ Hockey balls, 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!) → Emphasize listening ears so they know where to stickhandle to next
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.
FUN ACTIVITY	
Turtle Tag!	
Equipment	☐ Playground balls
Key Points	→ Either the coach or 1-2 players will start as IT - they will have one small red playground ball which they will use to tag players to help indicate who is it (must keep both hands on the ball to tag players, NOT throwing the ball at players) → The rest of the players run freely around the space and try to avoid getting tagged → If tagged, they must lie down on their back and stick both hands and both feet in the air (like a turtle flipped on its shell) → To be saved, a turtle must be high fived by another player to rejoin the game → Rotate who is IT every 2-3 minutes

WRAP UP	
Huddle & Review!	
Review	→ Who can tell me what actions we practiced in soccer today (stickhandling)? → What social skill did we work on today? → Yes, listening! Can I hear everyone say “listening”? • The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can! ★ Hand out Stickhandling and Listening stickers
Cheer	
Stickers	