

Age: 5-7		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

Heads or Tails!

Equipment

☐ N/R

Key Points

- Have players space themselves throughout the play area
- Demonstrate two positions for the game – One is with a hand on top of your head, "Heads," and the other is a hand on your hip, "Tails."
- Have students close their eyes to start, and on the coach's signal they must assume one of the two positions
- The coach will then toss a coin and call out the side that lands face up
 - ◆ If the coin land on Heads, then those players will will chase tails(or vice versa depending on coin toss)
- Players keep one hand on either their head or hip while running and when tagged, students assume the other position and join the tagging team

PHYSICAL SKILLS

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

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.
Racecars vs. Police!	
Equipment	☐ Balls, hockey sticks, nets
Key Points	→ Set up one net on either end of the play space → The coach will be the “Police” and will only have a stick (no ball) - the players will be “Racecars” and will each have their own stick and ball → The Racecars will run around the space stickhandling their ball – they are trying to keep their ball safe and avoid the Police → The Police will try to “pull over” the Racecars by stealing their ball away from them → When a Police steals a ball from a player, the Racecar can try and win their ball back from the Police – but once the Police shoots the ball in the net, the Racecar has to leave their ball in the net and becomes a Police too! → The Police are the only players who will be shooting the balls in the net for this game → Play a few rounds and rotate who is the Police each time
SOCIAL SKILLS	
Hungry Hippos Relay!	
Equipment	☐ Balls, hockey sticks, cones
Key Points	→ Set up two nets on one side of the space (one for each team) – lay the net down so that the front is on the ground and the back of the net is facing the roof to create an enclosed shooting target (like a hippos mouth) → Divide the group into two teams and have them line up behind a cone on the opposite end of the space → Beside each line-up cone, place a hula hoop with an equal number of balls in each hoop → The first player in line will have a stick → On coaches go, the first player in line will stickhandle the ball to the net and aim to shoot the ball into the mouths of the hippo → After successfully shooting the ball into the net, players run back to their team and give the stick to the next person in line → The first team to feed all of their balls to the hippo wins that round!
Adaptation	• Progression: After the first round, add a line of cones leading up to the net that each team must weave through before shooting ○ Place multiple balls in the hula hoop so that each player must go twice in one round
FUN ACTIVITY	
Ball Hockey Scrimmage!	

Equipment	→ Cones, nets, hockey ball
Key Points	→ Use cones to create a large boundary that players must stay within → Divide players into 2 teams (i.e. yellow shirts and purple shirts) and set up two nets on either side of the space → Play a short and friendly scrimmage
WRAP UP	
Huddle & Review!	
Review	→ Who can tell me what actions we practiced in ball hockey 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	