

Age: 3-5		Sport: Ball Hockey - Week 3	
Duration: 55 mins	Physical Skills: Shooting	Social Skill: Teamwork	Stickers: Shooting, Teamwork

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 **Teamwork** is and how we use it

Social Skill

Intro

- **Teamwork** means that we don't just do this by ourselves, we also play with our friends, as a team!
- What are some ways that we can practice good **teamwork**?
 - Sharing equipment with our teammates
 - Taking turns and passing to everyone
 - Communicating with our teammates

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

- ★ **Shuffling**
- Cues for Shuffling: "Step, Together, Step, Together"
 - Step to the side with right foot, bring left foot in so the feet are together again
- Stay low - bend your knees
- Light feet - stay on your toes
- No crossing feet - keep your feet side-by-side

Line Tag!

Equipment

☐ N/R

Key Points

- This is a fun, active tag game played using the lines on the gymnasium floor
- The coach will start as "It"
- All the players spread out and stand on the gym floor lines
- Players must stay on the lines while moving around the gym
- The person who is "It" tries to tag other players while also staying on the lines
- Players can change direction, but they cannot step off the lines
- If a player is tagged, they can become the new "It" or follow the rule chosen by the coach - for example:
 - ◆ Players must do 5 jumping jacks before rejoining the game
 - ◆ Play "infection" style where players join and also become "It" until one player remains
- Encourage players to look ahead and avoid collisions
- Continue for several short rounds so different children get a chance to be "It"

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!

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

Cone Knock Down - Target Practice!

Equipment

☐ Hockey balls, sticks, cones

Key Points

- Divide players into 2-3 lines, each group lined up behind a cone
- Place a hula hoop of hockey balls beside each line, and ensure each player has a stick
- On the opposite side of the space, place 3 tall cones side by side for each group to be the targets
- Using flat cones or spot markers, create a shooting line that players must stand behind
- The first player in each line will grab a ball and stickhandle up to the shooting line, then aim and shoot at the tall cones - Each player gets three tries to knock the cones down (after shooting they run back to get their next ball from the hoop)
- Reset the cones each time that it's a new players turn to shoot at the targets
- Keep this game low-pressure and celebrate both effort and any success

SOCIAL SKILLS

Egg Hunt!

Equipment

☐ Balls, hockey sticks, cones, nets

Key Points

- Set up two nets on one side of the space (these will be the ‘baskets’)
- Players line up at the other end, opposite of the net
- Scatter more balls (‘eggs’) than players across the space
- On the coach’s signal, players run to find a ball and get it into the net as quickly as possible
- The **entire team works together** to get all the balls into the net

Adaptation

- **Progression:** Time them to see how fast they can do it and if they can beat their previous record each time

FUN ACTIVITY

Shooting Obstacle Course!

Equipment

☐ Hockey sticks, balls, cones, nets

Key Points

- Set up an obstacle course using cones leading up to the net
- Create two courses and divide the group if working with a large group of players
- Create a line of spot markers a few feet back to form the line for players to line up at
- Each player will have a hockey stick and ball and will stickhandle through the course to shoot on the net

Pizza Party!

Equipment	☐ Spot markers, cones
Key Points	→ Create a boundary using cones that players must stay within → All players have a spot marker - this is the “pizza” → Players balance their pizza on one hand while keeping the other hand behind their back → Everybody is IT in this game → Players run around the space trying to balance and protect their pizza while trying to knock off other players pizzas at the same time → If a players pizza gets knocked off, choose an action they have to perform to get back in the game (i.e. 5 jumping jacks)
WRAP UP	
Huddle & Review!	
Review	→ Who can tell me what actions we practiced in ball hockey today (shooting)? → What social skill did we work on today? → Yes, Teamwork! Can I hear everyone say “teamwork”?
Cheer	• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Shooting and Teamwork stickers