

Age: 5-7		Sport: Ball Hockey - Week 4	
Duration: 55 mins	Physical Skills: Offense, Defense	Social Skill: Patience	Stickers: Offense, Patience

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 **patience** is and how we use it

Social Skill

Intro

- **Patience** means waiting calmly for your turn or something you want without getting upset!
- What does it look like when we are being **patient**?
 - Staying calm
 - Waiting your turn
 - Don't get upset while waiting

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

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!

Treasure Island!	
Equipment	☐ Balls, hockey sticks, cones
Key Points	→ Using cones, set up four squares, one on each corner of the space - these are the 'islands' → Every player has a ball and a stick → The coach will start as IT - they are the 'pirate' → The pirates are on defense and are trying to steal the other players balls (the 'treasure') away → The rest of the players must keep possession of their ball and run island to island safely → Players can move in any direction and to any island freely - islands are safe zones where the pirates cannot steal the ball → If their ball is stolen while travelling to a new island, they also become a pirate → Play until there is only one player left standing
Hockey Heist!	
Equipment	☐ Hockey balls, cones, hula hoops
Key Points	→ Place 1 hula hoop in each corner of the space (4 total) → Divide players into 4 teams and assign each one a hula hoop → Create a circle using cones in the middle of the space, with 1 hula hoop in the centre of it filled with balls - the circle of cones is a safe zone → The coach will start as the defender in the middle of the space - their job is to defend the hockey balls, but they cannot enter the circle → One player at a time from each team will leave their hoop and try to get past the defender and into the circle without getting tagged → Players will take one ball and try to successfully run it back to their team without getting tagged by the defender
Adaptation	→ Players can only stay in the circle for 5 seconds before they have to leave and can only take one ball at a time → If they get tagged, they must go to the back of the line at their team base → Play until all of the balls in the middle are gone - the team with the most balls in their hoop wins that round • Progression: Add 2-3 defenders, or play with hockey sticks for an added challenge
SOCIAL SKILLS	
Finders Keepers!	
Equipment	☐ Balls, hockey sticks, cones, nets
Key Points	→ Set up two nets on both sides of the space (one net for each team) → Divide the group into two teams - only the first player in each line will have a stick → Team will line up on opposing corners of the space, so that teams are diagonal of one another → Scatter hockey balls all throughout the middle of the playing space → On the coach's signal, the first player in each line runs into the middle to any ball, then stickhandles to the net and shoots the ball → Teams are shooting on the net on the opposite side of the gym from their line → After shooting one ball, they run back to the line and give the stick to the next player → Players must wait their turn in line! → The game ends when all the balls are gone - the team with the most balls in their net wins
Adaptation	• Progression: Have two players from each line go at the same time - they must find one ball and work together by passing the ball back and forth to one another as they stickhandle to the net (minimum 2 passes before they can shoot). After shooting, they go to the back of their line and the next two players go.
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 (offense, defense)? → What social skill did we work on today? → Yes, Patience! Can I hear everyone say “patience”? • The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can! ★ Hand out Offense <u>OR</u> Defense and Patience stickers
Cheer	
Stickers	