

Relay Hockey

How to play this game:

Divide the children into two teams. The teams stand opposite each other, approximately four metres apart. Number each member of the two teams. At either end of the playing area make two small goals using cones.

In each goalmouth, lay a hockey stick. In the central playing area, lay one ball on the ground. The leader then calls out a number, e.g. "Number six!"

Both children that are number six then run to their team's goal, collect the hockey stick and run to the central playing area. They then try to dribble the ball into the opposition's goal. If a child scores a goal then both children return to their place. Replace the ball and the hockey sticks and pick another number. If, after a time, no child has scored a goal, stop the game, and say that game was a draw. The children return to their place and the game continues with the leader picking another number. The team that has scored the most goals is the winner.

Adaptations

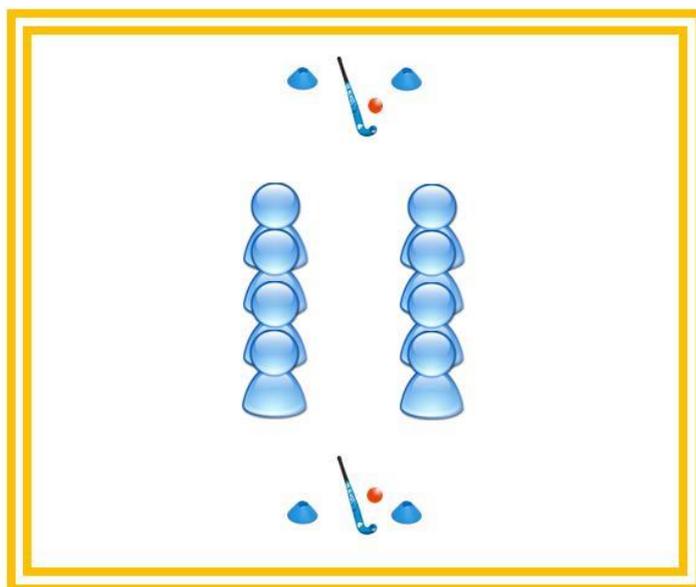
An alternative is to use a football and practice your dribbling skills.

Get the children to dribble the ball in and out of their teammates.

Introduce other game skills that the children have to complete, for example, turns and stick skills.

You can make changes to the route that the players have to take from collecting their ball and stick and going towards their goal by laying out some additional cones.

Introduce a goalkeeper into the game, this position can be rotated by the adult/leader shouting out two numbers, the first number called relates to the position of the child collecting the hockey stick and ball and the second numbered child goes straight into goal.



Learning Objectives

- Turn taking
- Dribbling skills
- Can be used as a fun warm-up or cool-down

Resources

- Activity area
- Hockey sticks
- Tennis balls
- Marker cones