

RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING

MORE CHILDREN • MORE ACTIVE • MORE OFTEN

@ActiveSchoolsED

EDINBURGH
THE CITY OF EDINBURGH COUNCIL

Hockey Games @ The Hub 2020

Hockey Skills

1. Lay out 4 markers/ cones in a square. Dribble the ball round 4 cones in an anti-clockwise direction
2. Lay out 4 markers/ cones in a square. Dribble the ball round 4 cones in a clockwise direction
3. Lay out 4 markers/ cones in a line. Dribble the ball in and out of the cones.
4. Indian Dribbling – passing the ball side to side by tipping the stick to use the reverse. Use 2 cones/ markers for this.
5. Use the reverse stick pass to weave the ball in and out of a line of cones/ markers
6. Keepie uppie challenge – how many can you do?

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	Keepie uppies – how many can you do?	6 or more	4-5	2-3		