



# SPORTS ABILITY Hockey

## Bench Hockey

A seated hockey game that develops striking and teamwork skills.



### Learning Intention

To practice shot placement and striking skills in order to move the ball in the direction of play.



### Skill Focus

Defending, shot placement, striking.



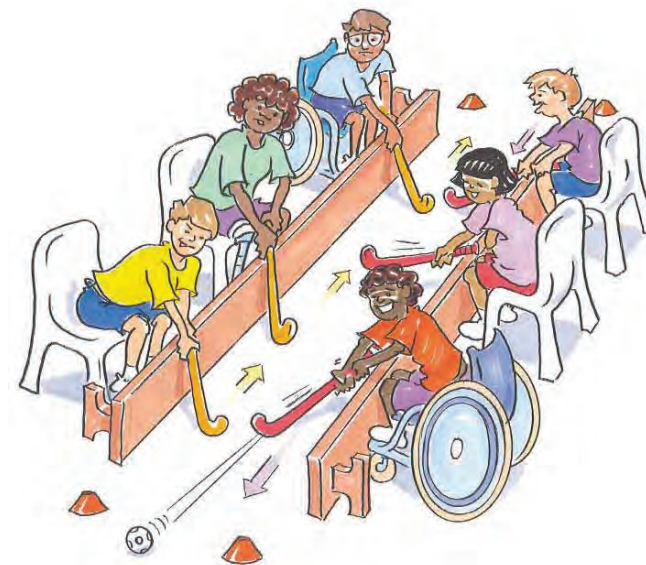
### What you need

- Suitable indoor or outdoor playing area
- Hockey sticks or equivalent
- Benches
- Airflow/whiffle balls or alternative balls
- Markers or cones
- Chairs for each player



### What to do

- Divide into teams of 3-4 players.
- Lay 2 benches on their sides, facing each other, about 1m apart, creating a channel in between.
- Use markers or cones to create goals at either end of the channel.
- Ambulant players play from a chair, wheelchair users can play from their wheelchair or chair.
- Players on the same team shoot in the same direction.
- Players should change position after every 3 scores e.g. move up 1 place. End player goes to the other end.
- All sticks must stay below knee level.



Alternative Balls



### Curriculum links

ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082





## Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

### Teaching style

- Encourage players to strike the ball in different ways, for example hard or soft.
- Encourage players to work with their team mates to move the ball down the channel to the goals.

### Rules

- Allow extra points for hitting a cone in the middle of the goal.
- Introduce a goal keeper to increase difficulty to score.

### Equipment

- Experiment with the size and weight of the ball for longer rallies. A smaller, heavier ball will increase difficulty.

### Environment

- To increase the chances of scoring:
  - create more space between players
  - increase the size of the goal
  - reduce the number of players.

### Safety

- Rough or dangerous play should not be allowed.
- No sticks raised above knee height.
- All shots must be hit along the ground.

### Ask the players

- How can you work as a team to move the ball through the channel?
- What different ways can you hit the ball?
- Which types of hits were most effective in getting past your opponents?
- What strategies could your team use to stop your opponents from scoring?