



Australian Government  
Australian Sports Commission

# SPORTS ABILITY

## Hockey

# Hockey Relay

An introductory game to develop positioning, dribbling and shooting skills as a lead up to Zone Hockey.



### Learning Intention

To practice and refine dribbling and shooting skills and to develop an understanding of player positioning.



### Skill Focus

Defending, locomotor movement, shot placement.



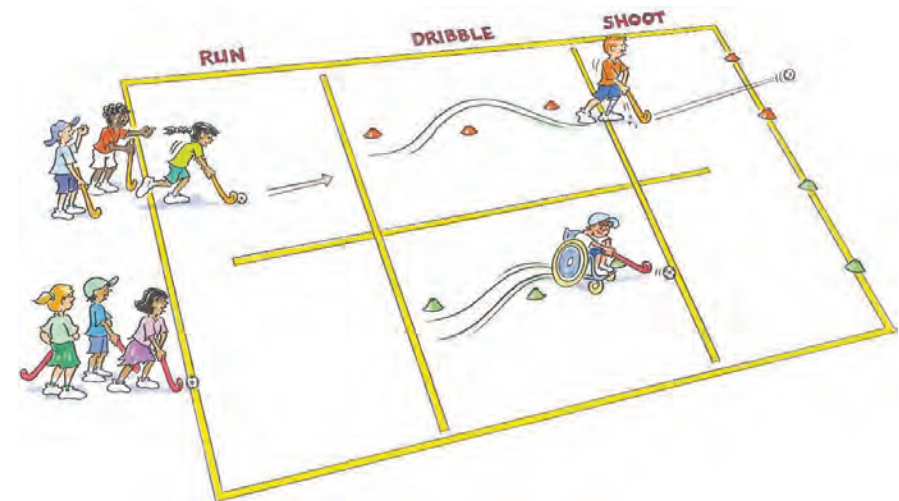
### What you need

- Suitable indoor or outdoor playing area
- Markers or cones
- Hockey sticks or equivalent
- Airflow/whiffle balls or alternative balls



### What to do

- Divide players into teams of 3-4 players.
- Mark out parallel slalom courses and goals at the end of each course.
- Players dribble and attempt to shoot a goal at the end of the slalom course.
- The next player is not allowed to start until the previous player has completed their shot at goal.



Alternative Balls



### Curriculum links

ACPMPO61, ACPMP063, ACPMP080, ACPMP082

F-2

3-4

5-6

7-8



## Teaching Style · Rules · Equipment · Environment

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



### Teaching style

- Keep slalom courses close enough to create competition but still safe to avoid any collisions.
- Encourage students to try different techniques moving the ball through the slalom to discover which gives the most control over the ball.



### Rules

- Players can have a support player who shadows them and fields the ball if it strays.
- Introduce a goal keeper as skills increase.
- Play to an agreed number of goals or set time limit.



### Equipment

- Experiment with balls of different sizes and weight to increase or decrease the speed of the game. A smaller, harder ball will increase difficulty.
- Bean bags may assist initially while skills develop.



### Environment

- To decrease difficulty, widen the goal size or decrease the number of obstacles.
- To increase difficulty, create a longer slalom course with less space between markers or cones.



### Safety

- Ensure appropriate space between teams.
- No stick to be raised above waist height.



### Ask the players

- What technique is the best for moving through the slalom as fast as possible?
- How did your technique change if you tried to move too quickly?
- What did you think about before taking a shot at goal?