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.

**Curriculum links**
ACPMP061, ACPMP063, ACPMP080, ACPMP082
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?