



Participants learn and practise working as a group to invade an opponents' territory and to score a goal.

### Facility

- Gymnasium

### Materials and Equipment

- 2 balls
- 4 hockey nets or other equipment (e.g., basket)
- 4 sets of pinnies (one for each group)

### Safety

Inspect the area and eliminate potential hazards. Check that the activity area provides safe traction. Set boundaries a safe distance from walls and obstacles. Caution players to be aware of moving players and balls.

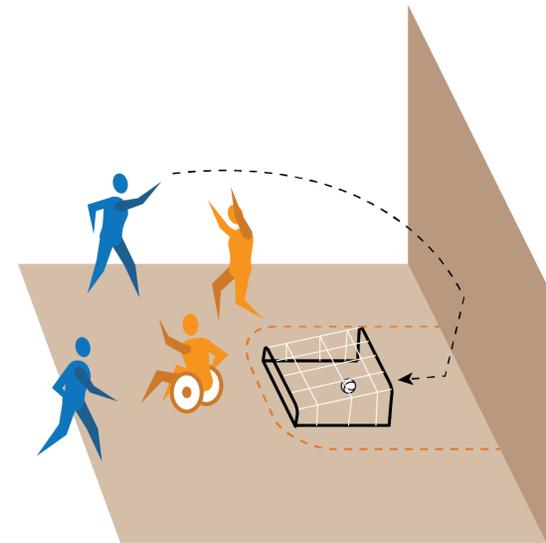
## Activity Information

### Activity Set-up

- Divide participants into four groups.
- Participants set up two activity areas with a hockey net at each end. Place each net face down with the bottom of the net open to the wall.
- Participants create a crease area (line) a safe distance from the overturned net where participants are not to cross to score or defend.
- Each group wears a set of pinnies.

### Activity Instructions

- Participants attempt to score on their opponents' net while also working together to defend their own net. Participants can take up to three steps when in possession of the ball.
- The ball must be passed at least three times before attempting to score.
- To score 1 point, participants throw the ball so that it hits or "banks" off the wall and goes into the net.
- Groups keep track of how many points they score.
- The leader asks open-ended questions to help students refine their movement strategies and tactical solutions during the activity. Examples include: What skills are you using to maintain possession of the ball? What strategy are you using to defend your area?





## Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Create zones participants stay within so participants are encouraged to pass the ball.
- Take more steps (e.g., up to five) with the ball.
- Have fewer players (e.g., only one) defending the net at all times.
- Score a point by tossing the ball into the net without using the wall.
- Choose the object they want to play with (e.g., rubber chicken, beanbag, beach ball).

To increase the challenge, participants could:

- Increase the number of balls in the game.
- Decrease the number of steps players can take with the ball.
- Increase the number of times players pass the ball before attempting to score.
- Make the crease area bigger.
- Change the manipulation to dribbling and kicking.

## Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies to invade the opponents' area while defending their own. Note that this list is not exhaustive; further learning opportunities may arise during the task.

### Movement Skills and Concepts

- Manipulation skills and effort awareness: Applying a controlled force to send/receive an object to/from another participant and/or to attempt to score

### Movement Strategies

- Making quick decisions about moving and passing to increase chances of success with sending/receiving an object as a group
- Understanding, developing, and performing tactics to be successful in territorial games (e.g., moving into open space to receive the ball, rebounding the ball to maintain possession)

## Sport Connections

Contains aspects of:



## Canadian Physical Activity Guidelines

