



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.

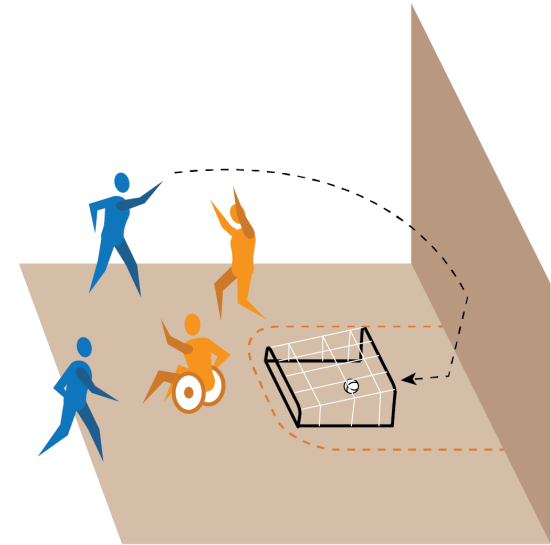
Activity Information

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

