Name/Title: Hockey Hoop Dribble

Purpose of Event: To refine/develop hockey dribbling and puck handling skills.

Prerequisites: Prior introduction to the skill cues of dribbling/puck handling.

Suggested Grade Level: K-2

Materials Needed: about a dozen hula hoops in three colors: red, yellow, and green; 1 hockey stick for each student; one yarn ball or wiffle ball for each student

Description of Idea

Place about a dozen hoops around your playing area in 3 colors: red, yellow and green. Have students begin by dribbling in general space. These colors can be coordinated with the meaning of a traffic stop light. The following tasks are to be performed when they approach the hula hoops:

yellow hoop: dribble slowly one time around,

green hoop: dribble quickly around it (time), and

red hoop: carefully push the ball (forehand or backhand) into the hoop so the ball comes to a stop.

Variations:

Students have a partner and follow the leader as they move through the area.

Assessment Ideas:

Performance assessment by the teacher or a self assessment checklist can be used to evaluate the skill cues.

Adaptations for Students with Disabilities:

A larger, slower, partially deflated ball can be used as a "puck", or the task can be performed with partners.

Submitted by **Chris Wolff** who teaches at Southside Elementary in Powell, WY. Additional authors for this idea were Marsha Neubert. Thanks for contributing to PE Central! **Posted on PEC: 1/21/2007**.

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