



COMMONWEALTH GAMES CHALLENGE

WEEK 9 – HOCKEY

A simple passing and receiving game that can progress into a point scoring game.

Set out several coloured gates inside the playing area.

- Divide players into pairs – this game can cater for a larger number of players.
- To score a point players have to pass the ball through a gate to the other player in their pair.
- Once players have scored in one gate they then have to score in another gate before they come back to this one. Players will find this as a loop hole if you don't include the rule from the start.
- Play for a set period of time, can either of the teams of the pairs beat their score?
- You could add in a 'golden gate' somewhere on the pitch which is worth more points or give the game a theme e.g. a shopping trip, link cones to healthy food, e.g. blue cones are blueberries, red are strawberries.
- Change the game by splitting players into teams, players have to try and pass to their team as well as stealing balls from the opposition.

