



# HOCKEY IN THE HOME



# QUIZ

## Question 1

What side of the stick do you use to play hockey?

- a. The Flat Side
- b. The Round Side
- c. Both Sides

## Question 2

How many players are there on a pitch from one team in a typical hockey match?  
(Hint: it is the same as football!)

- a. 8
- b. 11
- c. 15
- 17





### Question 3

# QUIZ

True or False - hockey is the National Sport of Pakistan?

a. True

b. False

### Question 4

What are the two people on the pitch who blow the whistle in hockey called?

a. Referee

b. Judge

c. Umpire

d. Tester



## Question 5

True or False - it is a foul if the ball hits your foot?

a. True

b. False

# QUIZ

## Question 6

How many medals have TeamGB (men & women) won at the Olympics for hockey?

a. 25

b. 3

c. 17

d. 13



# QUIZ

## Question 7

True or False - hockey was originally played with an ostrich egg as a ball

- a. True                      b. False

## Question 8

What is the name of the type of pass that flies through the air over the top of the field of play in hockey?

- a. Aerial Pass                      b. Sky Pass  
c. Loft Pass                      d. Lift Pass





# Equipment

1. Hockey 'Stick' - this can be any equipment you may have around the house for example a golf club, a tennis racquet or even a flip flop
2. Ball - ideally in the home we use soft balls such a tennis or foam balls

# KEEPY UPPIES



## How To

1. Grab your stick and ball
2. Stand with your knees bent with your legs a shoulder width apart
3. Start by trying to bounce the ball onto your stick and then onto the floor, then back onto your stick
4. Once you find this easy try to keep bouncing the ball on your stick only - take a look at the tutorial video for more detail on how to progress
5. Once you start to feel comfortable see how many times you can keep the ball in the air without a bounce in a minute
6. Try to beat your score each time till you become an expert!



## Equipment

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# DOUBLE DRIBBLE



## How To

1. Grab your stick and ball
2. Stand with your knees bent with your legs a shoulder width apart
3. Start by passing the ball to yourself from left to right with around a yard between each pass - take a look at the tutorial video for more detail!
4. Once you start to feel comfortable dribbling time yourself and see how many times you can move the ball left and right in a minute
5. Try to beat your score each time till you become an expert!





## Equipment

1. Hockey 'Stick' - this can be any equipment you may have around the house for example a golf club, a tennis racquet or even a flip flop
2. Ball - ideally in the home we use soft balls such a tennis or foam balls
3. Markers (can be anything to mark out a court)
4. Optional - Toilet Rolls x 6 (or anything of equivalent height)

# HOCKEY TENNIS

## How To

1. Mark out a rectangular court using whatever you can find in the home - it could be socks, water bottles or anything that creates a court shape
2. At the middle of the court create a line (if you want to challenge yourself build a 'net' out of a line of toilet rolls or something similar)
3. You and your partner will then stand either side of the court and try to pass the ball over the 'net'
4. The ball can only bounce once on each side
5. Every time the ball bounces more than once on your side of the net or you hit the ball outside of the court your partner wins a point
6. First to 10 points wins!





## Equipment

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2. Ball - ideally in the home we use soft balls such a tennis or foam balls
3. Markers (can be anything to mark out a court)
4. Obstacles such as Toilet Rolls

# OBSTACLE COURSE

## How To

1. Create your obstacle course using what you can find around the house (try to make it as challenging as you think you can do)
2. Use the dribbling and 3D skills you have learnt to get around the course
3. Time yourself completing the course and see how quickly you can get around
4. Try to beat your time each turn you have
5. If your course is either too easy or too hard get creative and change up your course to suit your level!



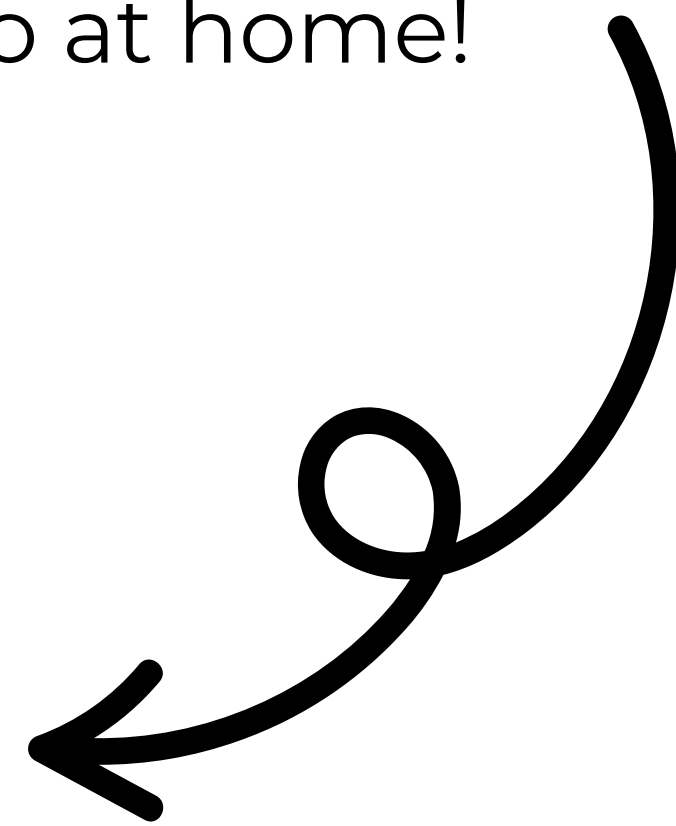
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# ADVANCE DRILLS

## How To

1. Think you are getting the hang of it?
2. Give these drills a go at home!





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