

## **GO ACTIVITY**

### **Floor Hockey**



**NAME OF ACTIVITY:** *Black Ice*

**EQUIPMENT:** *1 hockey stick and puck for each student (tennis, plastic, or yarn ball), 20-25 cones*

**FITNESS/SKILL COMPONENT:** *stick handling (around obstacles, at different speeds and directions)*

#### **ORGANIZATION:**

- 1. Designate two parallel lines 15-20 yards apart (length of the line will depend on class size).*
- 2. Randomly scatter cones throughout the activity area.*
- 3. Students are spread evenly along one line each with a stick and a puck.*

#### **DESCRIPTION:**

- 1. The cones are “black ice”, i.e. dangerous ice that cannot easily be seen.*
- 2. On signal, the puck carriers attempt to stick handle their puck from one line to the other without losing control of the puck or touching the cones.*
- 3. Should a student or their puck touch a cone, they must stop and do 5 jumping jacks before resuming the activity.*
- 4. Award 1 point to those students who made it across in less than 30 seconds. Continue the activity 8-10 more times.*

## TEACHING SUGGESTIONS:

1. Encourage students to use both sides of the stick to better control the puck.
2. If space is limited or rest intervals needed, have the students move across in two separate groups.

## NOW TRY THIS:

1. Gradually decrease the time allowed to stick handle across the area (25 seconds, 20 seconds, etc.), however keep the time limit reasonable for most of the students.
2. Adding more cones (or other obstacles) makes stick handling more challenging.

