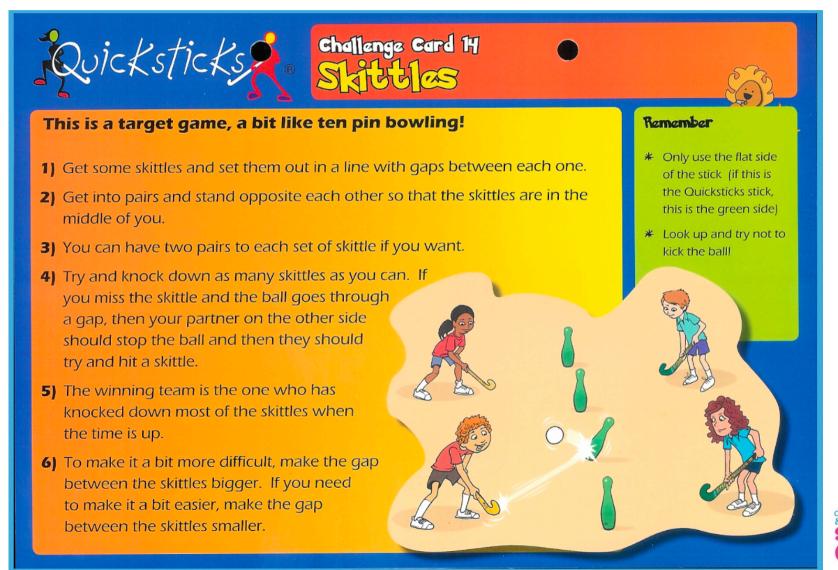


A-Z School Games Challenge

Q- Quick Sticks (Hockey) Challenge – Skittles

We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the **#StayInWorkOut** and tag **@SolihullNorth**





Equipment

- Skittles these can be made out of recycled plastic bottles filled with either sand or water
- One stick (per person) if you don't have a hockey stick, attempt this by rolling, hitting or kicking the ball instead
- One ball (per pair) you can use a ball of any size or shape that you have at home

Technique

- Look up and aim for the target before you push the ball towards the skittles
- Stand sideways, bend your knees to get lower to the ground, and keep your grip on the stick nice and wide to both pass and receive the ball
- Try to 'push' the ball towards the skittles as opposed to 'hit' it, and as you receive the ball, pull your stick back to cushion its movement. Try to do these without the ball/stick making a noise!

Make the challenge a little **EASIER**:

Make the challenge a little HARDER:

- Place the skittles closer together
- Use bigger skittles, or a bigger ball
- Move closer to the targets
- Put 2 or 3 players each side of the gate

- Place the skittles further apart

- Use smaller skittles, or a smaller ball
- Mover further away from the targets
- Put only 1 player on each side of the gate

www.englandhockey.co.uk/Quicksticks

If you have enjoyed todays activity and would like to find your local hockey club, follow the link below: http://www.englandhockey.co.uk/page_noside.asp?section=2146§ionTitle=Play+Hockey&Desktop=1#

FOLLOW, RETWEET, GET INVOLVED!

