

# Haktive at Home

## on Hockey

You will need a hockey stick, a hockey ball (a tennis ball will also work) and some cones, tins or balled socks.

These are a starting point, you will come up with lots of your own challenges, with more or less cones or wider, shorter spaces.

See how many you can do in 1 minute or how long does it take to do 10.

Always start with the ready position.



## Have Fun

1. x ● ● ● ● ● Dribble around end cone. Increase speed.
2. x ● ● ● ● ● Dribble in and out of cones. Strong side only, then strong and reverse stick.
3. x ● ● ● ● ● Dribble towards a cone, bend knees, lower stick and bobble ball over it.
4. x ● ● ● ● ● The ball goes straight down the middle and your feet go outside of the cones.
5. ● x ● Stand in the middle of 2 cones. Move the ball from side to side (using strong and reverse stick). Then try to move the ball in a figure of 8 around cones. Sway body from side to side. Increase speed. Then do in the other direction.
6. Push ball away from you, run and catch up with it to control it. Work out how much force you need to use. Challenge yourself.
7. Set up a hockey circuit (see below).



## Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)

We will be sharing more updates to help keep you and your family active and happy through our newsletter.

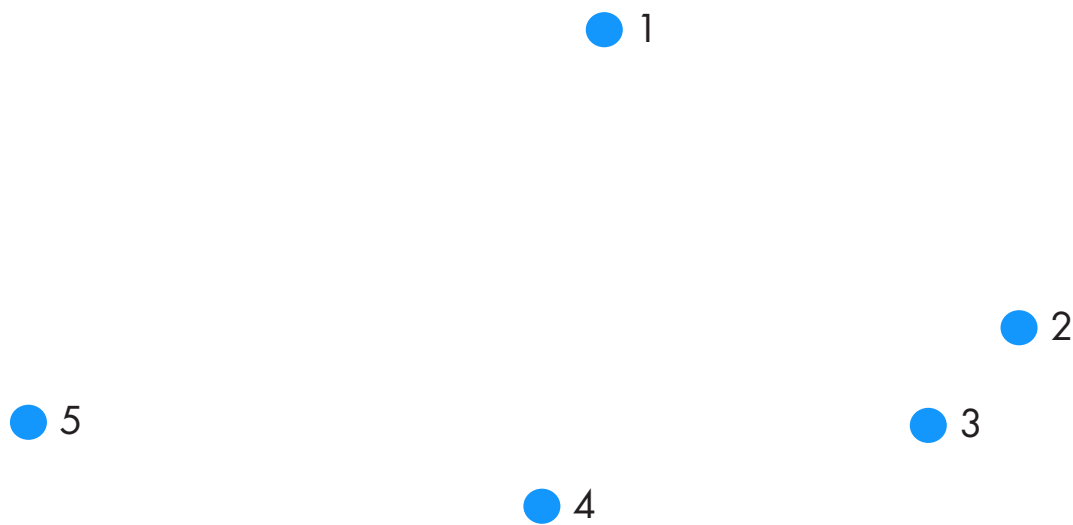
# Haktive at Home

## on Hockey

An example hockey circuit:

Place cones around your playing area and number them.

All distances, numbers of repetitions and skills can be altered to challenge you.



1. Shuttle runs - dribble the ball to number 2 and back an odd number of times.
2. Bobble the ball over the cone 3 times
3. Dribble a figure of 8 between cone 2 and 3, twice.
4. Dribble ball strong side around the cone clockwise 2 times, then anti-clockwise 2 times.
5. Stand feet a bit wider than shoulder width apart, bend knees and drag the ball from your left to your right foot.  
Sprint dribble back to cone 1.

**PRACTICE IT, TIME IT, BEAT IT!**

**Newsletter & Updates: [Haktive.com/at-home](https://haktive.com/at-home)**

We will be sharing more updates to help keep you and your family active and happy through our newsletter.

Haktive at Home Copyright Haktive 2020