

ICE RINK CHALLENGE

INDOOR ICE HOCKEY



Ice hockey is an Olympic and Paralympic sport. In Paralympic ice hockey athletes sit on sledges. Teams use hockey sticks to try to shoot a 'puck' into the opposing teams' goal. Players need good hand-eye coordination to guide the puck in the right direction and to pass it to their team accurately.

You can have a go by creating your own mini ice hockey pitch and seeing if you can score in your oppositions' goal!

What do I need?

- Space (smooth surface)
- Masking tape
- 2 small plastic bowls/cups
- A ball made from a pair of socks
- Paper & pen to keep score
- An opponent

How long will it take?

15 minutes



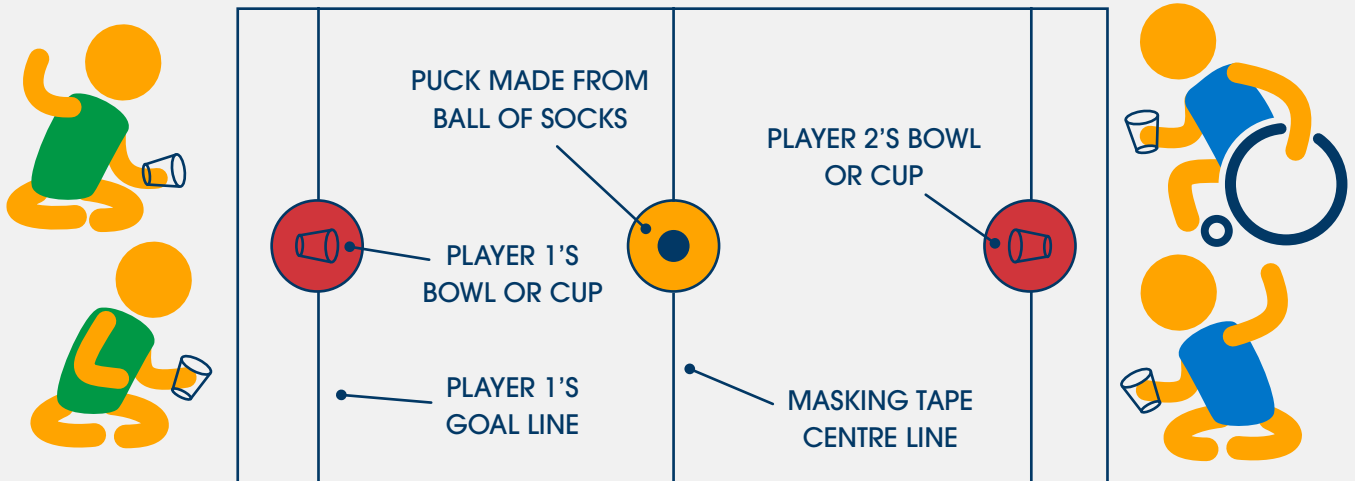
What should I do?

1. Clear the area you wish to work in and collect your resources.
2. Use the diagram below to help you set up your pitch.
3. Using masking tape, mark out your ice hockey pitch (see Pitch diagram on next page). Put a strip across the middle to create a centre line and a strip at each end to mark the goal lines.
4. Place the ball of socks (the puck) on the centre line and a bowl on each goal line.
5. Players must be sitting down at all times and stay on their side of the centre line at all times.
6. The youngest player starts and aims to push the 'puck' with their bowl/cup over their opponents goal line.
7. Each time a player scores, they mark it as a tally chart on a piece of paper.
8. The winner is the first person to score 5 goals!



Watch this video to learn more:
<https://youtu.be/RP38GZ6GaNE>

Pitch diagram



Extra challenge

1

Work in a larger space and make your 'ice hockey pitch' bigger for more of a challenge! Can you still stop your opponent scoring whilst sitting down?

2

Art link - create your own Olympic or Paralympic medals to award.

Take it further



If you have space, why not play in teams of two or three? Or you could run a knockout tournament with your friends or family. You could even award gold, silver and bronze medals!

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