

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 #StayHomeGetActive and tag @CWSchoolSport



Challenge Card 14 **Skittles**



This is a target game, a bit like ten pin bowling!

- 1) Get some skittles and set them out in a line with gaps between each one.
- 2) Get into pairs and stand opposite each other so that the skittles are in the middle of you.
- 3) You can have two pairs to each set of skittle if you want.
- 4) Try and knock down as many skittles as you can. If you miss the skittle and the ball goes through a gap, then your partner on the other side should stop the ball and then they should try and hit a skittle.
- 5) The winning team is the one who has knocked down most of the skittles when the time is up.
- 6) To make it a bit more difficult, make the gap between the skittles bigger. If you need to make it a bit easier, make the gap between the skittles smaller.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



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**:

- 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

Make the challenge a little **HARDER**:

- 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 today's 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#

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