



Striking: Hockey Stick Hit

Equipment:

Hockey stick, foam tennis ball x3, empty soda bottles x5.

Set-up:

Set up five empty soda bottles in triangle formation inside hitting net. Have student with hockey stick at entrance to hitting bay with three foam tennis balls.

Description:

This activity will require the student to strike foam tennis balls with the hockey stick. They will try to knock over the empty soda bottles with their shots.

Instructions:

Student will begin activity by lining up their shot and striking the ball to knock over the empty soda bottles in the hitting bay. They will be given three attempts and after each attempt, the bottles will be set up again, creating the possibility for the students to score between 0 and 15 points in this game.

Scoring:

The student who makes the most successful passes will score a 3. The runner up will score a 4. All other students will score a 5.

