



Specsavers Virtual Sussex School Games 2020  
Sport Challenges

<b>Sport</b>	Hockey
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<b>Challenge 1 Title</b>	Hockey Switch
<b>Challenge Description</b>	<p>Grab a hockey stick (<i>see suggested adaptations if you don't have one to hand</i>) and, standing with your feet in a wide stance, drag the ball to alternate sides so that it is taken out beyond each foot.</p> <p>You must rotate the stick so that you use the same side of the stick when dragging the ball both to the left and the right.</p> <p>How many can you do in <b>30 seconds</b>?</p>
<b>Scoring</b>	<p>Count each time the ball changes direction. Dragging to the left is one, back to the right is two, and so on.</p> <p>How many can you do in <b>30 seconds</b>?</p>
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have a hockey or tennis ball, you can use a slightly different sized ball instead, or even a ball of socks.</p> <p>For this challenge you can use a hockey stick if you have one, or if not then a cricket bat, tennis racket, badminton racket, umbrella or any other suitable object you can find.</p> <p>Remember that, whatever object you use, you should rotate the handle of the stick in your hand (as you would with a hockey stick) so that only one side of it touches the ball.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be done sitting down, and rolling the ball side to side from one hand to another.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Hands apart on the stick. Left hand at the top</li><li>2. Twist the stick so that you are using alternate sides of the stick (for example, if you are using a hockey stick then only the flat side should touch the ball)</li><li>3. Bend your knees to get low and well balanced</li></ol>

Submit your scores at [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk) before midday (12pm) on Friday.



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<b>Challenge 2 Title</b>	Hockey Dribble Shuttle
<b>Challenge Description</b>	<p>Place 2 cones 3 metres apart. Dribble the ball around each cone.</p> <p>Only use one side of the stick.</p> <p>How many shuttle runs can you do in <b>30 seconds</b>?</p>
<b>Scoring</b>	<p>Count every length successfully completed, so every time that you change direction.</p> <p>How many lengths can you complete in <b>30 seconds</b>?</p>
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have a hockey or tennis ball, you can use a slightly different sized ball instead, or even a ball of socks.</p> <p>Shoes also make great cones.</p> <p>For this challenge you can use a hockey stick if you have one, or if not then a cricket bat, tennis racket, badminton racket, umbrella or any other suitable object you can find.</p> <p>Remember that, whatever object you use, you should rotate the handle of the stick in your hand (as you would with a hockey stick) so that only one side of it touches the ball.</p> <p>If you don't have a tape measure, a piece of A4 paper is approximately 30cm in length, or a large adult stride is approximately 1 metre.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be done using no stick and travelling between the cones in a wheelchair, on shuffling on your bottom.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Hands apart on the stick (left hand at the top)</li><li>2. Bend your knees and keep your back straight</li><li>3. Keep the ball touching the stick at all times</li></ol>

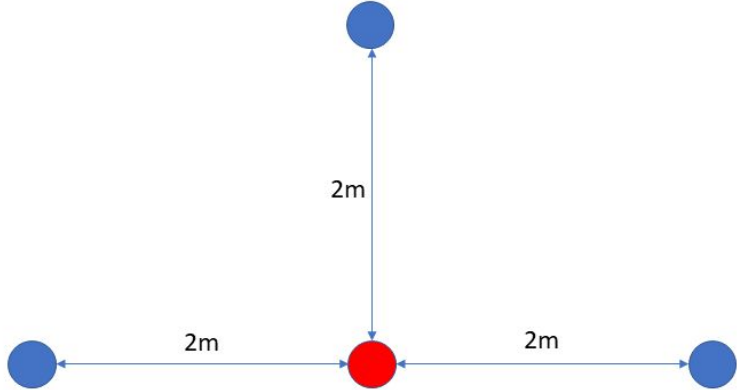
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<b>Challenge 3 Title</b>	Pair Push Passing
<b>Challenge Description</b>	<p>Stand 3 metres from a partner. Place 2 cones (or objects) half way between you, 2 footsteps apart, to create a gate.</p> <p>Pass the ball between the cones to your partner.</p> <p>How many passes can you make in <b>1 minute</b>?</p>
<b>Scoring</b>	<p>Count every successful pass made by you <b>AND</b> your partner.</p> <p>How many passes in a row can you do without touching the cones in <b>1 minute</b>?</p> <p>If you hit a cone or miss the gate, you have to start again!</p>
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have a hockey or tennis ball, you can use a slightly different sized ball instead.</p> <p>Use a hockey stick if you have one and if not then use a cricket bat, tennis racket, badminton racket, umbrella, or any other suitable object you can find.</p> <p>Your partner can either also use a stick or simply roll the ball with their hands.</p> <p>If you don't have a tape measure, a piece of A4 paper is approximately 30cm in length, or a large adult stride is approximately 1 metre.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge can be done sitting down and either passing the ball with racket/bat or with hands.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Hands apart on the stick (left hand at the top)</li><li>2. Bend your back leg to start</li><li>3. The ball should start level with your back foot</li><li>4. 'Push' the ball forward and transfer your weight from your back leg onto your front leg.</li></ol>

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<b>Challenge 4 Title</b>	Hockey Agility Run
<b>Challenge Description</b>	<p>Set up 4 cones as per the diagram below. The colour of the cones doesn't matter.</p>  <p>Starting at the centre point (red cone on the diagram), move sideways to the cone on your right until your body is in line with it, and then back to the centre point.</p> <p>Then move sideways to the cone on your left until your body is in line with it, and then back to the centre point.</p> <p>Finally, run forwards and around the cone in front of you, and then run backwards back to the centre point.</p> <p>Moving to all 3 cones and back to the centre point completes 1 agility run. How many agility runs can you do in <b>30 seconds?</b></p> <p>This should be performed without any equipment (eg no stick) as this challenge is focused on some of the movement patterns required in hockey.</p> <p>You must always be facing forwards.</p>



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<b>Scoring</b>	1 agility run includes moving to all 3 cones and back to the central cone.  How many agility runs can you do in <b>30 seconds</b> ?
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	If you don't have cones, shoes are a great alternative.
<b>Adaptation for Inclusivity</b>	This challenge can be done in a wheelchair, or by shuffling between cones on your bottom.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Bend the knees and keep low</li><li>2. Use your arms to balance</li><li>3. Push off quickly to change direction</li></ol>

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**Scorecard**

<b>Sport</b>	
<b>Challenge 1 Score</b>	
<b>Challenge 2 Score</b>	
<b>Challenge 3 Score</b>	
<b>Challenge 4 Score</b>	

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