**Number Hockey**



Equipment:

* Hockey Sticks
* Bench/goal/cones
* Ball
* Bibs

Instruction

* Sit children in pairs- whoever they are paired up with is who they are against
* Give each pair a number- but one will be number one for the red team for example and one will be number 1 for the green team. Do this for all pairs.
* Children should sit down in a line or corner
* When their number is called they have to run to their goal and get a hockey stick. Whoever gets their first will be given the ball. If both get their at the same time the ball can be rolled into the middle.
* The children then play and whoever scores wins a point for their team.
* Give a time limit- if no one scores in that time limit it’s a draw.

Tips:

* Increase the number of players you call onto the pitch at a time- 3+ have each child touch the ball before they can score.
* Place hockey sticks to one side of each teams bench/goal.