

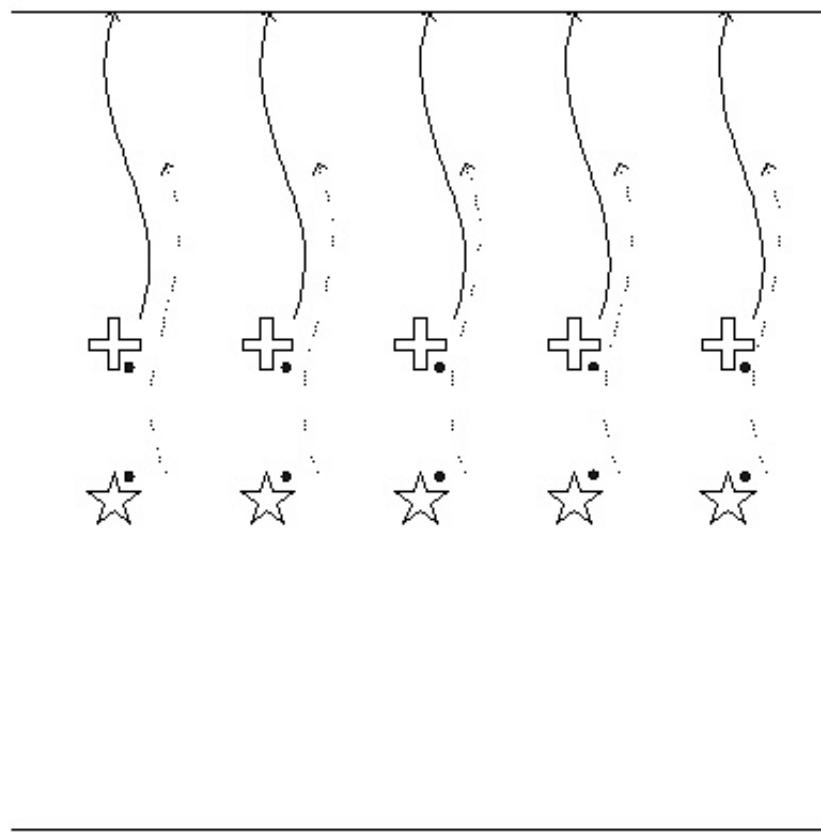
Game 1: Cats and Mice

Objective: To open dribble at pace

Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x hockey ball each
- Bibs for one team

Setup:



Description:

- Players line up in 2 rows, one row with bibs on called Cats (stars)
- The other row is called Mice (crosses)
- The two rows are about 3m apart
- When the coach calls “MICE” the mice all dribble across the nearest line
- The Cats then have to leave their ball behind and try to catch the mice, tackling them before they reach the line
- If the coach calls “CATS” the roles are reversed, with the cats dribbling across the line, and the mice chasing
- After each chase, reposition the players and call either cats or mice again.
- The winners are the players who do not get caught