

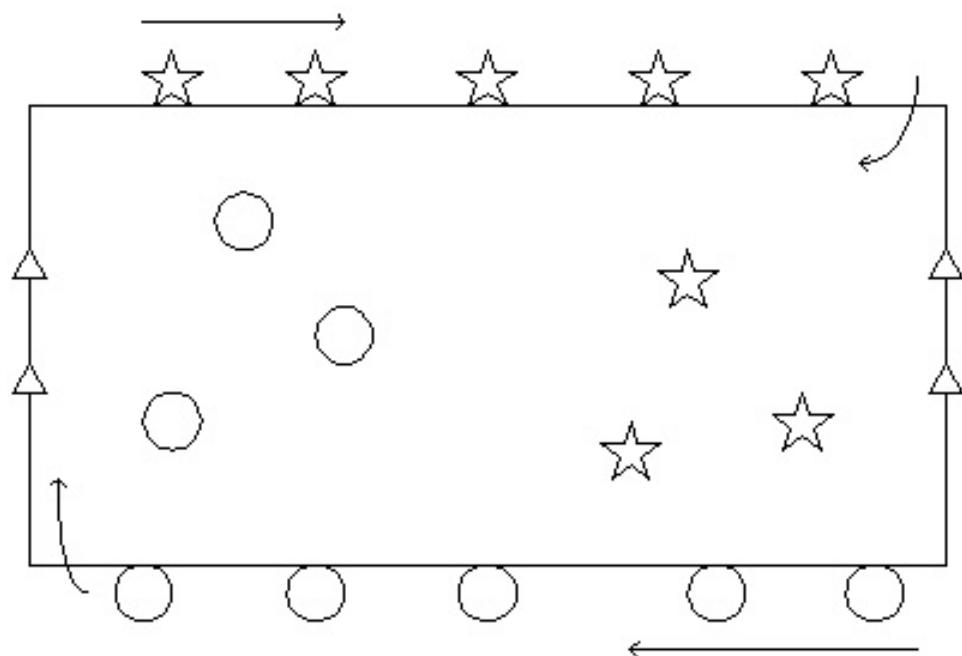
Game 3: Sideline Hockey

Objective: Passing and receiving under pressure, vision and teamwork

Equipment Needed:

- 8 x cones
- 1 x ball
- hockey sticks

Setup:



Description:

- Two teams, Team Stars and Team Circles
- 3 players from each team start on the field
- The spare players from each team are placed along the sideline, team stars on one side team circles on the other
- It is 3v3 for a set time or until a goal is scored. At end of time limit or a goal is scored players rotate
- Players leaving the field go to the end of their own team line and three new players run on from the other end
- The ball is kept in play along sideline by players off the field who can 'wall pass' or 'bunt' the ball back onto the field to their own players.
- Players on the field can also pass to the wall players
- Sideline players cannot tackle or enter field

Variations:

- Players can only hold ball for 5 seconds max
- Players can only have 3 touches then they must pass