



Guide

School sports challenges

Hockey | Level 1

RULES FOR THE HOCKEY CHALLENGE

1 – Steps for the Hockey challenge Level 1

Step 1 -

The student will have to dribble the ball 10 times in front of his left foot and then 10 times in front of his right foot.

Step 2 -

The athlete will have to dribble with the ball by moving it from in front of his right foot to in front of his left foot 10 times.

Step 3 -

The athlete will have to carry the ball back and forth between 10 cones lined up about 50cm distance between each cone.

Step 4 -

The athlete must shoot the ball into a net located at least 3 meters away from the last cone.

2 – Rules

- At the start, the athlete's legs should be shoulder width apart.
- If the athlete loses the ball, he will have to retrieve it and return to his last position before continuing his challenge.
- The ball used in ball hockey is a weighted ball with holes and a cloth or plastic bag inside.
- The clock will start when the athlete makes their first dribbling move.
- The clock will stop when the ball penetrates the net or after the second shot.



3 – Penalties

Action	Penalties
Failure to comply with the specific instructions of a step	3 seconds will be added to the total time recorded for the event (per instruction not respected)
Failure to complete a step	10 seconds will be added to the total recorded time of the event.

4 – Videos

https://www.youtube.com/watch?v=tZs_RqV9Tck&feature=youtu.be

Faut que ça bouge !

Let's get moving!





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