



Guide

School sports challenges

Hockey | Level 2

**Ce programme est rendu possible grâce au soutien financier
du Groupe Banque TD et de la Fondation Bon départ de Canadian Tire.**



RULES FOR THE HOCKEY CHALLENGE

1 – Steps for the Hockey challenge Level 2

Step 1 –

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

Step 2 –

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

Step 3 –

The athlete will have to carry the ball between 5 cones lined up about 50cm in front of each other and 2 meters wide between each of them back and forth (it is the ball that has to go around the cones and not the player).

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, they will have to retrieve it and return to their last position before continuing the 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://youtu.be/ZrszjpE1QwU>

Faut que ça bouge !

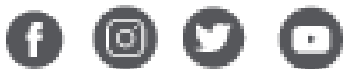
Let's get moving!





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