


HOCKEY
NEW ZEALAND
SMALL STICKS GAME

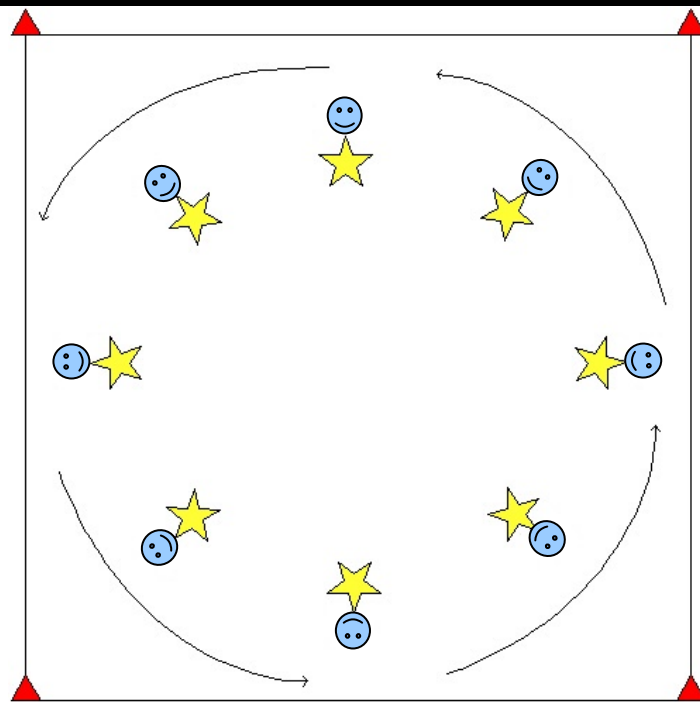
Title: Horses and Jockeys

Aim: A fun game to encourage dribbling and team spirit

Equipment Needed:

- 1 x hockey ball between two
- 1 x hockey stick each

Set Up:



Description:

- Arrange players in pairs as shown above
- One player in the pair is the horse, the other is the jockey
- The horses get on their hands and knees with their heads towards the centre of the circle
- The jockey stands over the horses again facing the centre, this is the 'saddle-up' position (jockeys *do not* sit on the horse just stand over them)
- The balls are placed to the side of each pair
- The coach calls out either 'Horse' or 'Jockey'
- If 'horse' is called, all horses stand up, then race around the circle dribbling the ball
- They should all race anticlockwise around the circle and finish in the saddle-up position
- If 'jockey' is called the jockeys race around in the same way
- Award points for the 1st three pairs back in the saddle-up position (3, 2 and 1 points for the 1st, 2nd and 3rd pairs, respectively)
- After each player has raced 5 times, the team with the most points wins the game

Variations:

- Dribble around the circle in a clockwise direction
- Players must run around their partner before dribbling
- Start with the balls in the centre, players must then collect a ball and dribble it through the space to their partners right and then dribble around the circle
- Players should encourage their partners by acting like horses or jockeys