



Pinball hockey



National Standards

Standard 1

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3

Participates regularly in physical activity.

Standard 4

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Materials list

- 26 hockey sticks (13 red/13 blue) (**PE07865**) (36" red hockey sticks) and (**PE07897**) (36" blue hockey sticks)
- 3 hockey balls (**PE00543**) (soft, no-bounce 3" dia.) or (**PE08265**) (set of 6, 3" dia. fleece balls in 6 colors for a slower paced game)
- 8 cones (**PE00346**) (12" orange cone)
- 26 Poly Spots (13 arrows/13 circles, each set numbered) (**PE05973**) (15" x 6" arrows, set of 6 colors) and (**PE01408**) (9" dia. circles, set of 6 colors)

Object of the game

The objective of this game is to reinforce hockey skills while demonstrating good sportsmanship and teamwork.

Objectives

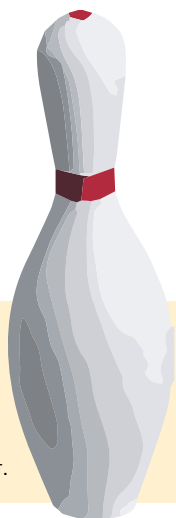
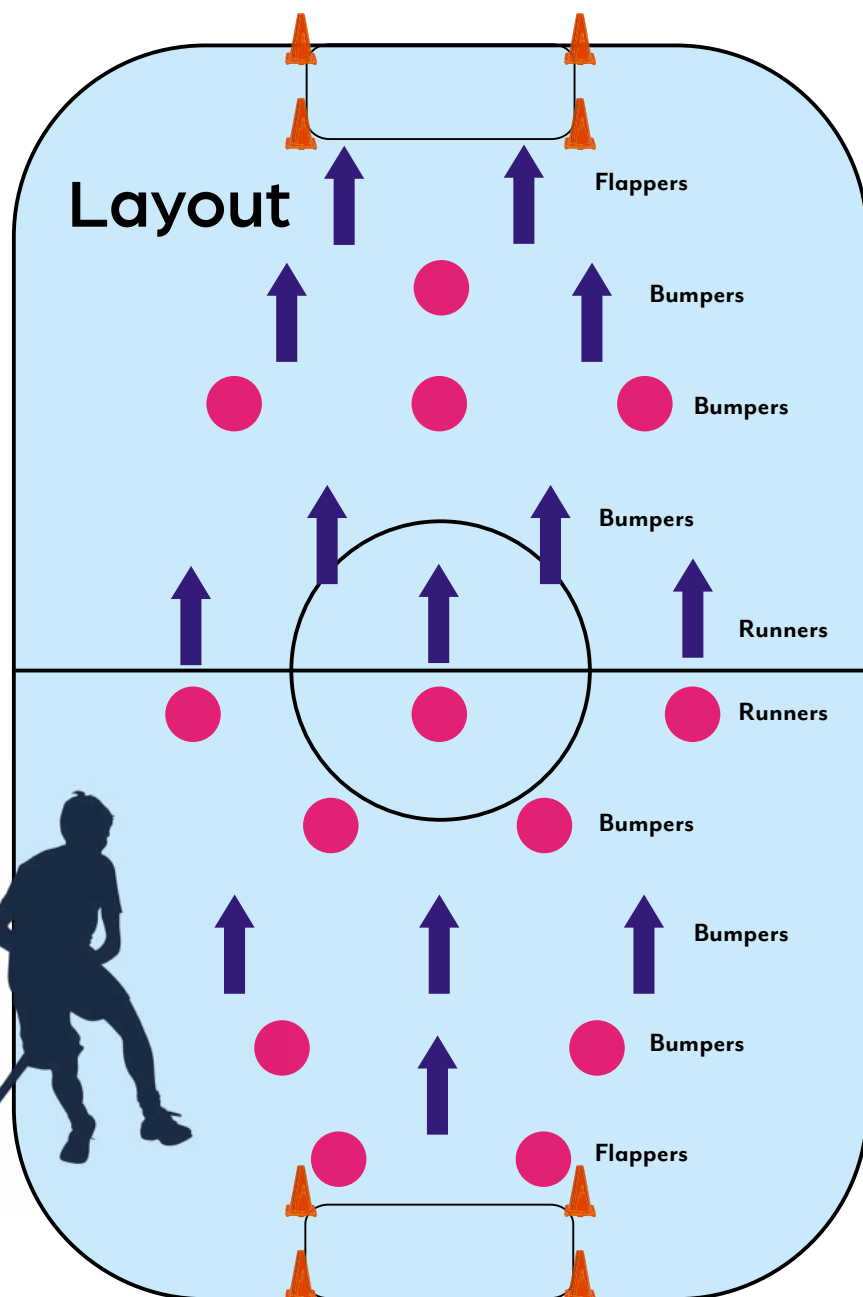
Students will...

- Improve passing, ball control, and shooting skills used in floor hockey
- Work together as a team to achieve a common goal
- Improve cardiovascular fitness

ARROWS VS. CIRCLES

How to play

- Divide the class into two teams — one team on the **arrows** and the other team on the **circles**.
- Each team chooses two team members to be goalies (flappers) that stand side-by-side in the goal box.
- Each team chooses three runners that move around the gym and start in the middle for the face-off.
- The rest of the team is scattered around the gym on Poly Spots (bumpers). They are not allowed to come off the Poly Spots, except for one foot.
- Three balls are scattered on the middle line to start.
- The game starts with a face-off in the center of the gym. The face-off is the normal floor hockey face-off. Members (runners) from opposing teams hit each other's sticks over the ball, saying "NHL." After the letter "L," they may go for the ball.
- Players move the ball down the gym using passing skills. They may pass to the bumpers, who then can pass to either the runners or pass to another bumper. The goalies (flappers) are inside the goal box to try and stop the other team from scoring.
- Once a goal is made, the ball returns to the center. Each player rotates to the next number and a face-off occurs again.



Game variations

- Use yarn balls to slow down play.
- Add more runners.
- Use a bowling pin inside the goal as the target.

Rules

- No high sticking.
- No slap shots.
- Must be alert and attentive at all times.
- Teamwork is a must.
- Have fun.

