

P.E. Lesson: Hockey Trick Shot Champion

Materials Needed:

- 1 Hockey stick (floor hockey, street hockey, or ice hockey stick is fine)
- 1 Ball or puck (street hockey ball, tennis ball, or a puck)
- 5-6 Cones (or use shoes, water bottles, or other markers)
- 1 Goal (a small soccer goal, a cardboard box, a laundry basket, or two markers for goalposts)
- A stopwatch or timer (optional)
- A phone or camera to record the final trick shot (optional, but highly encouraged for fun!)
- An open, safe space to play (driveway, basement, backyard, or park)

Learning Objectives:

By the end of this lesson, the student will be able to:

- Demonstrate a proper hockey grip and athletic stance.
- Dribble (stickhandle) a ball or puck through a series of obstacles while maintaining control.
- Shoot a ball or puck with accuracy towards a target.
- Design and perform a creative "trick shot" by combining dribbling, shooting, and environmental elements.

Curriculum Standards Alignment (SHAPE America National PE Standards):

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. (Focus on stickhandling and shooting)
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. (Focus on planning the trick shot)
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (Focus on the creative and fun aspects of the challenge)

Lesson Activities (Approx. 60 Minutes)

Part 1: The Pro's Warm-Up (10 minutes)

Goal: To prepare the body for movement and prevent injury. Get your muscles warm and your mind focused!

1. **Jogging Laps (2 mins):** Jog slowly around the perimeter of your play area.
2. **Dynamic Stretches (5 mins):** Perform each for 30 seconds.
 - **High Knees:** Jog in place, bringing your knees up to your waist.
 - **Butt Kicks:** Jog in place, trying to kick your heels to your glutes.
 - **Walking Lunges with a Twist:** Step forward into a lunge, and twist your torso over your front leg. Alternate legs.
 - **Arm Circles:** Make big circles forward and backward with your arms.
 - **Torso Twists:** Stand with feet shoulder-width apart and twist your upper body from side to side.
3. **Stick Warm-Up (3 mins):** Hold the stick with both hands and practice "tossing" the ball or

puck from the front of the blade to the back of the blade without it touching the ground. This helps develop soft hands.

Part 2: Skill Development - The Hockey Gauntlet (20 minutes)

Goal: To build the fundamental skills of dribbling and shooting in a fun, drill-based format.

Activity 1: Grip and Stance Check (5 mins)

- **Instruction:** Let's get the foundation right.
 1. **Grip:** Place your non-dominant hand at the top of the stick. Place your dominant hand about halfway down the shaft. Your hands should be about a forearm's length apart.
 2. **Stance:** Stand with your feet a little wider than shoulder-width apart, knees bent, and chest up. You should feel balanced and athletic, like a goalie ready for a shot.
 3. **Practice:** Gently tap the ball back and forth in front of you, "cupping" the ball with your blade. Focus on rolling your wrists.

Activity 2: The Slalom Sprint (10 mins)

- **Setup:** Place your 5-6 cones in a straight line, about 3 feet apart.
- **Instruction:** The goal is to weave through the cones as quickly as possible while keeping the ball under control.
 1. Start at one end of the cone line.
 2. Dribble the ball in and out, weaving through each cone. Try to keep your head up as much as possible, using your peripheral vision to see the ball.
 3. When you reach the end, turn around and dribble back to the start.
 4. **Challenge:** Complete the slalom 5 times. Try to beat your own time on the last 3 attempts!

Activity 3: Rapid Fire Shooting (5 mins)

- **Setup:** Place the goal at one end of your space. Place 5 balls/pucks about 10-15 feet away from the goal.
- **Instruction:** Practice shooting with accuracy.
 1. Take your athletic stance in front of the first ball.
 2. Sweep the ball towards the goal, pointing your stick's blade at the target after you follow through. This is a "wrist shot."
 3. Quickly move to the next ball and shoot again.
 4. Once you've shot all 5, collect them and repeat. Try to score in different parts of the net (top left, bottom right, etc.).

Part 3: Application - The Trick Shot Challenge! (15 minutes)

Goal: To combine all learned skills into a creative, fun, and unique performance. This is where you become a hockey star!

- **The Mission:** Your job is to design and perform the most creative hockey trick shot you can imagine.
- **Brainstorm (5 mins):** Think about how you can make your shot special.
 - Can you bounce the ball off a wall?
 - Can you spin around before you shoot?
 - Can you chip the ball into the air and bat it into the goal?
 - Can you dribble through an obstacle course (your cones) first?
 - Can you slide the puck between your legs before shooting?
- **Practice & Perfect (10 mins):** Use this time to practice your trick shot. It might not work the first few times, and that's okay! Problem-solve and adjust your plan until you can do it

consistently.

- **PERFORMANCE TIME!** When you are ready, have someone record your final, amazing trick shot. Don't forget to celebrate when you score!

Part 4: Cool-Down & Reflection (5 minutes)

Goal: To lower the heart rate safely and reflect on the learning experience.

1. **Light Walk (1 min):** Walk slowly around your space to bring your heart rate down.
2. **Static Stretches (3 mins):** Hold each stretch for 20-30 seconds.
 - **Hamstring Stretch:** Sit on the ground with one leg straight, the other bent. Reach for the toes of your straight leg.
 - **Groin Stretch:** Sit with the soles of your feet together and gently press your knees toward the ground.
 - **Triceps Stretch:** Reach one arm over your head and down your back. Use your other hand to gently pull the elbow.
3. **Reflection (1 min):** Ask yourself or discuss with your parent/teacher:
 - What was the most challenging part of today's lesson?
 - What part of your trick shot are you most proud of?
 - What skill do you want to practice more next time?

Assessment & Feedback

- **Formative (During Lesson):** Use a simple checklist while observing the drills. Can the student:
 - Hold the stick correctly?
 - Maintain a bent-knee, athletic stance?
 - Keep the ball mostly under control during the slalom drill?
 - Follow through towards the target when shooting?
- **Summative (End of Lesson):** The primary assessment is the **Trick Shot Video**. It demonstrates the application of skills in a creative context. Evaluate it based on:
 - **Skill Application (40%):** Did the shot incorporate dribbling, shooting, or another clear hockey skill?
 - **Creativity & Originality (40%):** Was the shot unique and imaginative?
 - **Execution (20%):** Was the student able to successfully complete the shot?

Differentiation & Modifications

- **For Extra Support:**
 - **Dribbling:** Widen the space between cones. Allow the student to move very slowly. Use a larger, lighter ball that is easier to control.
 - **Shooting:** Move the goal closer. Use a larger goal (like the side of a garage, with a target drawn in chalk).
 - **Trick Shot:** Encourage a simpler trick shot, like shooting from a kneeling position or after a single spin.
- **For an Extra Challenge:**
 - **Dribbling:** Narrow the space between cones. Require the student to dribble with their non-dominant side only.
 - **Shooting:** Increase the distance to the goal. Make the target smaller (e.g., you must hit a specific corner of the box).
 - **Trick Shot:** Require the trick shot to include at least three different elements (e.g., a dribble move, a bank off a wall, AND a no-look shot).