

# P.E. Lesson: Hockey Team Play - The Give-and-Go Guru

## Materials Needed

- Hockey stick (street, roller, or ice)
- 1-2 pucks or balls
- 4-6 cones, shoes, or other household items to use as markers
- A wall or flat board to use as a "passing partner"
- A whiteboard, large piece of paper, or tablet with a drawing app
- Markers or pen

## Learning Objectives

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

- Demonstrate two different types of passes (forehand and backhand) with accuracy towards a target.
- Explain and diagram a basic "give-and-go" play.
- Create and explain a unique practice drill that incorporates passing, movement, and decision-making.

## PE Standards Alignment (SHAPE America)

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

## Lesson Activities (Approx. 45-60 minutes)

### Part 1: The 'Get Moving' Warm-Up (10 minutes)

**Goal:** To warm up the body and practice puck control (stickhandling).

1. **Dynamic Stretching (3 mins):** Perform leg swings (forward and side-to-side), torso twists, arm circles, and high knees. The focus is on movement, not static holds.
2. **Stickhandling Maze (7 mins):**
  - Set up 4-6 cones in a random pattern in your practice area.
  - The challenge is to stickhandle the puck/ball through the "maze" of cones without touching any of them.
  - First, go through slowly, focusing on keeping your head up.
  - Next, try to go through a bit faster.
  - **Coach's Challenge:** Can you go through the entire maze looking only at the cones, not down at the puck?

## Part 2: Skill Focus - The Art of the Pass (15 minutes)

**Goal:** To understand that passing is the foundation of team play. We will use a wall as our "teammate."

1. **Introduction:** "In hockey, the puck moves faster than any player. A good team passes the puck to create scoring chances. Today, this wall is your best teammate. It always passes back!"
2. **The Forehand Pass (5 mins):**
  - Stand about 5-7 feet from the wall.
  - Line the puck up with your back foot. Sweep the puck forward, pointing the blade of your stick at the target on the wall as you follow through.
  - Practice 10-15 passes. Focus on making the puck arrive flat and easy for your "teammate" (the wall) to handle.
  - Receive the return pass by "cushioning" it with your stick—let the stick move back slightly as the puck makes contact.
3. **The Backhand Pass (5 mins):**
  - This pass is quicker and often used under pressure.
  - Start with the puck in front of you. Use the back of your stick blade to push or snap the puck towards the wall. It requires more wrist action.
  - Practice 10-15 backhand passes and receiving the return.
4. **Moving & Passing (5 mins):**
  - Take one or two strides parallel to the wall, pass to the wall, and receive the pass while still moving. This simulates passing to a teammate while skating up the rink.

## Part 3: Strategy Session - The Give-and-Go (5 minutes)

**Goal:** To learn one of the most effective and simple plays in hockey.

1. **Whiteboard Time:** Draw two offensive players (X1, X2) and one defender (O1) on your whiteboard/paper.
2. **Explain the Concept:** "The 'give-and-go' is a play to get around a defender. Player X1 has the puck and is being challenged by the defender O1. Instead of trying to stickhandle through the defender, X1 passes the puck to their open teammate, X2."
3. **Draw it Out:** Draw a dotted line showing the pass from X1 to X2.
4. **The "Go":** "Now, here's the important part. After X1 passes the puck, they don't just stand still. They 'GO!' They skate hard around the defender into open space." Draw an arrow showing X1's movement.
5. **The Return Pass:** "Player X2 immediately passes the puck back to X1, who is now past the defender and open for a shot. Draw the return pass. That's a 'Give-and-Go!'"

## Part 4: Creative Lab - You're the Coach! (10 minutes)

**Goal:** To apply the concepts of passing, movement, and strategy in a creative way.

1. **The Assignment:** "You are the coach. Your task is to design a new drill for your team (you!) that practices a key skill. Your drill MUST include three things:
  1. At least one pass (using the wall or a target).
  2. Movement after the pass.
  3. A 'finish' - like taking a shot at a target (a shoe, a water bottle, etc.).
2. **Design & Diagram (5 mins):** Use the whiteboard/paper to draw your drill. Use X's for players, arrows for movement, and dotted lines for passes. Give your drill a cool name! (e.g., "The Slingshot," "The Triangle Attack").
3. **Execute the Drill (5 mins):** Set up the cones and targets as you designed. Run through your

own drill 5-10 times. Does it work? Is it fun? What would you change to make it better?

## Part 5: Cool-Down & Recap (5 minutes)

1. **Static Stretching:** Hold gentle stretches for major muscle groups (hamstrings, quads, shoulders, back) for 20-30 seconds each.
2. **Recap Questions:** While stretching, answer these questions:
  - What was the most important part of making a good pass? (Sweeping motion, follow-through)
  - Why is the "go" part of the "give-and-go" so important? (It creates open space)
  - What did you like most about the drill you designed?

## Assessment: The Coach's Playbook

The student's learning is assessed through the "Creative Lab" activity.

- **Observe:** Watch the student perform their designed drill.
  - Did the drill include a pass?
  - Did the student move into a new position after passing?
  - Was there a clear 'finish' or goal for the drill?
- **Explain:** Ask the student to explain their drill using their diagram. Listen for their understanding of why they designed it that way. This demonstrates comprehension of the strategic concepts, not just physical execution.

## Differentiation & Extension

- **For Support:**
  - If passing is difficult, use a larger, lighter ball instead of a puck.
  - Simplify the drill design to only include a pass and a shot, without the complex movement after.
  - Focus on mastering just one type of pass during the skill session.
- **For a Challenge (Extension):**
  - Require the drill to include both a forehand AND a backhand pass.
  - Add a "defender" cone that the student must avoid or skate around after making the pass.
  - Challenge the student to design a drill for two people, explaining what the second person would do.