

SLED HOCKEY DRIBBLE & PASS

STUDENT TARGETS

- ✓ **Skill:** I will dribble the ball/puck with control.
- ✓ **Cognitive:** I will discuss the appropriate times for passing and for dribbling.
- ✓ **Fitness:** I will remain active with a focus on keeping pace with my partner.
- ✓ **Personal & Social Responsibility:** I will work cooperatively and use encouraging language with my partner.

TEACHING CUES

- Dribbling:**
- ✓ Eyes Up, Moving Safely
 - ✓ Both Sides of the Stick to Control the Ball/Puck
- Passing:**
- ✓ Handshake Grip
 - ✓ Shoulder to Target
 - ✓ Low Stick with a Follow-Through

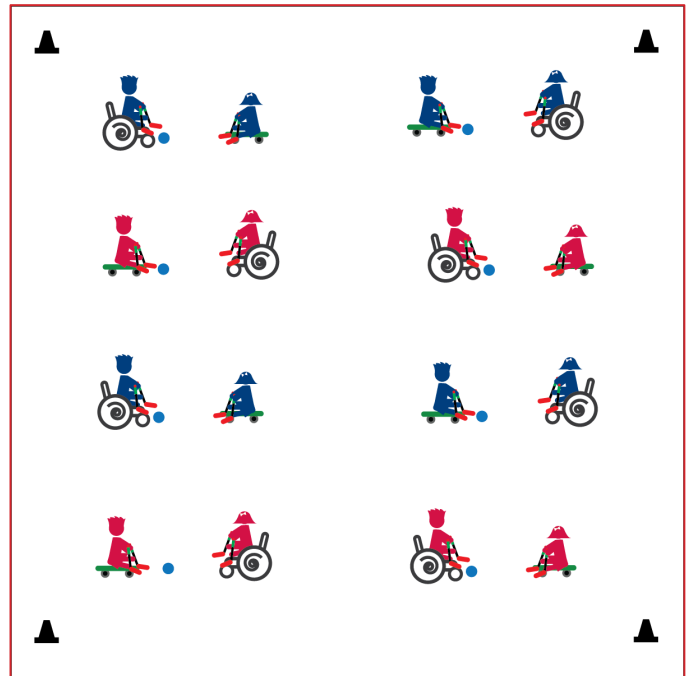
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 1 scooter or wheelchair per student
- ✓ 2 short-handled floor hockey sticks per student
- ✓ 1 yarn ball or plastic hockey puck per student

Set-Up:

1. Give each student a scooter, 2 short-handled hockey stick, and 1 yarn ball/puck.
2. Students to spread out around the activity space.



Activity Procedures:

1. It's time for Para Ice Hockey, a Paralympic event in which players sit on double-blade sleds. Today we will be practicing dribbling and passing.
2. First, we'll practice dribbling using both feet to move on their scooters. On the start signal, move around the space while controlling the yarn ball/puck you're pushing with your hockey stick. (Provide time for practice.)
3. Next, we'll sit cross-legged on the scooter. Use the top end of our hockey sticks to move around the activity space. Focus on control of the ball/puck. (Provide time for practice.)
4. Now it's time to work on our passing skills. (Pair students, each pair safely spaced with 1 ball/puck).
5. On the start signal, begin passing back and forth while staying stationary. (Provide time for practice)
6. Next, begin moving safely throughout the space while passing with your partner. You can use your feet to help you move. (Provide time for practice)
7. Finally, sit cross-legged on your scooter and use 1 hand to move while passing with your partner.

Grade Level Progression:

- 3rd: Use yarn balls. Students can move with their feet the entire time.
- 4th-5th: Play activity as described.



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UNIVERSAL
DESIGN
ADAPTATIONS

- ✔ Practice stationary passing only.
- ✔ Provide a variety of sticks and striking objects. For example, a large foam ball instead of a puck for easier striking.
- ✔ Play an Add-It-Up Cooperative Challenge for 1 minute. Students count the number of passes complete.

ACADEMIC
LANGUAGE

Communication, Cooperation, Dribble, Pass, Physical Activity, Power, Safety Concerns

STANDARDS
& OUTCOMES
ADDRESSED

- ✔ **Standard 1 [E17.3-5]:** Dribbles and travels in general space at slow to moderate jogging speed with control of ball and body (3); Dribbles in self-space with both the preferred and the non-preferred hand using a mature pattern (4a); Dribbles in general space with control of ball and body while increasing and decreasing speed (4b); Combines hand dribbling with other skills during one-on-one practice tasks (5).
- ✔ **Standard 2 [E1.3-5]:** Recognizes the concept of open spaces in a movement context (3); Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling) (4a); Applies the concept of closing spaces in small-sided practice tasks (4b); Dribbles in general space with changes in direction and speed (4c); Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance, and games environments (5).
- ✔ **Standard 4 [E4.3-5]:** Works cooperatively with others (3a); Praises others for their success in movement performance (3b); Praises the movement performance of others both more and less-skilled (4a); Accepts “players” of all skill levels into the physical activity (4b); Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects (5).

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** Can you list the cues for dribbling and passing in Para Ice Hockey?
- ✔ **DOK 2:** How does sitting on your scooter or chair affect your ability to pass the ball/puck?
- ✔ **DOK 3:** How is dribbling in Para Ice Hockey related to dribbling in other sports?

TEACHING
STRATEGY
FOCUS

Help students practice skills, strategies, and processes: Dribbling and passing on a scooter or from a wheelchair is a dynamic skill that will be new to many students. Allow ample time for students to practice and refine their skill performance.