

Hamburger Hockey

STUDENT TARGETS

- ✔ **Skill:** Stickhandling a hockey puck
- ✔ **Cognitive:** Using offensive concepts related evading a defender
- ✔ **Personal & Social Responsibility:** Following safety rules

ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ Hockey sticks
- ✔ Hula hoops
- ✔ Noodles
- ✔ Pucks
- ✔ Cones

Set-Up:

- Create shuttle lines with 6 players per line
- One hockey puck and one stick per line
- Create a goal
- Create a grid

Activity Procedures:

Level 1

1. Player 1 stick handles across the gym.
2. Player 2 on the other end stickhandle back.
3. Play continues until all students understand the boundaries.

Level 2

4. Players are assign the position of defender. These players stand in a hoop with a noodle.
5. These players must stay in their hoop while moving and within their grid. They are trying to swipe at the puck with their noodle.
6. Offensive players are trying to evade the defenders and cross to the other side.
7. Once across, the next players returns.
8. Change defenders after a designated time.

Level 3

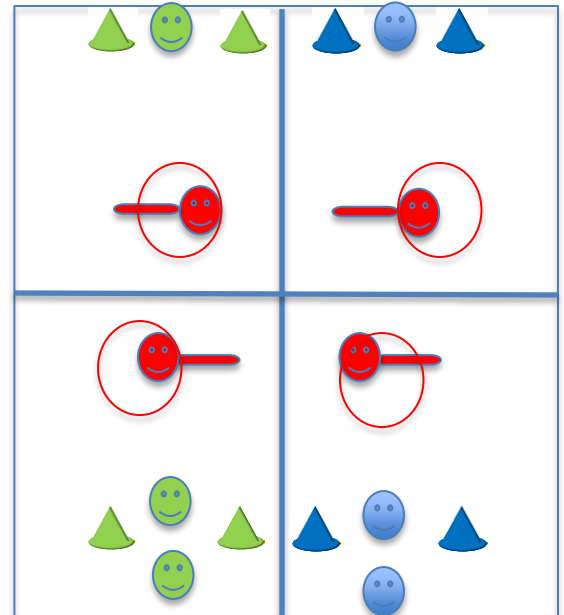
9. Create small goals with the cones.
10. Continue playing as in level 2 but stickhandlers try to pass the puck through the goal at the end.

Level 4

11. Same as level 3 except goaltenders are added and stick handlers try to shoot a goal.

Safety

- ✔ Move to open space and maintain personal space.
- ✔ Keep the blade of the stick down.





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CHALLENGE PROGRESSIONS

- ✔ Allow offensive players to move through more than one grid.
- ✔ Allow defensive players to play in two grids.

MODIFICATIONS

- ✔ Use deck rings instead of pucks
- ✔ Use yard balls instead of pucks

ACADEMIC LANGUAGE

Academic Vocabulary Words
Offense Evade
Defense
Goal

STANDARDS & OUTCOMES ADDRESSED

✔ **Standard**

Skill

- Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (S1.E25.5b)

Concept

- Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. (S2.E5.5a) – keeping body between puck and defender.

DEBRIEF QUESTIONS

- ✔ **DOK 1:** Question- What is stick handling?
- ✔ **DOK 2:** Question- How can a player evade a defender in hockey?
- ✔ **DOK 3:** Question- What other sports can you use the strategy of keeping your body between the defender and the equipment?

TEACHING STRATEGY FOCUS

Strategy Focus: The focus of this lesson is to teach students the how to control a hockey puck and the strategy of keeping the players body between the puck and the defender.