



WILTSHIRE VIRTUAL SCHOOL GAMES: Hockey



THE CHALLENGES

Shuttle Weave

- Put 5 markers in a straight line with a gap of 2 strides between each one
- Use your hockey stick to dribble the ball in and out of the markers (weaving)
- Move from one end of the shuttle run to the other and back again – this is 1 point
- How many points can you score in 1 minute?

Keepie-Uppies

- Use your hockey stick to tap the ball up in the air
- You can use any part of the stick
- Try to keep the ball up without letting it touch the ground
- How many can you do in 30 seconds?

Please watch the demonstration videos on our website/social media

WHAT YOU WILL NEED

Space

Inside or outside. You will need a flat, even surface for Shuttle Weave – grass is ideal

Task

In Keepie-Uppies, don't worry if you drop the ball – just pick it up and keep going.
You can do 1 task or both.

Equipment

You will need a ball (any kind is fine), a hockey stick (or you could use a golf club, bat, umbrella or similar) and 5 markers (for example chalk marks, items of clothing, paper or cones).

People

You may need someone to time you and to video you doing the challenges

For advice on how to make these activities more inclusive, visit our website

SEND US YOUR VIDEO ENTRY

Submit your video before 3pm on Friday 26th June at:

www.wiltssport.org/virtual-school-games

Find us on Twitter, Instagram & Facebook @wiltssport #wiltssg

