

Hockey

Four Goal Noodle

Lesson Focus: sustaining a high level of cardiovascular activity while scoring on and defending the goal.

What you'll need

- Four nets.
- Four balls in four colors.
- Four vests in four colors for the goalies.
- Pool noodles for each student.

Skills to review and demonstrate

- Holding the pool noodle at both ends forming a U shape.
- Keeping the ball close while dribbling.
- Paying attention to those around you in general space by looking up.
- Passing to open teammates.
- Shooting for the goal.

Getting started

Divide students into four groups by color (i.e. red, green, blue and yellow) and place each group in front of a goal. Assign one from each group to be the goalie and one to help with defense. Only the goalie wears a vest and may throw the ball toward the center after a goal. You may use floor tape to designate a box in front of the goal.

Student performance objectives

- Psychomotor:** Students will demonstrate passing with the control 80% of the time.
Students will demonstrate dribbling while looking up 80% of the time.
- Cognitive:** Students can describe using a strategy to score goals 80% of the time.
Students will describe successfully defending the goal during the game 80% of the time.





▶ [Watch the Video](#)

Gym or large area activity for grades

3-5

Begin the action

Students may only use their color ball to score goals on any goal but their own.
All players except the goalie and defense player go after the ball and attempt to score goals by passing and shooting.
Defender and goalie pass incoming balls to offensive teammates.
Students keep track of how many goals they score individually.
Every few minutes stop the game to switch out the goalies and defensive players and begin again.

Helpful hints

Do not allow body contact, pushing etc.
Stop and ask if anyone has scored one goal, two etc.

Recap

Why do you think it is important to look up while you are dribbling?
Why should the goalie stay on their feet during the game?
Why is it important to use your all your team when you attempt to make goals?

*** Challenge! ***

Your group must pass the ball to two players before taking a shot at the goal.

Count how many saves you make as a goalie.

National standards

Standards #1&2 Dribbling; Shooting; Strategy
Standard #3 Actively participates; Cardiovascular fitness
Standard #4&5 Participates responsibly and cooperates; Enjoys the challenge and peers