

Full Rink Breakaway Challenge

Practice Game



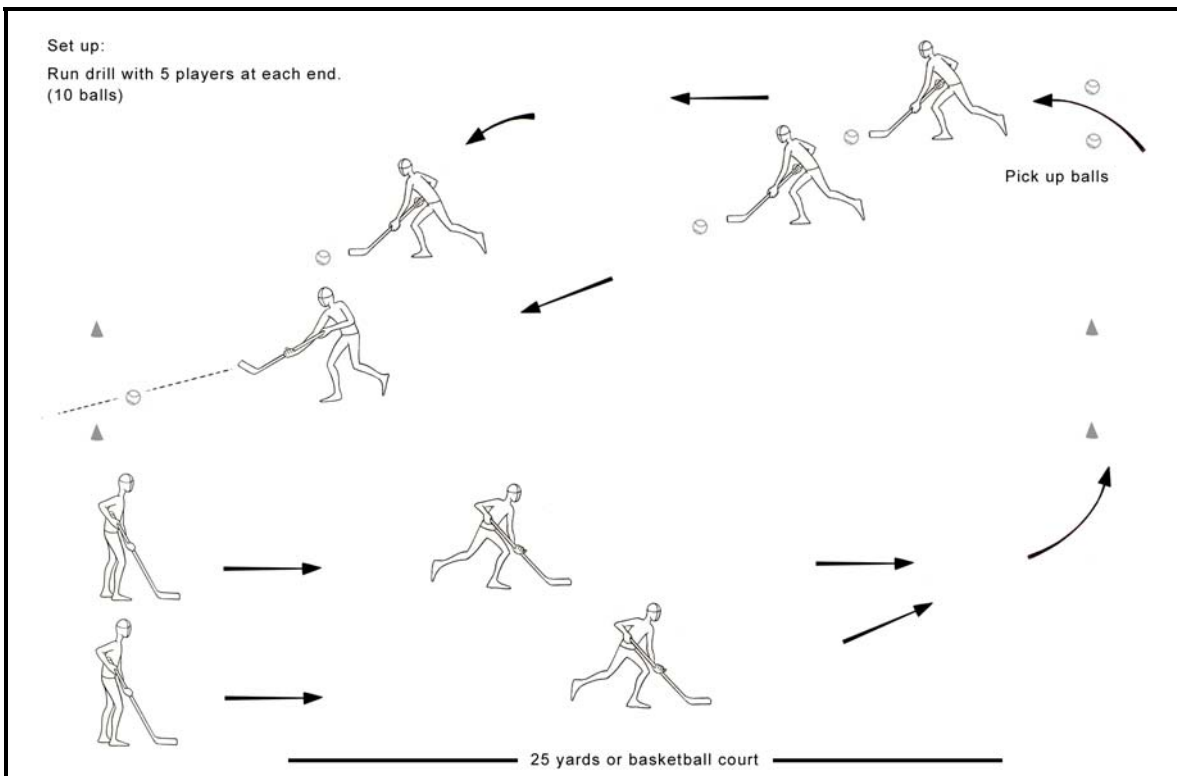
Duration: 10 minutes

Cycles: Ongoing according to time allotment

Players: Up to 70 players. Best with teams of 6. Add a second field accordingly to keep everyone moving.

Field Set Up: Place 4 cones to make 6-foot-wide goals at each end. Place an additional cone at the right corner line. Line up 5 balls at each end between the goal and corner cones.

Field Dimensions: Basketball court



Object

- Two teams compete to score goals as quickly as possible.
- This game develops breakaway skills by teaching the players how to catch and control a ball on the run.

Rules

- Teams line up at each end of the court behind the balls on the end line.
- On the instructor's whistle, both teams run to the opposite end of the court and around the goal. They pick an available ball of choice, dribble it to the far end of the court and attempt to score with one shot only.
- When complete, players set up the balls for the next run.
- Swap teams as required to give everyone equal playing time.
- If a player scores a goal, he or she must move to the side cone and take a knee.
- Whoever scores the most goals wins.

Equipment

- 6 cones, hockey sticks and shield/speed-control balls for all players

Player Positions

- Each team of 5 players forms a line along the goal line at one end of the court.
- Non-active teams wait off court for their turn.

Tips

- Remember stick control; keep it low.
- Have players retrieve their balls and set them up for the next team or the next run.
- Adjust the goal size to ensure that goals are scored.
- As players improve, try adding a goalie.

Variations

- Beginner: Increase the width of the goal. Do not make it a race.
- Advanced: Decrease the width of the goal. Add additional goalies.