



# HAND HOCKEY

Ages 10+ | Family Based | 2+ Players

## AIM OF THE GAME



- ▶ Hit the puck through your partner's goal created by their hands and arms.

## EQUIPMENT



- ▶ A soft ball or another round object (scrunched up paper or rolled up socks) that can be used as hockey puck.

## HOW TO PLAY



- ▶ Two players face each other on all fours or in a push-up position roughly 2 or 3 steps apart. Making sure that their hands and arms set on the ground to make a goal which faces their partner.
- ▶ Whilst trying to keep this position and support their body weight with one arm the first player aims to use the other arm to hit the puck with the palm of their hand, sending it through their playmates goal created by their hands and arms whilst in push-up position.
- ▶ Then switch over roles. See who can be first to score 3 goals.

## GAME VARIATIONS



1. Start on all fours before moving to push-up position.
2. Allow the player making the goal to move whilst in push up position to try and stop the puck going through their goal. Or allow them to defend the goal by using one hand whilst the other arm is still supporting their weight.
3. Use a round ball which rolls quicker.
4. Allow both players to move around their half of an area whilst trying to score and defending their goal, but ensuring they remain facing each other and forward at all times.