

**Name/Title:** Sailors and Sharks Hockey Dribble

**Purpose of Event:** To have students practice hockey dribble under pressure.

**Prerequisites:** Proper grip of the stick and stance, hockey stick handling.

**Suggested Grade Level:** 3-5

**Materials Needed:** 1 stick per student, 1 hockey puck per student, enough polyspots for about 2/3 of the class, enough jerseys (pinnies) for about 2/3 of the class, four hula hoops, Music- the song "Fins" by Jimmy Buffet works great.

### Description of Idea

Choose one student to start out as the "shark" (defender) He/she will wear a pinnie. On the music (or the whistle) all students (including the shark) will dribble in and around the poly spots. When the music stops all the "sailors" must dribble their puck back to the poly spot (ship) to be safe from the shark. More than one student can share a poly spot. If the shark steals a puck they must take it back to the hoop. If the student can get their puck back from the shark before he gets it back to a hoop, he stays a sailor. Otherwise he also becomes a shark and puts on a pinnie. Keep playing until all the pinnies are gone (about 2/3 of the class).

### **Assessment Ideas:**

Teacher checklist:

- 1) Does the student "shake hands" with the stick, with the less dominant hand at the top and the dominant hand about shoulder width apart, lower down the stick?
- 2) Are the knees slightly bent in the "ready" position as he/she dribbles?
- 3) Is the student using both sides of the blade?
- 4) Is the student keeping the puck close to them, so they don't lose it?

### **Adaptations for Students with Disabilities:**

Students may use a lighter weight stick or shorter. They may use a lighter weight or bigger puck/ball.

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