

# Give it a Go Brownies Hockey badge



To gain your 'Give it a Go' Hockey badge, please complete the following activities or attend a taster session with a local qualified coach.

## 1 Activity 1 - Warm it up

Warm up before exercising and cool down afterwards.

## 2 Activity 2 - Technique matters

Demonstrate the correct technique in passing & receiving the ball.

## 3 Activity 3 - Ball dribbling

Demonstrate the ability to dribble the ball using the correct technique:

- Dribble the ball through a number of cones and back
- Complete a relay race circuit against other children in your unit.

## 4 Activity 4 - Gate game

- Practise passing and receiving with a partner
- Complete 10 passes each using:
  - Push Pass
  - Hit Pass
- Ensure you stop the ball with the correct technique
- Add in two cones like a goal in between both players to develop accuracy of passes.



[Click here to  
buy badge](#)

