

Give it a Go Guides Hockey badge

Guides
Girlguiding
Cymru



To gain your 'Give it a Go' Hockey badge, please complete the following activities or attend a 60 - minute taster session with a local qualified coach.

1 Activity 1 - Warm it up

Create a suitable warm up and cool down exercise.

2 Activity 2 - The rules

Name 5 rules in Hockey.

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3 Activity 3 - Ball dribbling

Create an exercise circuit that incorporates generic movements related to hockey.

- Passing & receiving
- Dribbling
- Shooting
- Agility
- Speed

4 Activity 4 - Matchmaker

- Organise a hockey match within your unit or against another unit.

