

Give it a Go Rainbow 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 – Correct grip

Demonstrate correct hockey grip:

- Firm left hand grip at the top of stick
- Right hand well down the stick
- Used to dribble, trap the ball, backhand passes and push passing

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2 Activity 2 – Treasure chest

Set up a relay game where girls have to collect treasure (balls) from middle of the circle and return them to their area.

- Only one player from each area can run in at a time– they must use their stick to bring the ball out and dribble it back to their area.
- Repeat until all balls have been collected– see who wins...

3 Activity 3 – Paired passing

In pairs, facing each other– take 10–15 steps backwards.

- Pass the ball to your partner using correct technique.
- 2nd player should stop ball by trapping it before returning with a pass.
- Complete 15 passes each using a push pass, then swap to a hitting pass (which requires more power).

