

# Give it a Go Rangers 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 - Rules  
Identify the rules in Hockey

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**2** Activity 2 - Warm up  
Identify the importance of warming up and cooling down before taking part in exercise.

**3** Activity 3 - Video it  
Create a warm up related to skills in hockey and create a YouTube type video to demonstrate this.

**4** Activity 4 - Matchmaker  
Complete a minimum of 2 hours practical delivery with a qualified hockey coach. You should show competency in:

- Passing and receiving
- Dribbling
- Shooting
- Match

**5** Activity 5 - Tournament  
Organise a tournament with another unit... Complete small-sided games, and rotate after a 15-minute playing period.

**6** Activity 6 - Pass it on  
Volunteer at your local rainbows, brownies and guides unit for one hour (3 hours total) to help deliver the 'Give it a Go' hockey badge.

