



Hockey With True North (Ages 8-14)

Activity: Penny Hockey

Equipment: 3 coins (the smaller the better) and a table

Description: Players sit across a table from one another as opposing teams. Each team takes turns using three pennies to work their way across the board to score in the opponents goal. The goal is created by the defending team placing two fingers (both index and pinky) against the side of the table creating a goal for the offense to score in. The offense moves across the table by setting the coins in a tight triangle position and flicks the rear most coin through the other two coins. The flicked coin must pass through the other two and play continues by flicking a coin in play between the other two continually without disturbing either one until a goal is scored (by getting a penny in the goal). Possession changes hands if; a coin goes off the table, the coin fails to make it through the other two, or the coin contacts one of the other two. Play continues to a predetermined score (suggest 5 or 10).



Activity: Mini Sticks

Equipment: A mini stick per player, 2 boxes and a small soft ball (or a pair of rolled up socks)

Description: Mini-sticks is a simplified version of a hockey game played inside with miniature hockey sticks (or alternatives) and a soft ball (or a pair of rolled up socks). It can easily be played 1 on 1, 2 on 2 or 3 on 3. Start by setting up a playing area with a box representing the goal on each end. A minimum of 2 meters by 3 meters is recommended. Find a soft ball or a pair of rolled up socks to use as the "hockey puck" and mini-hockey sticks or an alternative (fly swatters, spatulas or wooden spoons).

Basic rules:

- 1) A point is scored when the ball goes into the opposite team's net.
- 2) No body contact or stick to body contact!
- 3) Mini-hockey sticks must remain below waist level.
- 4) No picking up or closing your hand around the hockey puck during play.

Split into two teams and get started! Play first to 5 points or for 10 minutes.

You can buy a mini sticks set online [here](#).



Activity: Accuracy Shooting

Equipment: A hockey stick, 4 targets, a net and a ball (tennis ball or ball hockey ball)

Description: Setup a net outdoors with 4 targets (top left corner, top right corner, bottom left corner and bottom right corner). On go, time how fast your child can hit all 4 targets from a designated shooting area. To progress the drill, have your child receive passes then shoot. You can also add one-timers to make it even more challenging.

To watch Auston Matthews of the Toronto Maple Leafs go through the accuracy shooting competition click [here](#).

