



## SKATE GAMES MEGA HOCKEY

### INSTRUCTIONS

#### Equipment Needed:

- Each team has different colored vests.
- 10 each of 6 different colored cups, cones or markers at each goal.
- 1 different puck (or pucks numbered 1-6) for each team

#### Organization:

- 6 separate goal areas
- 4 players on a team, 2 as goalies and 2 as forwards

#### Activity:

- Place a stack of cones next to each goal area
- On the "go" signal, the forwards from each team skate to any other team's goal and try to score a goal.
- If a goal is scored, the forward takes one of the opposing team's cones back to their team's wall and stacks them next to their own colored cones.
- After 3 minutes, change goalies and forwards.
- Play until one team's cones are gone.
- Any puck going behind the goal belongs to the goalie.
- Now forward may enter the "crease" and score.
- Encourage passing and stick handling between teammates.

#### Variation:

- After scoring a goal, goalies and forwards change places.

