



# TEACHER'S MANUAL

HELLO PHYSICAL EDUCATION TEACHERS,

By joining the Columbus Blue Jackets in the fight against childhood obesity, we can make a healthy lifestyle both enjoyable and easy to maintain for kids. The Blue Jackets Power Play Challenge is designed to fit within your current physical education curriculum and aims to keep children active and encourage them to make healthy choices. Students will be given five challenges centered on staying active, choosing healthy eating habits, and an introduction to street hockey to complete during the school year.



TABLE OF CONTENTS

1. PROGRAM OVERVIEW
2. GRIPPING THE STICK  
STICKHANDLING
3. PASSING
4. SHOOTING
5. OBJECT OF STREET HOCKEY  
PLAYER POSITIONS
6. PLAYER POSITIONS, CONTINUED  
SAFETY AND PENALTIES  
NUTRITION CHALLENGE TIPS  
CONGRATULATIONS

ADDITIONAL RESOURCES:

8. LESSON PLAN 1
9. LESSON PLAN 2
10. LESSON PLAN 3
11. LESSON PLAN 4
12. LESSON PLAN 5
13. LESSON PLAN 6



FOR MORE INFORMATION, VISIT:  
[BlueJackets.com/PowerPlayChallenge](https://BlueJackets.com/PowerPlayChallenge)

THE STARTER KIT



The Blue Jackets will provide all necessary supplies to implement the Power Play Challenge, at no cost. Starter kits provided to each school will include the following Blue Jackets-branded items:

- Street hockey equipment: 60 youth and five adult sticks, a stick bag, 60 balls, pinnies and two pop-up hockey nets
- Wall chart to track progress in gym class
- Backpack loops to track student progress
- Student nutrition worksheets
- Teacher's Manual
- Stick & Ball combo for eldest grade students to keep

Blue Jackets will provide updated materials and opportunity to request replacement equipment, if needed, with each subsequent school year.

FIELD TRIP

The highest grade in each school that completes the challenge, will be invited to a field trip at an OhioHealth Chiller ice rink during the school year, at no cost to the school. The field trip will consist of a STEM-focused facility tour, public skate, and on-ice instruction.



SUBMIT YOUR REQUEST TODAY!  
[BlueJackets.com/PPCFieldTrip](https://BlueJackets.com/PPCFieldTrip)

THE FIVE CHALLENGES

- Students will participate in five Blue Jackets Power Play Challenges, earning a Blue Jackets backpack loop for completing the program.
1. **JOGGING CHALLENGE**  
Run three miles (cumulative).
  2. **FITNESS CHALLENGE**  
Complete 50 push-ups and 50 sit-ups (cumulative).
  3. **AGILITY CHALLENGE**  
Complete and show grasp of three hockey drills: stickhandling, passing, and shooting.
  4. **HOCKEY CHALLENGE**  
Participate in a game while utilizing skills learned in the agility challenge (street hockey game, relay race, 1-on-1 drill, etc.).
  5. **NUTRITION CHALLENGE**  
Demonstrate an understanding of healthy habits utilizing the grocery list and healthy meal handout.

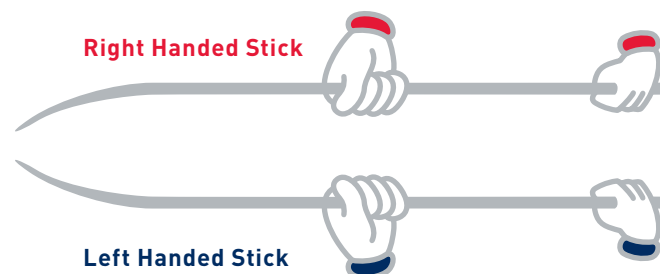


Requests must be submitted at least two (2) weeks prior to your preferred date. Once a request is submitted, please allow three (3) business days for the Chiller Group Manager to contact you to confirm your field trip. Field trips can be taken anytime throughout the school year, however due to the high demand for the months of March, April, & May please submit your request no later than Monday, March 10, 2025.

## BLUE JACKETS POWER PLAY CHALLENGE

### GRIPPING THE STICK

- The top hand should hold the stick with a firm grip.
- Place the top hand so that the 'V' between the thumb and forefinger is on the top side of the stick.
- Have the other hand come underneath the stick and grab it, palm facing inward.
- A good way to check for correct stick grip is to have both thumbs facing down while gripping the stick.

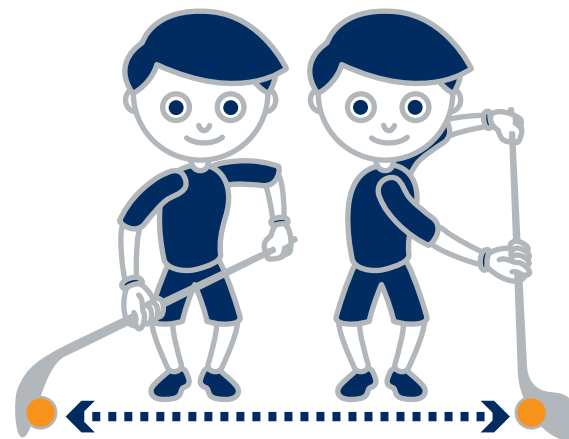


### STICKHANDLING

- Stickhandling is a skill that allows a player to move freely around the rink while controlling the ball.
- Stickhandling helps control the ball close to the body, helping protect it from opponents.
- The ball should stay close to the blade and the grip should be two-handed.

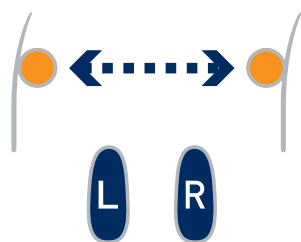
#### TIPS TO REMEMBER:

- Players should stand in an athletic stance, with feet approximately shoulder-width apart and knees slightly bent.
- Remind players to keep the head up (this will be difficult for beginning players, but it is important).
- Players should roll the wrists over to cup the blade so that the stick blade is angled slightly over the ball on both the forehand and backhand when the ball is moved side to side.



#### DRILL: STATIONARY STICKHANDLING

- Have players spread out.
- Standing in place, practice stickhandling back and forth in front of them.
- Challenge players to look up, roll their wrists, and cushion the ball.
- As players progress, have them stickhandle wider than their bodies, and then at their sides.
- Teacher can hold up fingers and have players yell out how many each time, reinforcing eyes up.

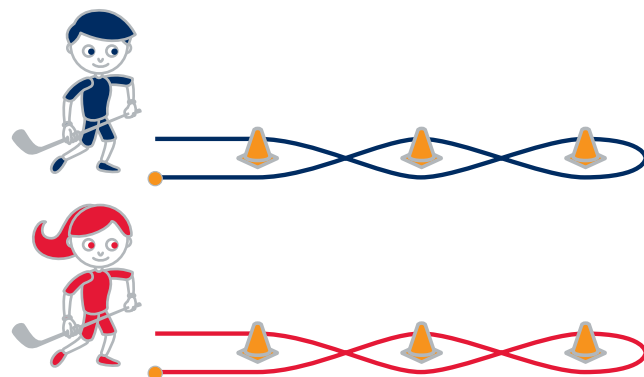


#### TECHNIQUE:

- Feet shoulder-width apart with head and chest up.
- Tight grip with top hand, loose grip with bottom hand.
- Move wrists, not arms.

#### DRILL: BALL CONTROL SLALOM (Demo first)

- Have players stickhandle in and out of cones.
- Turn around at the top cone and stickhandle back in and out of the cones until they return to the line.
- Then the next player goes.
- Reinforce proper stick grip, heads up, stick in front of body.
- Reiterate importance of using both sides of the stick when stickhandling.
- Progress to a relay race.



## BLUE JACKETS POWER PLAY CHALLENGE

### PASSING

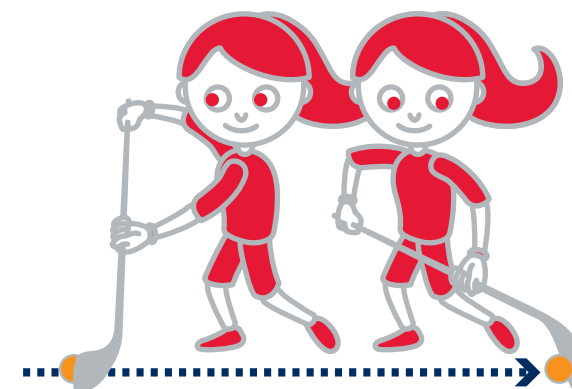
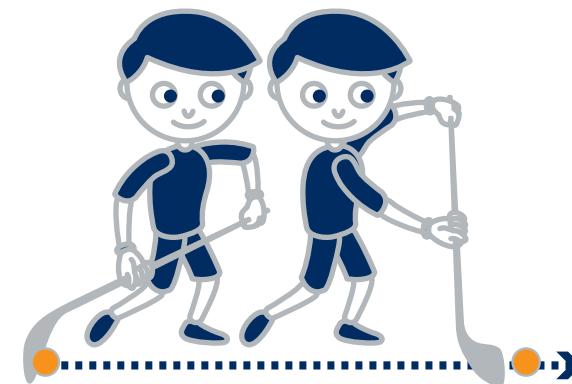
Passing is used to move the ball back and forth between teammates to get around opponents and up the rink faster.

#### TIPS TO REMEMBER:

- Players should stand in an athletic stance, with feet approximately shoulder-width apart and knees slightly bent, and in a side facing position to the receiver.
- The stick blade is down, in contact with the ground, with the head up and looking at the target.
- Ball is in the middle of the stick, in line with the back foot.
- Roll the wrists over and sweep the ball towards the target.
- The stick blade should finish pointing at the target.

#### RECEIVING THE PASS:

- When receiving the pass, start with the stick near the front foot.
- The blade should always be held at an angle perpendicular to the oncoming pass.
- As the ball is received, a slight give is used with the hands to cup the ball as the stick is moved back slightly towards the rear foot.
- Stop the ball completely and control before returning a pass.
- Remind players to use "soft hands."



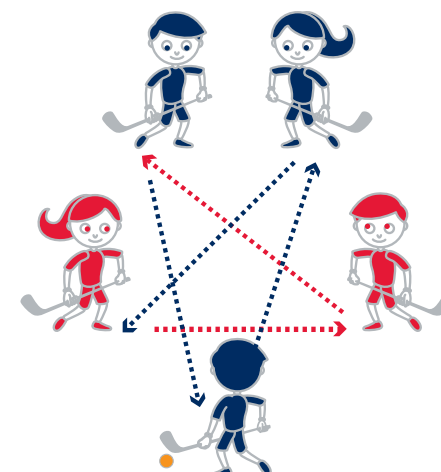
#### DRILL: STATIONARY PASSING (Demo first)

- Players partner up, standing 3' apart, and pass the ball back and forth.
- Players should stand with feet pointing at stick, not their partner, and pass across their body.
- Have players take a step back after every five passes.
- Use both the forehand and backhand of the stick to make a pass.



#### DRILL: REMEMBER YOUR PASS

- Have players stand in a circle. One player starts with the ball and chooses a teammate to pass to.
- Each pass must be to someone who has not received a pass.
- After everyone has received a pass, challenge the group to pass in the reverse pattern until the player who initially started with the ball ends up with the ball.

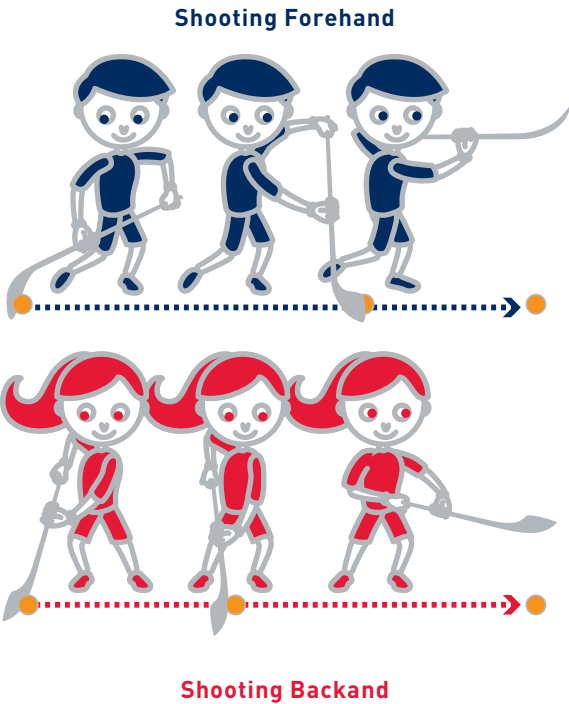




SHOOTING

Shooting is the skill used to put the ball on net and score goals. The motion for shooting is similar to the motion of passing, just much more forceful.

- TIPS TO REMEMBER:**
- Players should stand in an athletic stance, with feet approximately shoulder-width apart, knees slightly bent and body in a side-facing position to the goal.
  - Start with ball at the back foot.
  - Transfer weight from the back foot as the stick blade sweeps forward to the front foot and release.
  - The stick blade should follow through at the target.



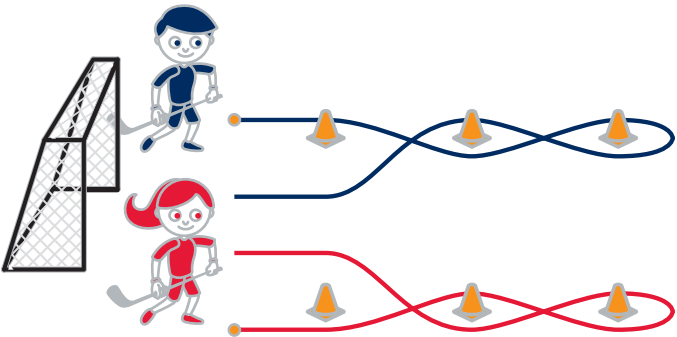
- DRILL: SHOOTING (Demo first)**
- Place a target (i.e., tape an “X”) on the wall for every player.
  - Have players spread out and shoot at their “X” on the wall.
  - Work on proper wrist shot technique, shooting off the front foot, and weight distribution.
  - Players should stand sideways to the wall (feet pointing at stick, not wall) so that proper weight transfer is used.
  - Start with ball behind back foot and sweep at the “X” target.

- TECHNIQUE:**
- Eyes up, look at the target.
  - Ball moves from heel of stick to toe as it is released.
  - Follow through by pointing the toe of the stick towards target.

- DRILL: PASS AND SHOOT (Demo first)**
- Have players pair up and shoot into a net or against a wall.
  - One player will pass the ball to the other, who receives the pass, and then shoots.
  - Focus on a quick release and not hanging onto the ball for too long.
  - After 10 shots, switch positions.

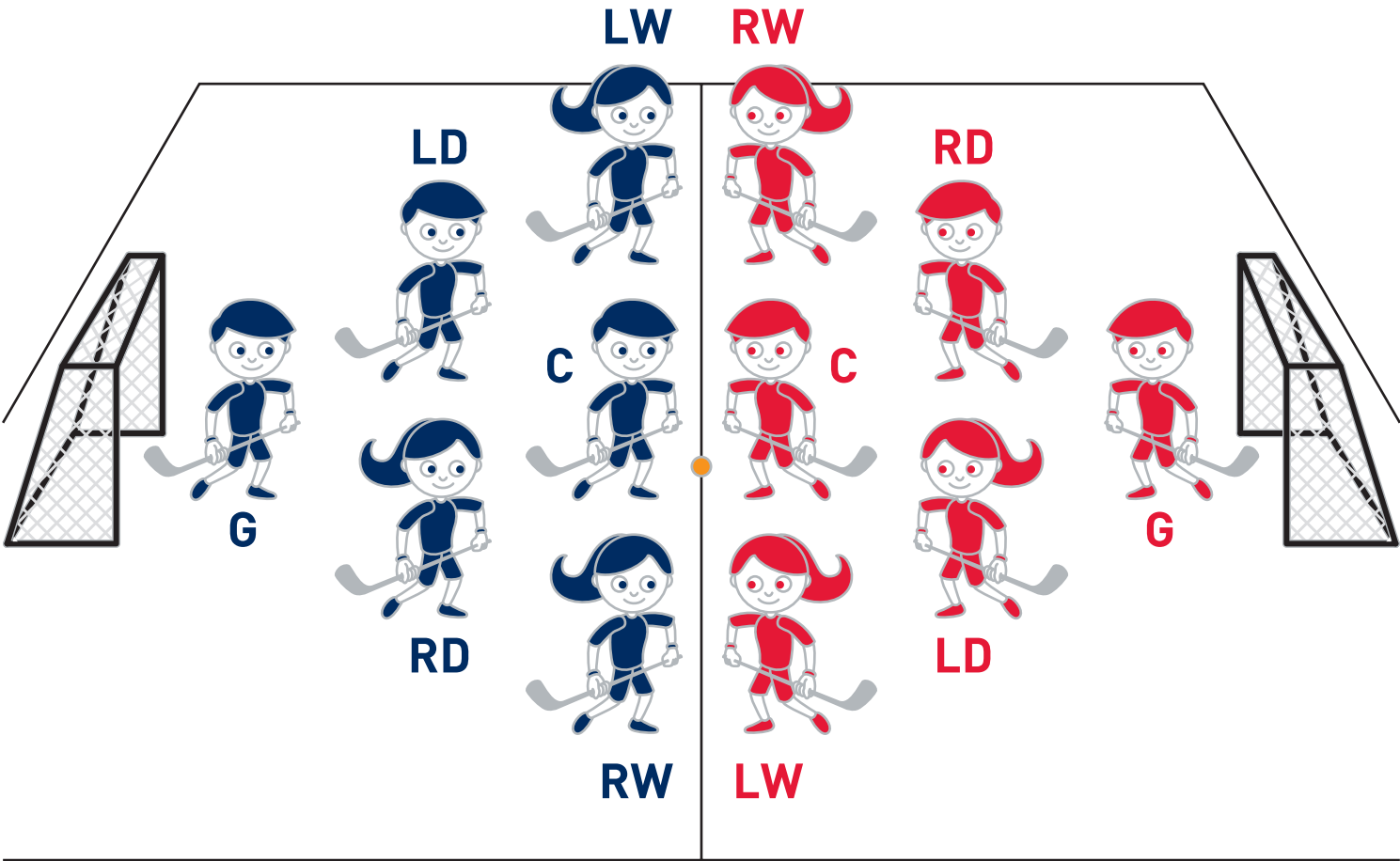


- DRILL: BALL CONTROL SLALOM WITH SHOT (Demo first)**
- Have players stickhandle in and out of cones.
  - Turn around at the top cone and stickhandle back in and out of the cones until they return, then shoot on net.
  - Then the next player goes.
  - Reinforce proper stick grip, heads up, stick in front of body.
  - Reiterate importance of using both sides of the stick when stickhandling.
  - Progress to a relay race.



OBJECT OF STREET HOCKEY AND PLAYER POSITIONS

The object of street hockey is to score more goals than the opposing team by shooting the ball into the other team’s net. To do this, you’ll need to play as a team and pass the ball between you and your teammates in order to create a shot on goal.



FORWARD

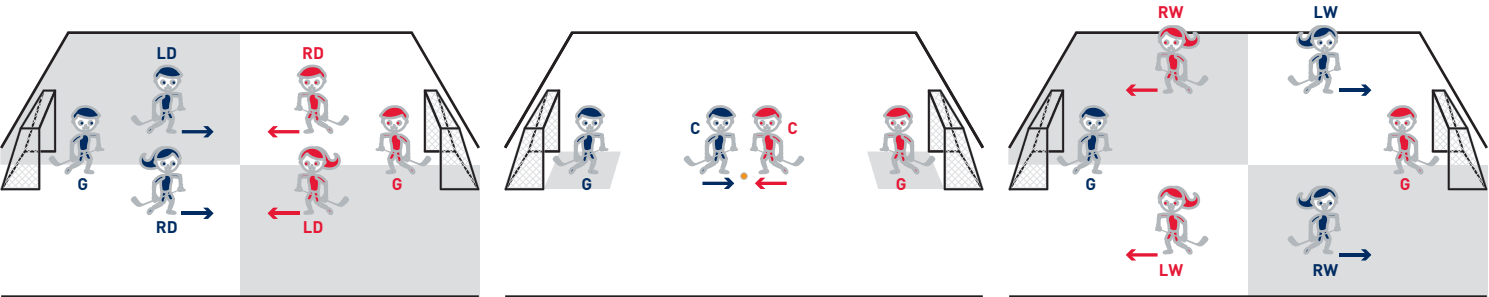
- CENTER: C**
- The center is responsible for taking faceoffs and covering the middle of the rink. Centers play in front of both nets, either trying to aid the scoring effort or helping defend. Centers have the responsibility of making sure they are helping both wingers and defensemen. (reference diagram on page 6)
- LEFT AND RIGHT WING: LW / RW**
- The left wing and right wing play along their respective sides. They are usually relied upon to be the goal scorers, as they don’t defend their net and look to be more offensive-minded. (reference diagram on page 6)

DEFENSE

- LEFT AND RIGHT DEFENSEMAN: LD / RD**
- The defensemen play behind the forwards and are tasked with stopping opposing forwards. In the defensive zone, they clear space in front of the net, cover space in the corners, and help with the effort to move the ball out of the zone. (reference diagram on page 6)
- GOALIE: G**
- The goalie defends the net, trying to prevent the ball from entering the net. (reference diagram on page 6)
- For gym class we recommend using the goalie side of your pop-up net to avoid injuries.

# BLUE JACKETS POWER PLAY CHALLENGE

## PLAYER POSITIONS, CONTINUED



- Defensemen can't cross in the offensive half of the court.
- Left defenseman can't cross to the right side of the court.
- Right defenseman can't cross into the left side of the court.
- The center is the only player allowed to move freely on the court.
- This will allow for a more controlled game.
- Goalies stay in front of the net.
- Wingers can't cross into the defensive half of the court.
- Left wings can't cross to the right side of the court.
- Right wings can't cross into the left side of the court.

## SAFETY AND PENALTIES

If a player commits any of these infractions, they must be removed from play and sit out until their next turn.

**BODY INFRACTIONS:**  
Checking, pushing, shoving, elbowing, holding, tackling and interference away from the ball.

**STICK INFRACTIONS:**  
The stick should never go above the students' knees and there is no body contact allowed, such as: tripping, slashing, hooking, high sticking (playing the ball above the waist) and cross checking (checking with stick).

## NUTRITION CHALLENGE TIPS

To encourage healthy eating habits, teachers will explain basic nutrition tips with students. Utilizing the provided handout, students will select healthy items from a grocery list, create a healthy balanced meal from the items selected, and then draw the meal (breakfast, lunch or dinner) they created on the plate located on the back of the handout.

1. Make sure your plate has five different food groups on it for every meal.
2. Eat a variety of foods throughout the day to give your body the nutrients it needs!
3. Eat at least three servings of fruits and vegetables every day.
4. Try to eat something every two to three hours. Have a healthy snack in between meals to give your body energy!
5. Drink at least six cups of waters a day. Sodas and energy drinks will slow you down. If you are being active that day, drink more water!

## CONGRATULATIONS

Congratulations! You have finished the Blue Jackets Power Play Challenge! Are you looking for more drills for your gym class? Check out the lesson plans on the following pages.



# LESSON PLANS

# BLUE JACKETS POWER PLAY CHALLENGE

**LESSON PLAN 1:** Time: 60 minutes  
Practice Theme/Goals: Basic Ball Control, Passing, and Shooting  
Equipment: Cones, ball and stick for each player

**WARM-UP: THE RULES/STICK SELECTION** (5 minutes)  
Explain the rules of street hockey, reviewing the safe way to play so that all players can have fun! Explain proper way to hold a stick (left-handed vs right-handed).

**5 DRILLS AT 8 MINUTES EACH** (40 minutes)  
Players should rotate through Drills 1-4 in their respective spaces, then collectively participate in Drill 5 utilizing the entire space.

**DRILL 1: STATIONARY STICKHANDLING**

Have players spread out. Standing in place, practice stickhandling back and forth in front of their bodies. Challenge players to look up, roll their wrists, and cushion the ball. As players progress have them stickhandle wider than their bodies, and then at their sides. Teacher can hold up fingers and have players yell out how many each time, reinforcing eyes up.

- TECHNIQUE:**
- Feet shoulder width apart, head and chest up
  - Tight grip with top hand, loose grip with bottom hand
  - Move wrists, not arms

**DRILL 2: CHAOS STICKHANDLING**

Allow players to stickhandle within a confined area. Emphasize head-up so they don't run into one another. After 15 seconds, a teacher tries to knock the balls off sticks and out of the confined area. Last player remaining wins.

**DRILL 3: BALL CONTROL SLALOM (Demo first)**

Have players stickhandle in and out of cones. Turn around at the top cone and stickhandle back in and out of the cones until they return to the line. Then the next player goes. Reinforce proper stick grip, heads up, stick in front of body. Reiterate importance of using both sides of the stick when stickhandling. Progress to a relay race.

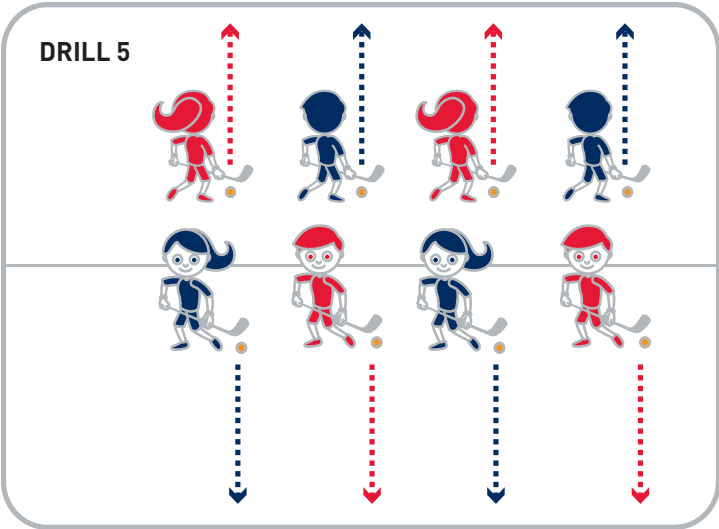
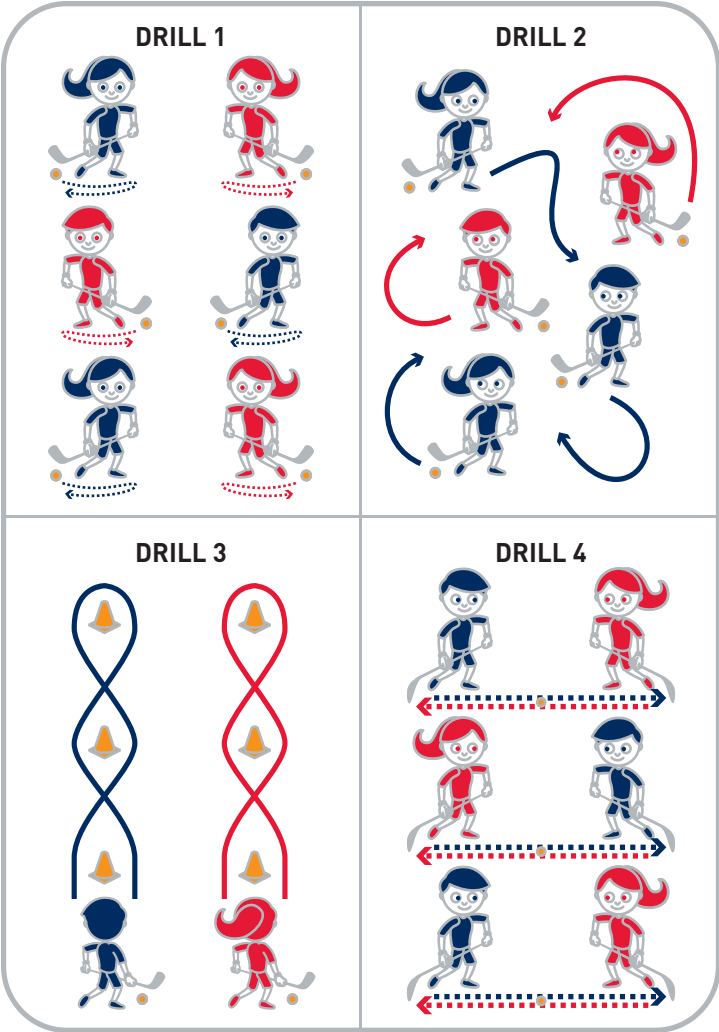
**DRILL 4: STATIONARY PASSING (Demo first)**

Players partner up, standing 3' apart, and pass the ball back and forth. Players should stand w/ feet pointing at stick, not their partner, and pass across their body. Have players take a step back after every five passes. Use forehand and backhand of stick.

**DRILL 5: SHOOTING (Demo first)**

Have players spread out and shoot against the wall. Work on proper wrist shot technique, shooting off the front foot, and weight distribution. Players should stand sideways to the wall (feet pointed at stick, not wall) so that proper weight transfer is used. Start with ball behind back foot and sweep at target.

- TECHNIQUE:**
- Eyes up, look at target
  - Ball moves from heel of stick to toe as it is released
  - Follow through by pointing the toe of stick towards target



**GAME PLAY 4v4 (10 minutes)**

Divide the players up into two teams. Play 4v4 without goalies for the remaining 10 minutes of practice.

# BLUE JACKETS POWER PLAY CHALLENGE

**LESSON PLAN 2:** Time: 60 minutes  
Practice Theme/Goals: Basic Ball Control, Passing, and Shooting  
Equipment: Cones, 1 net, ball and stick for each player

**WARM-UP: BALL HANDLING** (5 minutes)  
Players walk around the gym stickhandling with a ball. On the whistle, they start to jog. On the next whistle, they walk. On two consecutive whistles, players change direction. Whistle sporadically to keep the players' attention.

**4 DRILLS AT 10 MINUTES EACH** (40 minutes)  
Players should rotate through Drills 1-4 in their respective spaces, then collectively participate in 'Stickhandling Freeze Tag' for the remaining 10 minutes utilizing the entire space.

**DRILL 1: BALL CONTROL SLALOM/SHOT ON NET (Demo first)**

Players slalom in and out of cones – spread out in an obstacle course – and finish with a shot on net. Reiterate two hands on the stick, blade on the ground and always under control. Players should lead with their stick, not their body. Have players complete course in one direction for five minutes, then change direction. Vary the course and add extra agility. Examples: start from knee or stomach, complete 360 turn around cone, jumps, etc.

**DRILL 2: FOLLOW THE LEADER**

Players follow the designated “leader” through the obstacle course. Each player has a ball with the leader designating the pattern of the course, moving through the obstacles. The second player follows the path of the first player, and so on. Have the teacher lead the group through the obstacles first, and then let each player have a chance to be the leader.

**DRILL 3: 1v1 KEEP AWAY AND PASSING**

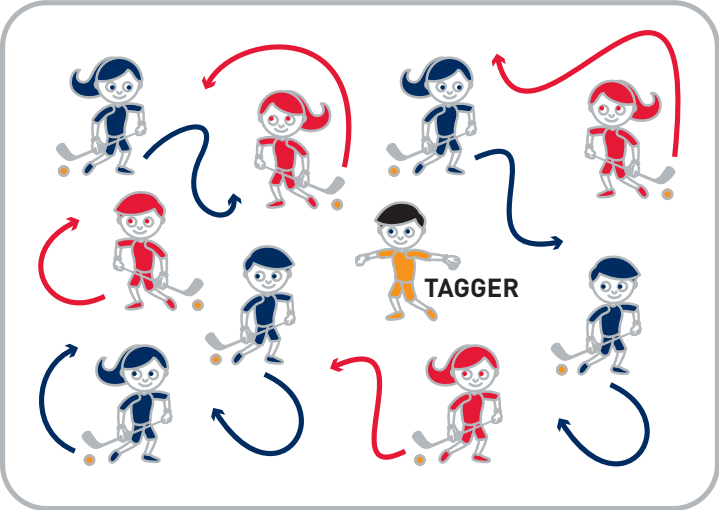
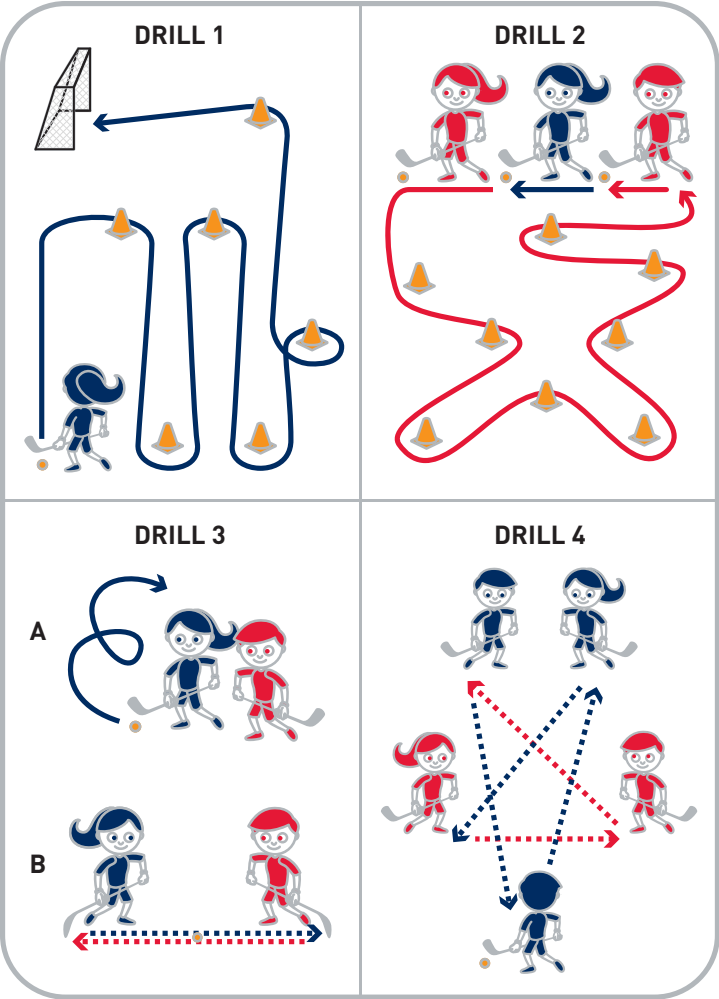
(A) Players play 1v1 “keep away” in a designated area. (B) On whistle, players switch to stationary passing with each other. Pass cross-body and sweep ball. Alternate between forehand and backhand. On whistle, players resume 1v1 keep away. Give incentive for being the last player with the ball on whistle, i.e., partner has to do five pushups.

**DRILL 4: REMEMBER YOUR PASS**

Have players stand in a circle. One player starts with the ball and chooses a teammate to pass to. Each pass must be to someone who has not received a pass. After everyone has received a pass, challenge the group to pass in the reverse pattern until the player who initially started with the ball ends up with the ball.

**STICKHANDLING FREEZE TAG (10 minutes)**

While all players move about the gym stickhandling, select one player to be the tagger (without stick). When a player gets tagged, they must remain still (frozen) until a teammate touches them.





# BLUE JACKETS POWER PLAY CHALLENGE

**LESSON PLAN 3:** Time: 60 minutes  
Practice Theme/Goals: Basic Ball Control, Passing, and Shooting  
Equipment: Cones, 2 nets, ball and stick for each player

**WARM-UP: FREE PLAY** (5 minutes)  
Let the players have the first five minutes of practice to experiment. Put out the nets and toss out a handful of balls and let the kids be creative.

**5 DRILLS AT 8 MINUTES EACH** (40 minutes)  
Players should rotate through Drills 1-4 in their respective spaces, then collectively participate in Drill 5 utilizing the entire space.

**DRILL 1: STATIONARY STICKHANDLING**

Have players spread out. Standing in place, practice stickhandling back and forth in front of bodies. Challenge players to look up, roll their wrists, and cushion the ball. As players progress have them stickhandle wider than their bodies, and then at their sides. Teacher can hold up fingers and have players yell out how many each time, reinforcing eyes up.

- TECHNIQUE:**
- Feet shoulder width apart, head and chest up
  - Tight grip with top hand, loose grip with bottom hand
  - Move wrists, not arms

**DRILL 2: TAKE OUT THE GARBAGE**

Players split up into two teams with one team on each side of a designated line. Players must stay on their own side. The players attempt to shoot as many balls as possible into the other team's zone. On the whistle to end the game, the team with the fewest balls in their zone wins. Play best 2 out of 3, 1-minute games. Obstacles can be used as line in the middle as an added challenge for players to lift the ball.

**DRILL 3: HORSESHOE**

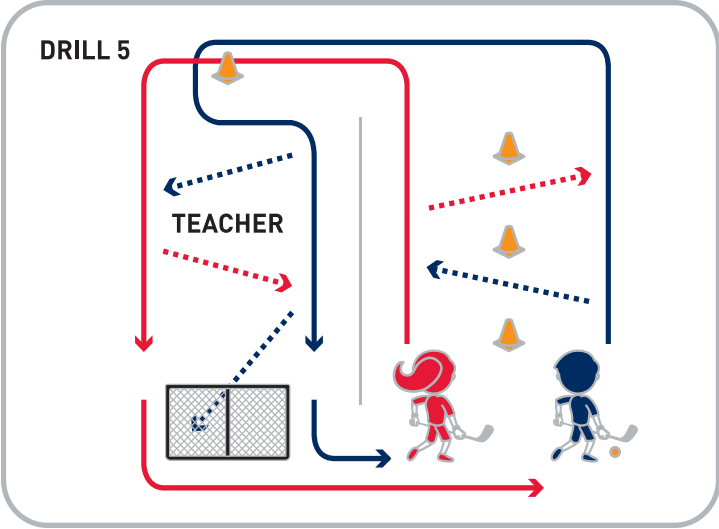
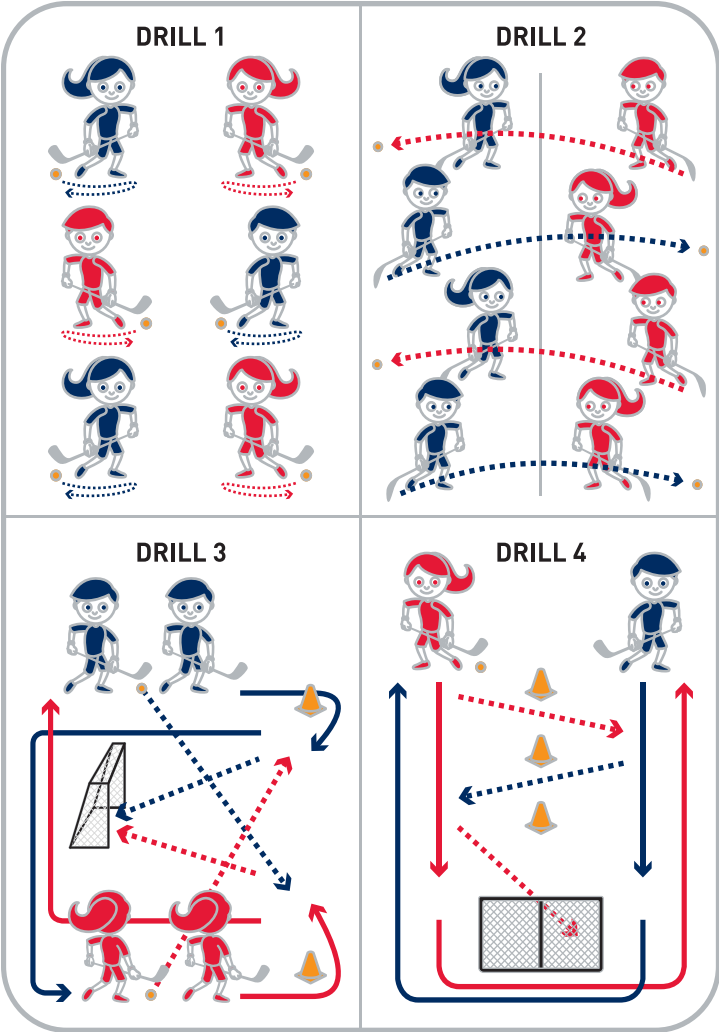
Players line up on opposite sides of a net. The first player in line 1 runs out and around a cone without a ball. When that player comes around the cone, the first player in line 2 passes them the ball, and player in line 1 goes in for a shot. After making a pass, that player in line 2 runs out around their corresponding cone without a ball and receives a pass from the next player in line 1, and then takes a shot. Variations can be added by having all players in line 1 and the teacher being the passer, players starting on stomachs, etc. Have all players switch lines after their shot on net.

**DRILL 4: 2 ON 0 PASSING**

Place three cones in a straight line. Players will form two lines, one on each side of the cones. The first player in each line runs in a straight line, making a pass in between each cone to their partner and finishing with a shot on net. Players should change lines so they can utilize both forehand and backhand. Use proper technique and sweep the ball.

**DRILL 5: 2 ON 1 PASSING**

Place three cones in a straight line. Players will form two lines, one on each side of the cones. Players pass through cones to their partner, turn at the top cone, and form a 2 on 1 with teacher playing defense. Have players taking turns playing defense as well.



**GAME PLAY 4v4 (10 minutes)**  
Divide the players up into two teams. Play 4v4 without goalies for the remaining 10 minutes of practice.

# BLUE JACKETS POWER PLAY CHALLENGE

**LESSON PLAN 4:** Time: 60 minutes  
Practice Theme/Goals: Basic Ball Control, Passing, and Shooting  
Equipment: Cones, 1 net, ball and stick for each player

**WARM-UP: STRETCH** (5 minutes)  
Have the teacher lead players in a variety of stretches. Remember to hold the stretches for 8-10 seconds. Have the kids participate by counting with the teacher.

**4 DRILLS AT 10 MINUTES EACH** (40 minutes)  
Players should rotate through Drills 1-4 in their respective spaces, then collectively participate in 'Stickhandling Freeze Tag' for the remaining 10 minutes utilizing the entire space.

**DRILL 1: BALL CONTROL GIVE AND GO**

Players give and go with the teacher, stickhandle around cone, finishing off with a fake and a shot on net. Have the players begin running before making the pass to the teacher, focusing on moving feet while passing. Pass and receive on the backhand when on the backhand side, and vice versa. Switch sides after five minutes, having players line up on the other side of the net and the teacher again stationed in line with the players.

**DRILL 2: SHUTTLE PASSING**

Player with ball jogs five steps, passes to the opposite line and then sprints forward to the back of that line. Next, the player with the ball (having just received a pass) jogs five steps and passes to the opposite line. Work on both forehand passing and backhand passing. Remember to look at your target and sweep the ball.

**DRILL 3: TIGHT AREA PASSING**

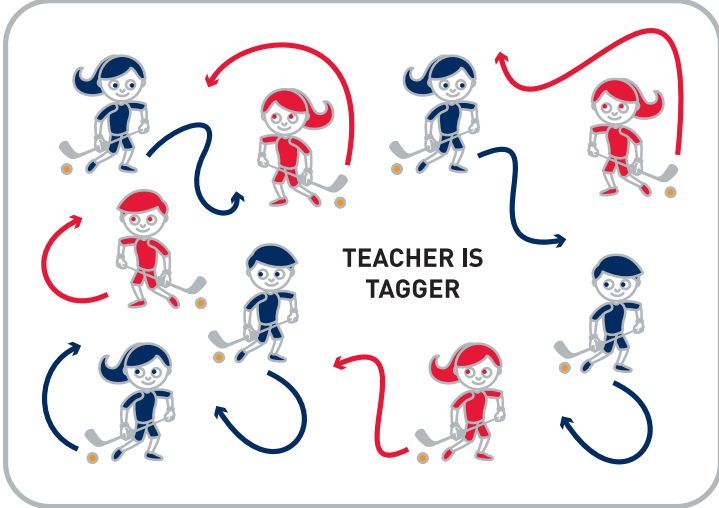
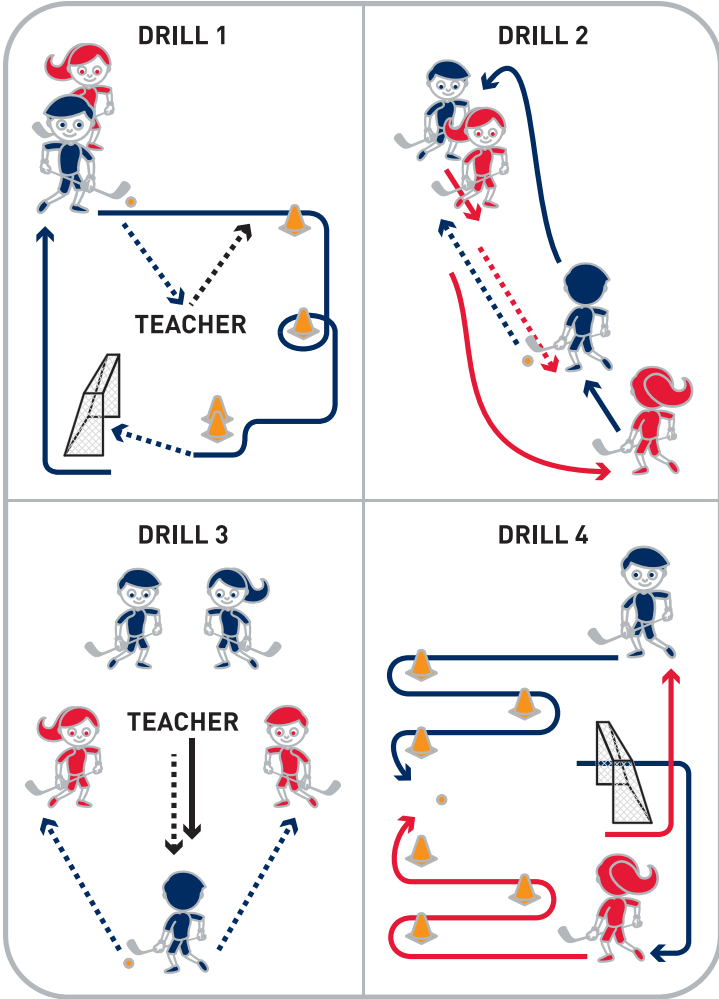
Players line up in a circle with teacher in the middle. Teacher passes the ball to a random player. To challenge the player to think and react quickly, the teacher can start to walk towards the player, acting as a defender. The player must make a quick pass to another player, and so on. Competition: if the teacher steals the ball or knocks it away, that player is out. Reiterate proper passing technique – sweep, do not slap the ball. Encourage the players to take their time and make good passes.

**DRILL 4: LOOSE BALL RACES**

Players separate into two lines. The first player in each line must run through the obstacle course in front of them to the top of the cone, turn, and find the ball (teacher can place it or slide it to an area). The player who completes the obstacle course and reaches the ball first goes in for a shot on net, while the other player must try to catch up and defend. Give incentive for scoring, i.e., partner has to do five pushups.

**GAME PLAY: SAFETY TAG (10 minutes)**

Play tag with the teacher as the taggers and the players, using designated areas as safety zones. On whistle, players must move to a new area without being tagged. Tagged players can turn into taggers or do a physical activity in order to return to the game.



# BLUE JACKETS POWER PLAY CHALLENGE

**LESSON PLAN 5:** Time: 60 minutes  
Practice Theme/Goals: Basic Ball Control, Passing, and Shooting  
Equipment: Cones, 2 nets, ball and stick for each player

**WARM-UP: FREE PLAY** (5 minutes)  
Let the players have the first five minutes of practice to experiment. Put out the nets and toss out a handful of balls and let the kids be creative.

**5 DRILLS AT 8 MINUTES EACH** (40 minutes)  
Players should rotate through Drills 1-4 in their respective spaces, then collectively participate in Drill 5 utilizing the entire space.

**DRILL 1: BALL CONTROL SLALOM/SHOT ON NET (Demo first)**

Players slalom in and out of cones – spread out in an obstacle course – and finish with a shot on net. Reiterate two hands on the stick, blade on the ground and always under control. Players should lead with their stick, not their body. Have players complete course in one direction for five minutes, then change direction. Vary the course and add extra agility. Examples: start from knee or stomach, complete 360 turn around cone, jumps, etc.

**DRILL 2: 1v1 KEEP AWAY AND PASSING**

(A) Players play 1v1 keep away in a designated area. (B) On whistle, players switch to stationary passing with each other. Pass cross-body and sweep ball. Alternate between forehand and backhand. On whistle, players resume 1v1 keep away. Give incentive for being the last player with the ball on whistle, i.e. partner has to do five pushups.

**DRILL 3: HORSESHOE**

Players line up on opposite sides of a net. The first player in line 1 runs out and around a cone without a ball. When that player comes around the cone, the first player in line 2 passes them the ball, and player in line 1 goes in for a shot. After making a pass, that player in line 2 runs out around their corresponding cone without a ball and receives a pass from the next player in line 1, and then takes a shot. Variations can be added by having all players in line 1 and the teacher being the passer, players starting on stomachs, etc. Have all players switch lines after their shot on net.

**DRILL 4: 2 ON 1 PASSING**

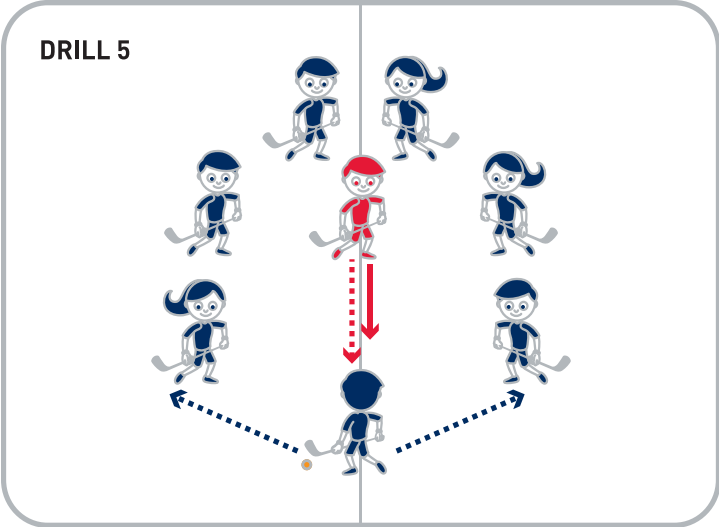
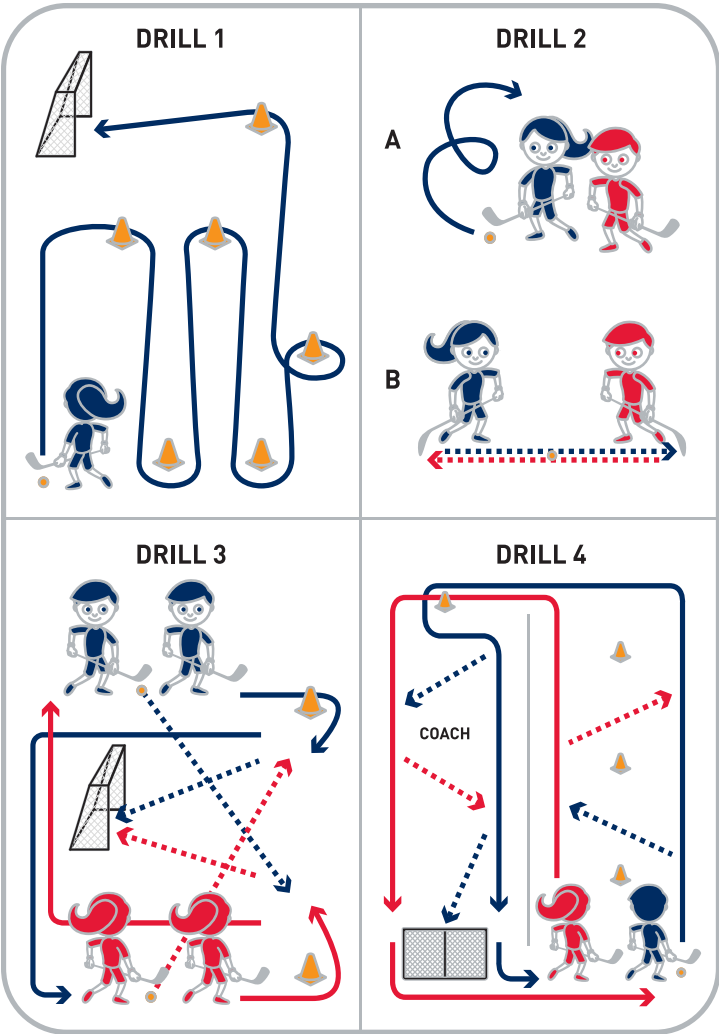
Place three cones in a straight line. Players will form two lines, one on each side of the cones. Players pass through cones to their partner, turn at the top cone, and form a 2 on 1 with teacher playing defense. Have players taking turns playing defense as well.

**DRILL 5: MONKEY IN THE MIDDLE**

Players form a circle with one player in the middle. The player in the middle tries to intercept passes being made. If a player’s pass is intercepted, that player becomes the monkey.

**GAME PLAY 4v4 (10 minutes)**

Divide the players up into two teams. Play 4v4 without goalies for the remaining 10 minutes of practice.



# BLUE JACKETS POWER PLAY CHALLENGE

**LESSON PLAN 6:** Time: 60 minutes  
Practice Theme/Goals: Basic Ball Control, Passing, and Shooting  
Equipment: Cones, 1 net, ball and stick for each player

**WARM-UP: STRETCH** (5 minutes)  
Have the teacher lead players in a variety of stretches. Remember to hold the stretches for 8-10 seconds. Have the kids participate by counting with the teacher.

**2 DRILLS AT 10 MINUTES EACH** (20 minutes)  
Players should rotate through Drills 1-4 in their respective spaces, then collectively participate in 'Stickhandling Freeze Tag' for the remaining 10 minutes utilizing the entire space.

**DRILL 1: TAKE OUT THE GARBAGE**

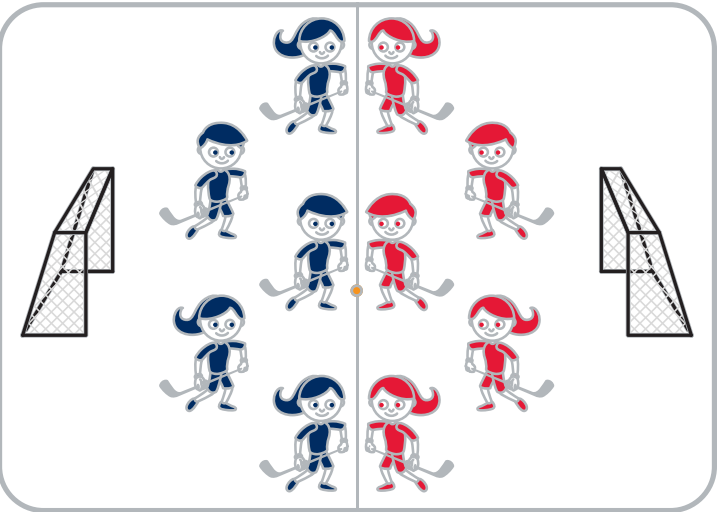
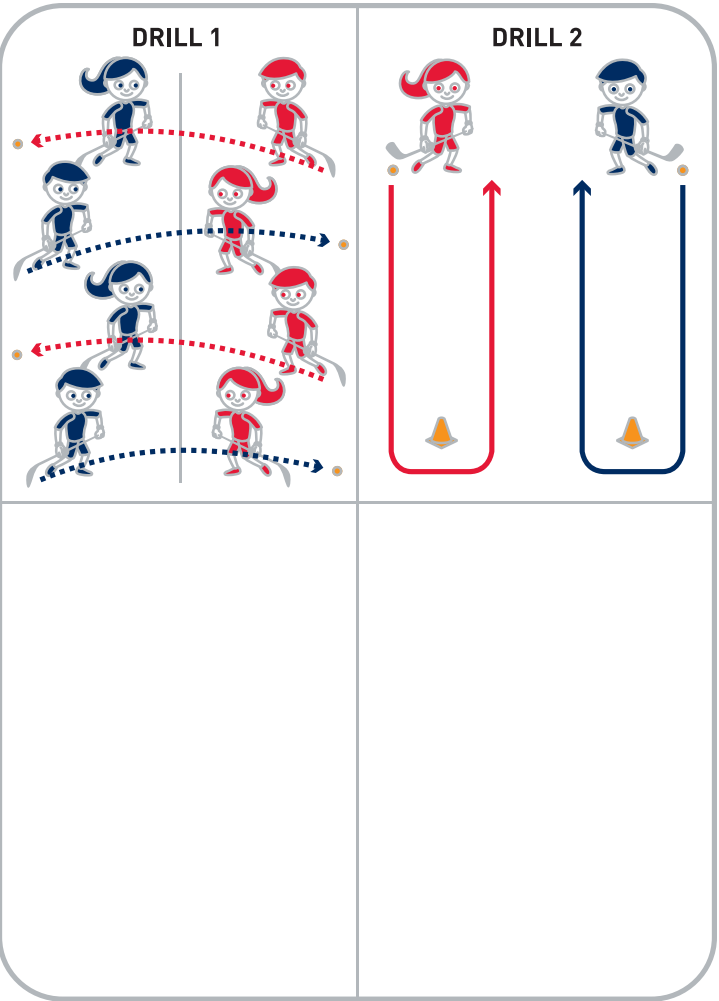
Players split up into two teams with one team on each side of a designated line. Players must stay on their own side. The players attempt to shoot as many balls as possible into the other team’s zone. On the whistle to end the game, the team with the fewest balls in their zone wins. Play best 2 out of 3, 1-minute games. Obstacles can be used as line in the middle as an added challenge for players to lift the ball.

**DRILL 2: RELAY RACE WITH BALL**

Divide players into two teams. Have the players carry a ball around the cone and back, racing against the other team. Have both teams use only one stick and one ball so they have to exchange each time. To increase the challenge, add obstacles for players to navigate through, have them start on stomachs, etc.

**GAME PLAY 4v4 (30 minutes)**

For the rest of practice, let the players scrimmage each other. Separate teams and play 4v4, subbing players out every 90 seconds.







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