



**TEACHER'S
MANUAL**



BLUE JACKETS POWER PLAY CHALLENGE

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.

THE FIVE CHALLENGES

Students will participate in five Blue Jackets Power Play Challenges, collecting a bracelet and a Blue Jackets charm as they complete physical fitness or healthy eating challenges.

1. JENNER'S JOGGING CHALLENGE

Run three miles (cumulative).

2. FOLIGNO'S FITNESS CHALLENGE

Complete 50 push-ups and 50 sit-ups (cumulative).

3. ATKINSON'S AGILITY CHALLENGE

Complete and show grasp of three hockey drills: stickhandling, passing, and shooting.

4. BOBROVSKY'S BALL 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. JONES' NUTRITION CHALLENGE

Demonstrate an understanding of healthy habits utilizing the grocery list and healthy meal handout.

KEEPING TRACK

All students will receive a Blue Jackets bracelet and one Blue Jackets charm once they complete their first challenge. For every challenge completed, students will receive another Blue Jackets charm to put on their bracelet. Once the student completes all five challenges and collects all five charms, the Blue Jackets Power Play Challenge will be complete!



Each school will receive a wall chart to display in the gym to track each class' progress. Once a student completes all five challenges, they will receive an exclusive ticket offer to a Blue Jackets home game. **All students in their school's highest grade level will be invited to a free S.T.E.M. Education Field Trip to a local OhioHealth Chiller Ice Rink. Field trips are provided at no cost and each student will receive a free street hockey stick and ball to keep.**

HELPFUL TIPS FOR THE STREET HOCKEY CHALLENGES

PROPER WAY TO HOLD A HOCKEY STICK

IF STUDENTS ARE RIGHT HANDED, HAVE THEM TAKE THEIR LEFT HAND AND MAKE A FIST. THE TOP END OF THE STICK GOES IN THEIR FIST. THEN HAVE THEIR RIGHT HAND COME UNDERNEATH THE STICK AND GRAB IT. IF STUDENTS ARE LEFT HANDED, FOLLOW THE SAME STEPS BUT SWITCH HANDS. THE DISTANCE BETWEEN THE TWO HANDS SHOULD ROUGHLY BE THE DISTANCE FROM THE ELBOW TO THE HAND. FOR SAFETY PURPOSES THE STICK BLADE SHOULD ALWAYS REMAIN ON THE FLOOR!

STICKHANDLING

Stickhandling is a skill that helps control the ball close to your body. This will help protect the ball from your opponents. Students will start with the ball in the middle of their stick blade. To stickhandle, have them roll their wrists back and forth while moving the ball from side to side of the blade. (Cup the ball with the front and back of the stick blade for control.) Students should go slow at first and then gradually go faster when they get more comfortable. All students should strive to stickhandle with their eyes looking up so that they can see what is happening around them.

STICKHANDLING DRILL

Have students practice stationary stickhandling for a warm up. Break the students into evenly divided lines. Set up a row of cones in front of each line. The students will stickhandle in and out of the cones until they reach the last cone. They will turn around the last cone and go back weaving through the cones until they get back to the line. Once the first student finishes, they give the ball to the second student in line. The second student in line repeats.

PASSING

Passing is used to move the ball back and forth between teammates to get around defenders and up the court faster. Start with the ball on the students' stick behind their back foot. Have students make eye contact with their target so that they know the pass is coming. Make a sweeping motion forward and transfer the weight of the body from their back leg to their front leg. While completing the pass, make sure students follow through and have the stick pointing at their target. Keep the stick on the ground throughout the entire passing process. While receiving a pass, start with your stick in front and move your stick backwards to cradle the ball. This helps prevent the ball from bouncing off the stick.

PASSING DRILL

Have students practice passing to a partner for a warmup. Break the students into two lines on opposite sides of the gym facing each other. First student in line one starts with a ball. The student that has the ball stickhandles across the gym going towards line two. Once the student gets to the halfway point, they pass to the first person in line two. Once the first student in line two receives the pass, they stickhandle to the halfway point and pass to the next student in line one. Have the drill flowing to get all the students involved.





SHOOTING

Shooting is the skill used to put the ball on net and score goals. The motion used for shooting is similar to the motion for passing. Start with the ball on the front of the stick blade with the ball near the back foot. Students will transfer their weight to their front foot while sweeping the ball forward. When the ball gets to the front foot, snap and roll the wrist. Pull the top hand while pushing the bottom hand. The follow through is the same as passing, point the stick at the target. Don't let the stick go above your knees.

SHOOTING DRILL

Depending on how many students you have in the class, split them into groups of two to four. Spread the groups throughout the gym facing the wall, about 10-15 feet away. Each group gets one stick and ball. Have one student from each group shoot repeatedly against the wall for 30 seconds. Then rotate students until everyone has gone.



HELPFUL TIPS FOR THE STREET HOCKEY GAME CHALLENGE

THE OBJECT OF STREET HOCKEY IS TO GET THE BALL IN THE OPPOSING TEAMS' NET; A GOAL EQUALS ONE POINT. EACH TEAM HAS AN EQUAL AMOUNT OF PLAYERS ON THE COURT. THERE ARE THREE FORWARDS (LEFT WING, CENTER, AND RIGHT WING) AND TWO DEFENSEMEN (LEFT DEFENSE AND RIGHT DEFENSE). FOR THIS EXERCISE USE THE 'SHOOTER TUTOR' SIDE OF YOUR HOCKEY NET - FOR SAFETY REASONS, STUDENTS WILL NOT PLAY IN GOAL. YOU CANNOT USE HANDS OR FEET TO SCORE A GOAL. IF THE BALL GOES OFF A PLAYER UNINTENTIONALLY, THEN THE GOAL COUNTS. STUDENTS SHOULD PLAY A 30-90 SECOND SHIFT ALLOWING FOR A QUICK CHANGE OF FRESH PLAYERS.

SAFETY

The stick may never go above the students' knees and there is no body contact allowed. Defensemen can't cross in the offensive half of the court. Wingers can't cross into the defensive half of the court. Left wing and left defensemen can't cross to the right side of the court. Right wing and right defensemen 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.

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:

Tripping, slashing, hooking, high sticking (playing the ball above the waist) and cross checking (checking with stick).



HELPFUL TIPS FOR THE NUTRITION CHALLENGE

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.

NUTRITION TIPS

1. Make sure your plate has three 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 drills below, or contact Jason Zumpano at 614-246-4152 or JZumpano@BlueJackets.com.

STICKHANDLING

Outline an area of space depending on how many students are in a group. Each player has a ball. Students stickhandle while moving around the outlined area. They must stay in the space to practice stickhandling in a small area while paying attention to their surroundings and not run into anyone.

PASSING

Line up cones going across the gym. Have students get into two lines, one on each side of the cone. One student from each line will pass the ball back and forth in between the cones while going across the gym. Have the finished groups wait on the other side of the gym until all groups end up on one side. Then repeat going back.

SHOOTING

Have students line up in two corners on the same side of the gym. Have the first player in line one go around a cone about 20 feet away. Once they get past that cone, they will receive a pass from the first player in line two and shoot on net. After the first player in line two passes the ball, they go around a cone about 20 feet away on their side of the gym. They receive a pass from the second player in line one and shoot on net. Repeat pattern. Once the drill starts, it will run continuously until the coach stops it.





COLUMBUS BLUE JACKETS

**Make learning exciting with one of the
Blue Jackets' no-cost education programs, visit:
BlueJackets.com/Education**

Grassroots Hockey Manager

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