

LEAD UP GAME: WALK THE PLANK

APEQ CONFERENCE 2024

Name: Mr. Ricci

Category of Game: Target (Primary) - Cooperation (Secondary)

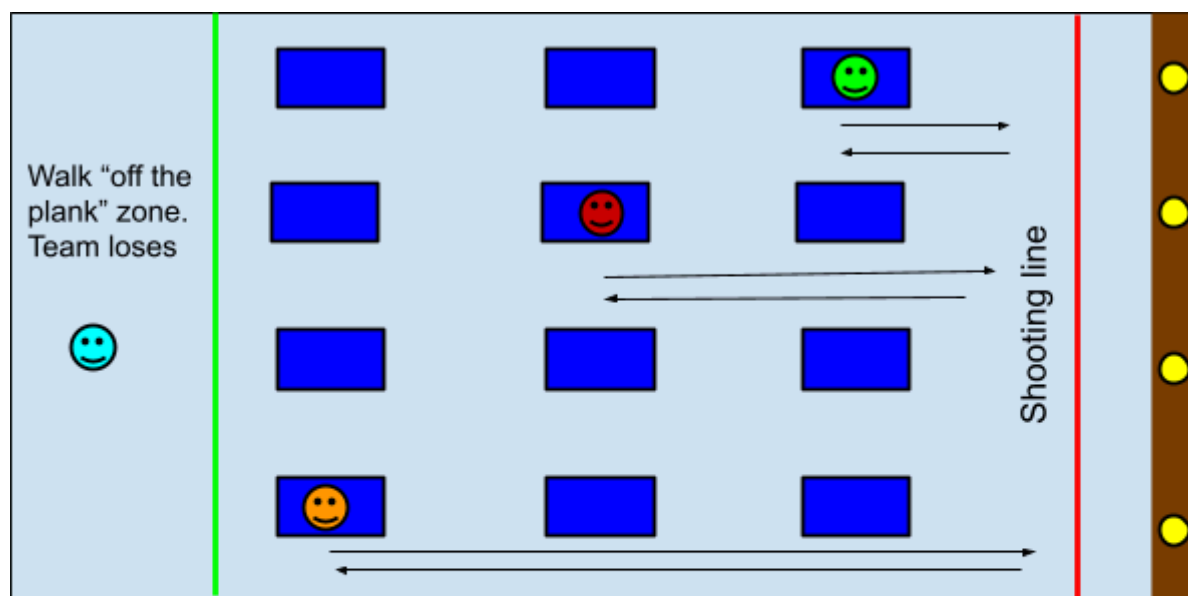
Skill: Hockey - Wrist shots (Primary) - Stick handling (Secondary)

Name of Game: Walk the plank

Objective:

The main objective of our game **IS TO** be the last team standing on the planks **BY** shooting a target and sending other teams back until they "fall off" the plank

Diagram:



Target(s) on bench



Team



Mats with whole team on it

Procedures & Rules:

- The class is split into 4 teams
- Each team starts on the plank (mat) nearest to the shooting line
- The team is in a line on the mat and every person must go in order
- First person stick handles to the shooting line and takes a wrist shot
- If the target is not hit, retrieve the ball and go back to the team for the next person to go and try to knock it down
- If the target is hit, scream out another team's colour! (Put target back up)
- This team must back up to the next plank making it longer to reach the shooting line
- Try to be the last team standing by booting another team off their final plank!

Equipment:

- Hockey sticks
- Pinnies
- Mats
- Pins/other form of target
- Bench or something else to raise height of target promoting lifting the ball when using wrist shot

Learning cues:

- Drag (Momentum from back of body to front)
- Scoop (get under the ball)
- Shovel the snow (move ball follow through)
- Motorcycle (use wrist)

Safety:

- Make sure to be in line with your target to create safe lanes of shooting

Now time for some modifications so remember the diagram 😊



Modifications

TIME

- Easier:
 - No time limit
- Harder:
 - You have 5 minutes to be the team who is on nearest "plank" to shooting line

SPACE

- Easier:
 - Shooting line very close to target
- Harder:
 - Shooting line further from target

EQUIPMENT

- Easier:
 - Can be played with a bigger hockey ball (wiffle ball)
 - Multiple or bigger targets
- Harder:
 - Regular size hockey ball
 - Only one smaller size target

RULES

- Easier:
 - Less mats
 - If you hit a target your team can move up a plank
 - Forehand wrist shots only
 - 1 to 3 shots each to hit target
- Harder:
 - More mats

- The team can get back in the game by completing a group consequence such as doing the plank together for 30 seconds eliminated
- Before moving back planks you need to all complete an exercise
- Select students who are very comfortable need to use back hand wrist shots
- Only one try to hit target

*(Mats can also be replaced by lines marked off by cones " ladder" style all they way down the gym with many more levels, in this case you can have more teams with less students in them)