

# PERSONAL BEST - Hockey



## Figure of 8 Challenge

### Quick Introduction

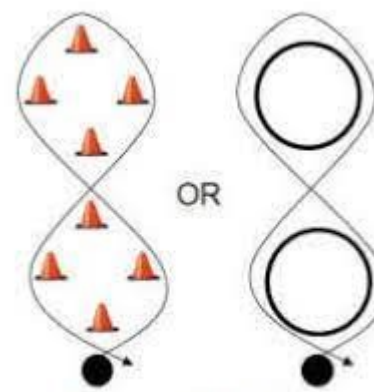
- In this challenge players try and dribble the ball around the cones in a figure of 8 as many times as possible in 60 seconds

### Getting Started

- Set up 2 cones 1m apart
- Get a hockey ball and a stick
- Get someone to count for you
- Get someone to time for you
- Go!

### Scoring System

- 1 point for every times you pass your start point.



### Health and Safety

- If the ball rolls away, look to make sure you don't run into anyone when collecting it.

### Equipment Required

- 1 hockey ball
- 1 wooden hockey stick
- 2 cones
- Stop watch
- Score sheet

