

# CAMPS AT HOME

## Frisbee

### Materials:

- Hockey stick
- Ball

### Steps:

1. Find a safe place to play that gives you plenty of room and gather your ball hockey materials.
2. Start off by properly holding the stick. You want to make sure your hands are spread apart, one being towards the middle of the stick and the other closer to the top. You want to make sure you have a steady and flexible grip. You should be able to have a good range of motion with your hands and wrist.
3. The first skill to try is passing. You are going to begin with, an athletic stance, with the ball being slightly behind you. You are going to push the ball forwards towards your target with your stick. Once you release the pass your stick should be pointing in the same direction as your target. You can also try passing with your backhand as well. You will use the other side of the stick blade and repeat the same motion.
4. Stickhandling is the next skill you can try. Set up four objects that are spread equally apart in a straight line. Then you will weave in and out of each object until you reach the end. You will be alternating the ball back and forth on each side on the blade keeping the ball close within the objects while you curve around them. Once you have practiced this a few times you can increase your speed.
5. Shooting the ball is the next skill you can try. First, you are going to set up your net. You can use a net you have at home or you can make your own, it's easy. Find two objects and then place them equally apart. Once you have that setup, you can shoot between them. When you are practicing, shoot start close to the net and slowly work your way farther away. For shooting, you are going to do a similar motion like passing but you are going to use more force and aim for the net instead. You can practice trying to aim for different sections of the

net and raising your shot upwards. To help with lifting the ball when shooting, angle your stick blade in an upwards motion. This will help give the ball one lift when shooting.

6. Once you have mastered the basic skills you can try a TRICKSHOT! You can try out the most epic shot you can imagine and score. Practice your trick shot and show off your awesome ball hockey skills.
7. Some fun ball hockey games to try-out as well are:
  - Penalty shootout
  - on 3 scrimmage
  - Ball hockey obstacle course

Check out the video for more explanation! <https://youtu.be/8qBqAr1OU8s>