**Four Goal Noodle Hockey**

**3-5**

Four Goal Noodle Hockey

* This is a great game for practicing hockey dribbling, shooting, defense, and goal keeping.
* The object of the game is to score the most goals.

1. Divide the group into 4 teams of 4-6 players. Have each team wear a different color pinnie.
2. All players begin play in their own corner.
3. Players can dribble or pass the ball or puck until they get close enough to another teams goal to score. Teams can score on any goal but their own.
4. When a goal is scored the player who scored the goal gets a bean bag from the goal they scored in and carries it to their own goal and becomes the new goalie for their team.
5. Players must keep their stick below their knees at all times.
6. The game can be played for time and the team with the most bean bags is the winner or a team can be eliminated when they run out of bean bags until there is only 1 team left.

Equipment

Cones or small soccer goals, bean bags 5 per team, pennies(4 colors), Half pool noodles OR hockey sticks, whiffle balls or noodle slices (1 per team) and line markers or poly spots to mark field.

Soccer Goals or cones to mark the goal