

2022 Virtual Events – Poly Hockey Event Descriptions

General Information

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using correct equipment
- Drinking water and staying hydrated
- Warming up and stretching properly
- Being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- Maintaining social distance rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- Shortness of breath
- A rapid or irregular heartbeat

Games Specific Information and Deadlines

Season Opening: January 1, 2022

Season Duration: January 1 – February 25, 2022

Qualifying Scores Due: January 31, 2022

Final Scores Due: February 26, 2022

Event List with Descriptions and Diagrams

Irish Dance

How many times can you tap the top of a ball or block with each foot in 60 seconds

Set Up: Stand tall, maintaining an upright position. Alternate tapping the bottom of your feet on top of the ball. Perform as many touches as possible in 1 minute.

Items Needed: Use a Soccer Ball, Plyo Box, Basketball, any type of large ball, Bleacher Step, or a Sidewalk Curb, choose something that is about 6-12 inches from the ground, and a Timing Device

What to Record and Submit: Record how many times each foot touches the top of the ball, or block in a 1 minute time period.



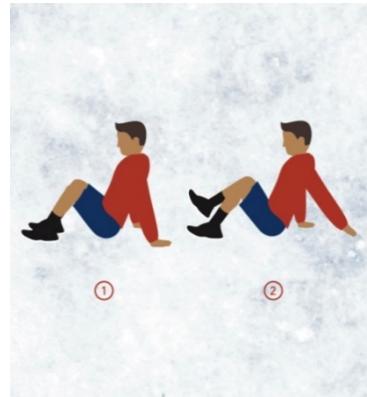
Crab Walk

How fast can you crab walk 10 meters

Set Up: In a crab walking position, sit on the ground with your hands about a foot behind your glutes. Lift your pelvis off the ground and crab walk backward for 10 meters, then continue forward for 10 meters to return to your starting line.

Items Needed: Measuring tape and Timing Device

What to Record and Submit: Record how long it takes you to Crab Walk backwards 10 meters and forwards 10 meters.



5 Dot Drill

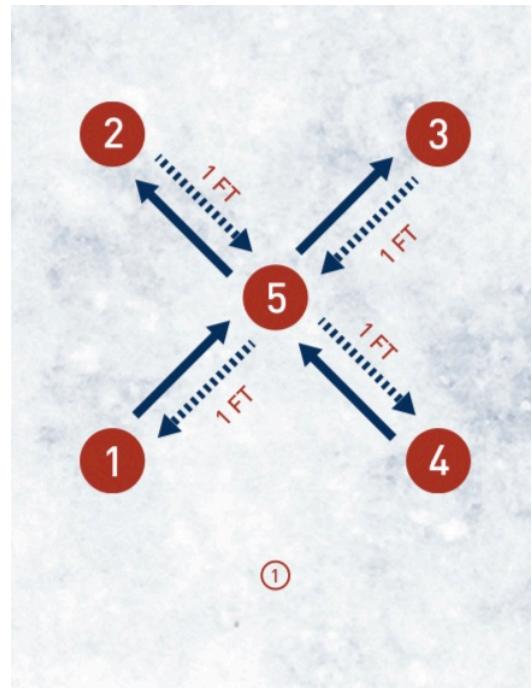
How many times can you complete the 5 dot pattern in 1 minute.

Set Up: Use tape to form the 5 dot drill pattern seen in the photo.

- Start in the center at #5
- Using 2 feet jump to dot #1
- Now Forward to dot #5 (center), then forward to dot #2
- Backward to dot #5 (center)
- Forward to dot #3
- Backward to dot #5 (center), then backward to dot #4
- Forward to dot #5
- Backward to dot #1
- Repeat for the entire 1 minute

Items Needed: Tape and a timing device

What to Record and Submit: Record how many times you complete the entire 5 dot drill pattern in 1 minute. In order to count the pattern as complete, you must return to the last #5 spot in the pattern before the time runs out.



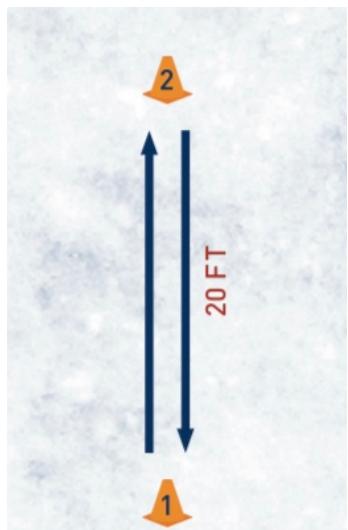
20 Foot Sprints

How many 20 foot sprints can you complete in 1 minute

Set Up: Mark a 20 foot distance using either cones, or tape marks. Begin at one of the marks. Begin timing and run as fast as you can to the next mark, quickly turn and run back to the starting mark. Continue this pattern till the 1 minute is over.

Items Needed: Tape, or cones and a timing device

What to Record and Submit: Count how many times you return to the starting mark. Each time you return to the starting mark, count this as 1 completion, each return to the starting mark counts as 1 lap. Report how many laps you complete in 1 minute.



Zig Zag Jumps

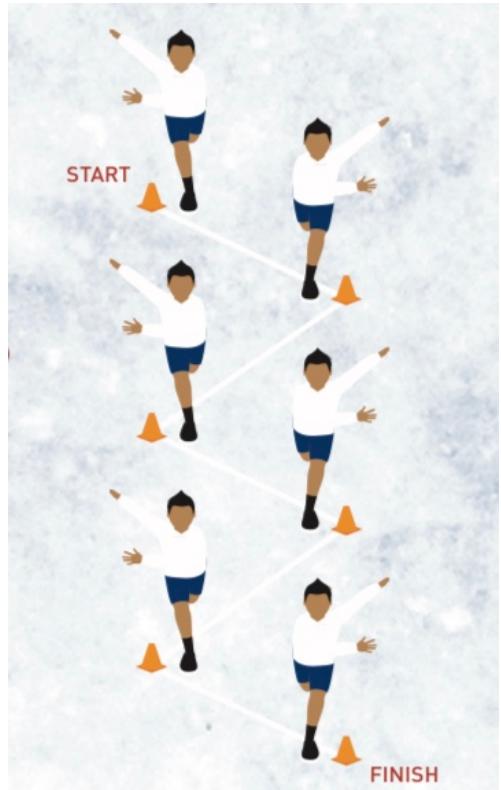
How many times can you complete the Zig Zag Jump Pattern in 1-minute.

Set Up: Set up 6 cones, 3 feet apart in a zig zag pattern.

- Start by standing on the inside of the first cone
- Load weight onto the right leg with a deep knee bend.
- Place left leg behind the right leg keeping it in mid-air.
- Jump to cone #2 landing on left leg while swinging arms to the right- simulating a hockey stride
- Repeat these same steps using the other leg while jumping to cone #3
- Continue to this pattern till you reach the last cone
- Jog back to cone #1
- Repeat the pattern till the 1 minute time period has ended

Items Needed: Cones or tape to mark the area, Measuring tape, timing-device

What to Record and Submit: Record how many times you complete the pattern from mark #1 to mark #6 in 1 minute. If the time runs out while in the middle of a pattern DO NOT count that pattern as completed.



Inch Worm

How long does it take you to complete 10 Inch Worms

Set up: Start in a push – up position, your back should form a flat bridge. Perform 1 push up. Lift your hips to form a V. Slowly walk your feet to your hands while keeping your knees straight. Keep your feet planted and now walk your hands back out to a push up position. Perform 1 push up, and repeat the pattern 10 times.

Items Needed: A timing device

What to Record and Submit: Record how long it takes you to complete 10 inch worms. A complete Inch worm starts in the push up position and ends in the push up position.



Frog Leaps

How long does it take you to complete 20 Frog Leaps?

Set Up: stand in a wide squat stance with toes pointed out. Squat down into a 3/4 stance. Leap Frog forward 2 jumps, then backward 2 jumps. This counts as 4 leaps. Do this pattern 5 times.

Items Needed: Timing Device

What to Record and Submit: Time how long it takes you to complete 20 Frogs Leaps. Record the time.



Two Person Events

The following exercises must be done with a partner/family member/team mate/coach (the partner will not be awarded for their participation in this event, they are assisting the athlete in completing these events).

Balance and Catch

How long does it take you to complete 20 successful catches while balancing on one leg.

Set Up: Stand 5 feet away from your partner. Stand on one leg, either leg is fine, using a tennis ball choose either hand and throw it to your partner, while continuing to stand on one leg. You can throw overhand or underhand. Continue to balance on one leg. Now your partner will throw the ball back to you, while you are balancing on your leg. Continue to stand on your one foot while you catch the ball. Now switch feet and stand on the other leg. Standing on the other leg, throw the ball back to your partner. Continue this pattern till you (the athlete) reaches 20 successful catches.

Items Needed: A tennis ball or a ball of equivalent size, a timing device

What to Record and Submit: Record how long it takes you to complete 20 successful catches while balancing on one leg. A successful catch means you stayed balancing on one foot while you caught the ball.



Receiving Drill

How many times can you successfully receive the puck using your hockey stick when it is passed to you, out of 20.

Set Up: Stand 10 feet away from your partner. Your partner must have a hockey stick as well. Using the stick your partner will pass the puck to you. You will receive the puck using the face of your stick. The puck must come to rest after touching the face of your stick. It will not count as successful if you stop it with any part of your body, the puck must be stopped with your stick.

Items Needed: A hockey puck and 2 Hockey Sticks



What to Record and Submit: Record how many times out of 20, you successfully receive the puck using your stick.

Poly Hockey Events

The following exercises are specific to the sport of Hockey and you will need a flat surface, a hockey puck and a hockey stick to complete this sequence.

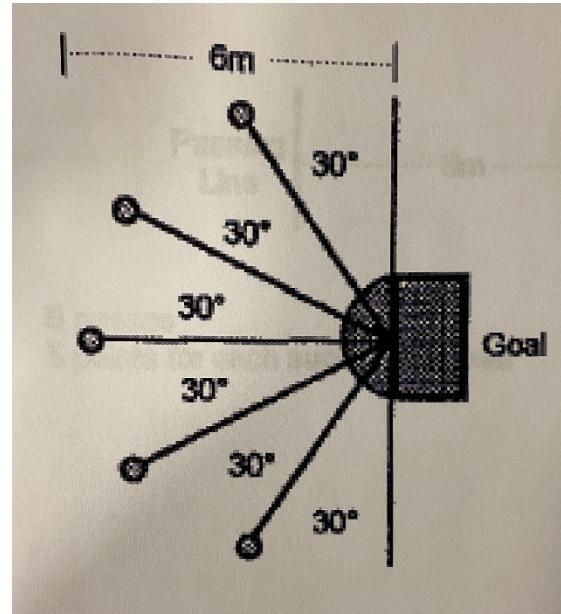
Shoot Around the Goal

How many goals can you make out of 10 shots.

Set Up: Mark a goal on the wall, a 4ft tall by 5 ft. wide rectangle. Measure 6 feet from the center of the goal and make a mark. Now mark 4 new spots, two on either side of the center mark. Allowing 30 degrees between each mark. See the diagram for how this should look. Now beginning on one side shoot a single puck into the goal. Make your way across all 5 marks shooting a single puck. Now make your way back to the other side shooting a single puck from each of the 5 marks.

Items Needed: A flat surface, a hockey puck, a hockey stick, something to mark your goals and spots, either tape or chalk will work.

What to Record and Submit: Record how many times you make a goal out of 10 goals.



Puck Pass

How many shots can you make it through the marks from 8 meters away out of 10 shots.

Set Up: Create a line 1 meter in distance using tape or chalk. Mark the ends of the lines with an X, water bottles, cones, rocks, or something else, the goal is to create a 1 meter long “goal”. Now measure 8 meters (26.24 feet) away from this line. Create another line at this 8 meter distance, you do not need place anything on the sides of this line. This line is your starting line. From this line shoot towards the goal line you created. Shoot times.

Items Needed: Tape, or Chalk, measuring tape, something to mark the ends, water bottles, rocks etc. Hockey Puck, Hockey Stick.

What to Record and Submit: Record how many times you make the shot out of 10 tries. In order for the shot to count it must pass over the 8 meter line and between the ends of the line. If the shot goes outside the marked ends of the line, it does not count.



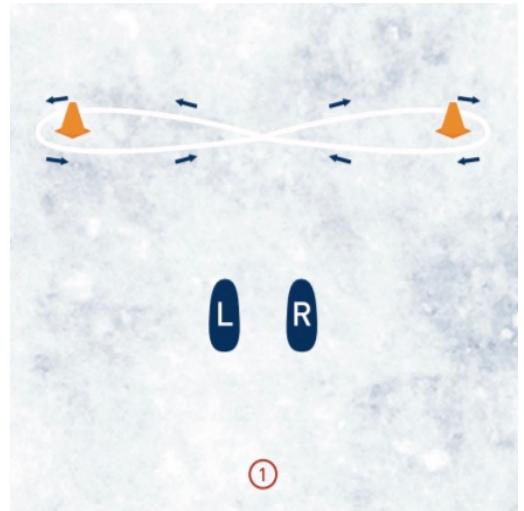
Figure 8's

How many figure 8's can you complete in 1 minute

Set Up: Set 2 cones/x marks/bottles of water/rocks or something similar, 4 feet apart in a line. Begin at either cone/marker, using a stick and puck, move towards the other mark and swing out creating a figure 8 pattern. Circle around the marker and swing back to the other mark continuing your figure 8 pattern. Do this as many times as you can in 1 minute.

Items Needed: Cones, tape, water bottles, rocks or something similar, a measuring tape, a hockey puck and a hockey stick, timing device.

What to Record and Submit: Submit how many times you complete the figure 8 while keeping control of the puck in 1 minute. A complete figure 8 is starting and ending at the same cone/marker. If your time runs out and you are in the middle of the figure 8, that figure 8 does NOT count, you must complete the figure 8 for it to count.



Soft Touch

How many controlled touches can you make in 1 minute for each of the 3 parts

Note: The following information is the same for all 3 parts.

Set up: Set cones/tape marks/water bottles etc. 1 foot apart.

Items Needed: Cone/tape/water bottle, measuring tape, hockey puck, hockey stick, timing device.

What to Record and Submit: Record how many times you loose control of the puck in 1 minute. Use the following equation to find your score. Number of times you lost control of the puck subtracted from 60 seconds equals your score. For example if you lost control of the puck 10 times this is how you would find your score: $60-10=50$. Your final score is 50.

Part 1: Keeping the puck in front of your body, stand far enough away from the cones so you hockey stick sit right in front of the cones. Move the puck back and forth from one cone to the other using soft touches. Keep control of the puck and move as quickly as you can from cone to cone. Note: your feet stay still planted, only the puck and stick are moving.



Part 2: Position yourself to the right of the cones (use the diagram for reference). Keeping the puck to the left of your body, move the puck back and forth from one cone to the other using soft touches. Keep control of the puck and move as quickly as you can from cone to cone. Note: your fees stay still, only the puck and stick are moving.

Part 3: Position yourself to the left of the cones (use the diagram for reference). Keeping the puck to the right of your body, move the puck back and forth from one cone to the other using soft touches. Keep control of the puck and move as quickly as you can from cone to cone. Note: your fees stay still, only the puck and stick are moving.

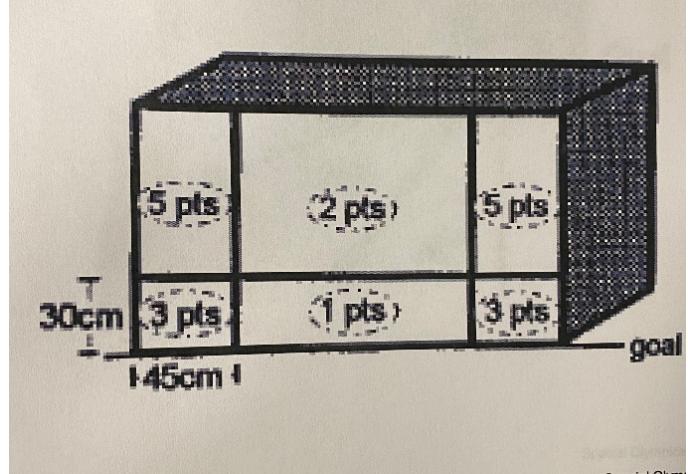
Shoot For Accuracy

How many points can you make while shooting 10 pucks into the goal

Set Up: Mark a goal on the wall, a 4ft tall by 5 ft. wide rectangle. Divide the goal into the following 6 sections. From the top right corner measure in 18 inches (45 cm) towards the center, strike a vertical line to the floor. From the top left corner measure in 18 inches (45 cm) to the center, strike a vertical line to the floor. Now from the bottom right corner measure up 12 inches (30 cm). From this point strike a horizontal line all the way to the other left goal post. You now have created 6 sections. From the center of the goal, measure back 5 feet, strike a line at this mark, this is your starting line. From this point shoot the puck 10 times. Give yourself points if the puck hits the goal in the following sections:

- 5 points for any shot hitting the goal in either of the upper corners
- 3 points for any shot hitting the goal in either of the lower corners
- 2 points for any shot hitting the goal in the upper middle section
- 1 point for any shot hitting the goal in the lower middle section
- 0 points for any shot that does not enter the goal, this includes any shots that hit the wall outside of the taped goal.

Items Needed: Tape/Chalk, Hockey Puck, Hockey Stick



What to Record and Submit: Submit how many points you earn from hitting 10 pucks at the goal. Use the above point system to know how many points to give yourself for each puck hit.

Run/Walk or Roll in wheelchair for Distance

Beginning on January 18th, take a daily run, walk, or roll in a wheelchair, record your distance each time. Keep a journal to keep track of your mileage and submit the total number of miles run, walked or rolled in 8 weeks. You do **not** need to submit a qualifying score for this event. You will need to use some form of tracking device to find your distance. There are many different apps, watches and pedometers to use at no cost. Submit your total miles by March 15th when the final scores are due.