



WILDCATS HALF TERM CHALLENGE

Can you complete the activity Bingo Card below?

Starting on Monday 15 Feb and finishing by Sunday 21 Feb. Complete in any order.
Post your pictures on the Facebook WHC Players Page to show the club how you are getting on!

(<https://www.facebook.com/groups/2249439594>)

<p style="text-align: center;">1</p> <p>Complete a Challenge/Skill video (links below)</p>	<p style="text-align: center;">2</p> <p>Walk or run 2km</p>	<p style="text-align: center;">3</p> <p>Set up a hockey obstacle course and complete - use anything you can think of to make the obstacles.</p>	<p style="text-align: center;">4</p> <p>Complete a workout video (links below)</p>	<p style="text-align: center;">5</p> <p>Figure 8 How many "8's" can you make in 60 seconds? (instructions below)</p>	<p style="text-align: center;">6</p> <p>Use your stick to move any ball to spell out WILDCATS. How fast can you move your hands? Can you use different types of balls?</p>	<p style="text-align: center;">7</p> <p>Complete a Pyramid workout (instructions below)</p>
<p style="text-align: center;">8</p> <p>Footwork How many directions can you move your feet? (Instructions below)</p>	<p style="text-align: center;">9</p> <p>Inside or outside - gather some items to spell out WILDCATS. Some ideas are sticks, leaves, stones, lego, toy cars or a mixture of everything!</p>	<p style="text-align: center;">10</p> <p>Roll any ball up and down the stick - from hook up the handle. How far up the handle can you go? Can you do it with different types of ball?</p>	<p style="text-align: center;">11</p> <p>How many things can you use your hockey stick for? Take a photo and post the most unusual!</p>	<p style="text-align: center;">12</p> <p>Complete a BodyCoach workout in your Wildcat kit! The Body Coach TV - YouTube</p>	<p style="text-align: center;">13</p> <p>Scavenger Hunt! How fast can you find an item beginning with - W I L D C A T S H O C K E Y One item per letter!</p>	<p style="text-align: center;">14</p> <p>How many parts of the hockey stick can you balance a ball on? Can you switch between the different parts without touching the ball with your hand?</p>

Who knows - if you manage to complete the card, there may be prizes if we get back on pitch soon!

Instructions & Links

1. Complete a Challenge/Skill video

Choose from -

https://m.youtube.com/watch?v=2G_BS_R3VU8&feature=youtu.be

<https://m.youtube.com/watch?v=wRgH8-fVFM>

<https://m.youtube.com/watch?v=QNrL7zhzoks>

<https://m.youtube.com/watch?v=eKtv0xeEHpU>

4. Complete a workout video

Choose from -

https://m.youtube.com/watch?v=c_UZVWqD3WU&t=21s

<https://m.youtube.com/watch?v=-SxHghDvTOo&t=32s>

<https://m.youtube.com/watch?v=HpYd3o3SQ5s&t=751s>

5. Figure 8

Stand with your feet shoulder width apart. Move your stick and ball so that you make a sideways figure 8 (∞) with the ball. Don't let your stick leave the ball at any point. How many figure 8's can you make in 60 seconds?

7. Complete a Pyramid work out

Write numbers 1 to 10 on a piece of paper. Assign an activity to each number.

Eg:

1 - Burpee

2 - Star Jump

3 - Press up

etc

Put on some music and start your workout!

Do one of the first activity, two of the second, three of the third etc until you reach 10 and then reverse.

Repeat 3 times.

8. Footwork

Place 4 markers at North, South, East, West - stand in the middle.

Practice your footwork - moving forward, moving backwards, sideways to the markers and back to the middle. Try diagonal around the outside of the markers.

Can you keep your balance when you change direction? Can you keep your head up when moving?

How fast can you visit each marker and then complete a circuit around the edge too?