

# Go Outside

## Roller Hockey

### **What you need:**

- 1 Pair of roller blades per person
- 1 Hockey stick per person
- 1 Puck
- Goal posts ( you can use soda cans )
- Asphalt or concrete area to play



### **How To Play**

The more kids, the more fun. Make two teams and divide the playing area into two sides. You should set "out of bounds" on the sides and by the goal line on all the sides. Set the goals up at either end of the playing area. Both teams are trying to get the puck into the opponents goal by either dribbling the puck or passing with their teammates. If the puck goes out the other team gets to restart it by passing it in from the sidelines. Keep score and see which teams gets to 7 first!