

Controlling or stopping the movement of an object using an implement.



- Move into the path of the object to intercept it
- Maintain eye contact with the object
- Assume a ready position with a strong base of support
- Present a large surface of the implement to trap or block the object
- As the object strikes the implement, cushion the object to absorb the impact
- Control the object by slightly moving the implement in the same direction as the object's motion

I can also...

- play field hockey
- play scooter hockey
- play ringette

Self Check Questions:

- Do I follow the path of the object and move my body to intercept it?
- Am I able to control the object by cushioning it with my implement?
- Do I use my implement safely, keeping it down near the floor?