

Pool Noodle Field Hockey

Field hockey will be played at the 2024 Olympics with both a men's and women's tournament. Pool Noodle Field Hockey is the perfect adaptation for kids who love hitting balls with sticks, bats and paddles. With a few items, you can set this up in minutes, but the kids will be entertained for hours.



What you need:

- One pool noodle per player
- Four objects to use as goal posts - 2 for each team
- 1 large soft bouncy ball

What to do:

1. Find an area and set up your goal posts on opposite sides.
2. The objective is to score goals on your opponent's "net" and prevent an opponent from scoring on your "net."
3. Played like traditional hockey, 1 point awarded per goal.
4. No checking or hitting with pool noodles allowed.
5. For younger players you can put out a bunch of balls and tell them to strike the ball into the "nets" to score points.

Did you try this activity?
Send us the results to:
sarahf@weewatch.com

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