

SKILLS IN THE SPOTLIGHT

Identify one injury that can occur during hockey dribbling

Name one protective item worn during hockey to reduce injury risk

Explain how appropriate clothing helps prevent hypothermia in hockey

Explain one sign of hypothermia that could occur during cold-weather hockey

Explain why completing a warm-up reduces the risk of injury when dribbling in hockey

Describe how asthma can affect performance during hockey



Hockey -
Dribbling

SKILLS IN THE SPOTLIGHT

Ankle sprain

Shin pads

Shivering occurs as the body tries to generate heat when body temperature drops

Breathing becomes difficult and the performer may tire more quickly

Insulating layers retain body heat

Increases muscle temperature; improves flexibility; prepares the body for movement



Hockey -
Dribbling