

FLOOR HOCKEY LESSON

OBJECTIVES

The students will be introduced to and practice the following skills:

1. Safety rules
2. Grip Technique
3. Ready Position
4. Dribbling Technique
5. Passing Technique
6. Receiving Technique
7. Wrist Shot
8. Goalie Play

SKILLS

Safety Rules

1. Always keep the blade below the waist.
2. Don't crash into people.

Grip Technique

Put one hand on the top of the stick (shake hands with stick) and put the other hand about 12" below the first hand.

Ready Position

Slightly bend your knees. Keep the blade close to the floor as you move.

Dribbling Technique

Move the puck forward by using short taps back and forth as you go. Slightly tilt the stick over the puck for better control.

Passing Technique

Use a smooth sweeping motion and pass the puck ahead of your partner.

Receiving Technique

Keep your eyes on the puck and give with the puck as it reaches you.

Wrist Shot

The top hand stays next to the body, while the bottom pushes (sweeps) the puck. Snap your Wrist as you make contact with the puck.

Goalie Play

Crouch slightly holding the stick with one hand in front of you. Use your feet as a shield against the puck also. Stop the puck first and then clear it to the side where there are no attackers.

**NOTE: SEE game " Hockey Pirates" found in "Ready to Use P.E. Activities 5 & 6"
Page 270**

DAY 1

Discuss safety rules

Demonstrate grip and ready position

DRILL

Each student gets a hockey stick and practices grip while in squads.

Demonstrate dribbling technique.

DRILL

While in squads dribble to the wall and back.

Dribble around the cones and back.

Weave in and out of the cones

Review

DAY 2

Review previous lesson

Form two lines, demonstrate passing and receiving skills.

DRILL

Pass puck back and forth to the wall and back.

Demonstrate the wrist shot

Squads dribble towards target and use wrist shot to shoot at the target.

Review lesson

DAY 3

Review previous lesson

Demonstrate goalie position and play.

DRILL

Use squads, Dribble in and shoot as before, but now the goalie defends the goal.

Partners pass puck back and forth with one of them shooting at the goal. Goalie defends goal.

Review lesson

DAY 4

Review

Select the teams

Discuss the lanes and rotation

Demonstrate face-off

Let the games begin!

LAST DAY OF UNIT

Written test