TOPIC 1: HEALTH BENEFITS OF FLOOR HOCKEY

TOPIC 2: HOW TO PLAY FLOOR HOCKEY

TOPIC 3: SKILL-BUILDING EXERCISES
FLOOR HOCKEY 101

This unit has been arranged to effectively teach the basics of floor hockey using simple instructions, vocabulary and game rules and concepts. This knowledge can be exercised through lessons and activities that will help solidify these rules and offer a hands-on approach.

Most of the skill-building activities are best executed in the gym or outside on the blacktop on a warm day.

OBJECTIVES:
- Students learn an appreciation for the sport of floor hockey
- Students are engaged in physical activity
- Students cooperate and encourage one another in an athletic setting

LEARNING OUTCOMES:
- Students are able to execute basic floor hockey skills, such as passing and shooting
- Students can identify the different positions, players, and rules in a floor hockey game

RESOURCES:
- Getting to Know #14 Alex Burrows – photocopy for each student and discuss
- Various skill-building exercises for passing, shooting, stick-handling, etc.
TOPIC 1
INTRO TO FLOOR HOCKEY

ACTIVITIES

ACTIVITY 1: HEALTH BENEFITS

Lead a discussion regarding the health benefits of playing floor hockey. Have your students brainstorm as a class what the benefits might be. Then photocopy and hand out the “Health Benefits of Floor Hockey” sheet for their reference.

ACTIVITY 2: REFERENCE SHEETS

Photocopy and hand out the “How to Play Floor Hockey”, “Vocabulary” and “Player Positions” sheets for your students reference. You may choose to lead a discussion in the same way that you did with the “Health Benefits” activity before handing these sheets out.

ACTIVITY 3: GETTING TO KNOW ALEX BURROWS

Photocopy and hand out the “Getting to Know Alex Burrows” sheet. Burrows is a forward with the Vancouver Canucks who previously played competitive ball hockey at a national and international level before making it to the NHL.
HEALTH BENEFITS OF FLOOR HOCKEY

Remind the students that there are many great health benefits that come with playing floor hockey, both physical and mental:

- Participating in physical activities on a regular basis helps you strengthen your heart so that it’s easier for it to pump oxygen throughout your body, it builds healthy bones, and helps you develop strong muscles and better flexibility.

- It can help reduce body weight and/or maintain a healthy body weight by burning excess fat.

- It can help to improve balance, posture, and overall coordination.

- It can increase your overall energy level.

- It can increase metabolism through the development and strengthening of your cardiovascular system.

- Playing floor hockey can burn up to 340 calories for every half an hour you play. That means it could be up to 680 calories per hour!

- It can boost your self-esteem and build personal confidence

- It can help you relax, sleep better and have better concentration

- It can help build friendships, team-work, leadership, and communication skills.

- When you play floor hockey you will primarily use and strengthen the following muscles:
  - hamstrings
  - calves
  - hip muscles
  - triceps
  - forearms
  - shoulder muscles
  - abdomen
HOW TO PLAY FLOOR HOCKEY

Floor hockey is an adaptive activity, as the location it is played in will not always necessarily have the proper set up. Follow the instructions as best as you can in terms of the resources that you have.

The only thing to keep in mind is that it is essential that there are always two nets at either side of the floor hockey area and a designated line in the centre.

BASICS:

The primary objective of floor hockey is to score a goal by shooting the puck or ball into the opposing team’s net. The team with the most goals after a certain time frame wins the game.

EQUIPMENT NEEDED:

- Hockey sticks (one per student)
- 1 ball or puck
- 2 Hockey nets (if you do not have nets, you can set up two cones to create each net)
- Goalie equipment (mask, chest protector, glove, blocker and leg pads)
- Goalie stick (one per goalie)
VOCABULARY:

FACE-OFF
The play used to start a game or restart a game after a goal. During a face-off, the puck is dropped between the two centers of opposite teams. The objective is to pull the puck back to your side to your team. Both center's sticks must stay on the floor until the puck is dropped.

PASS
Moving the puck to another student on your team.

STICK HANDLING
Using your stick (both sides of the blade) to control the puck and move the puck.

CLEAR
Getting the puck out of your zone to prevent the opponents from scoring.

HOCKEY STICK
SHAFT: The straight, upper part of the hockey stick that you grip.
BLADE: The bottom part of the hockey stick that makes contact with the puck or ball.

WRIST SHOT
A quick and accurate shot achieved by rotating one's wrist while sweeping the ball or puck towards the net.

SLAP SHOT
A powerful shot achieved by winding your stick up off the ground and hitting the ball or puck with great force towards the net.

CHECK
Successfully defending against a player by removing the ball or puck from their opposition.
PLAYER POSITIONS:

CENTRE
- There is one player on each team that plays the Centre forward position.
- Along with the Wingers, the primary goal of the Centre player is to score goals.
- The Centre leads the offensive play and participates in most of the face-offs.
- The Centre is encouraged to move the length of the floor hockey area and their goal should be to both pass the puck to the teammate and score goals.
- The Centre should position him/herself in front of the goalie when in the opponent’s zone to try to score goals.
- The Centre should work on getting the puck into the opponent’s zone when in their own zone.

FORWARDS, AKA, WINGERS (RIGHT & LEFT)
- There are two more forward positions that play on each side of the Centre – a Right Wing and a Left Wing.
- Along with the Centre, the primary goal of the Wingers is to score goals.
- These Wingers works with the Centre on offensive play.
- It is the goal of the Wingers to score, or help score, goals.
- The Wingers are able to move the length of the floor hockey area.
- Should position him/herself in front of the goalie when in the opponent’s zone.
- Should work on getting the puck into the opponent’s zone when in their own zone.

DEFENCE (RIGHT & LEFT)
- There are two players that should play Defence, one on each side of the floor hockey area (right and left).
- The primary goal of the Defence players is to prevent goals in their own end.
- Defence must stay at or behind the centre line in their defensive zone and try to keep control of the puck.
- Defence should try to keep the puck out of their own end and move it forward to their opponent’s end.
- Defence must try their best to keep the puck away from their own net.

GOALIE
- There is one player that should play Goalie
- The primary goal of the goalie is to stop the puck and prevent it from entering their net.
- The Goalie should position themselves slightly in front of their net to do this.
- The Goalie can use their blocker, glove, stick, pads or any part of their body to stop the shots.
GETTING TO KNOW: #14 ALEX BURROWS

ALEX BURROWS WAS A BALL HOCKEY SUPER STAR!

Ball hockey is another name for floor hockey and Burrows played ball hockey at an elite international level for several years starting at the age of 19 years old. Here’s more info about Alex Burrows’ ball hockey career:

- In 2001, Burrows won his first national championship with his team called the Montreal Red Lites
- Burrows won the ball hockey national championship in every year he played with the Red Lites
- In 2002 and 2003 Burrows was the leading scorer for the national championship tournaments
- From 2002 – 2004 Burrows earned All-Star Team status
- In 2003 Burrows was named to the Canadian national ball hockey team where he helped Canada win the World Championship
- In 2005 Burrows was named the 2005 International Player of the Year by the International Street and Ball Hockey Federation (ISBHF)
- In 2006 Burrows was voted as Canada’s greatest ball hockey player
- In 2007 Burrows retired from ball hockey after his first full NHL season with the Vancouver Canucks
- In 2010 Burrows was inducted into both the Canadian Ball Hockey Association Hall of Fame and the Internationals Street & Ball Hockey Federation Hall of Fame

Number: 14  
Birthplace: Pincourt, QC, Canada  
Acquired: Signed as a free agent by Vancouver on November 8, 2005 (Alex was never drafted into the NHL)

Alex Burrows’ Favourite Pre-Game Meal:
- Boneless, skinless chicken breast
- Whole wheat pasta with no sauce
- Broccoli
- Lots of water

Number: 14  
Height: 6’1”  
Weight: 188  
Shoots: Left  
Born: 11 Apr 1981
TOPIC 2
SKILL BUILDING

ACTIVITIES

The following activities should be done outdoors or in a gym.

ACTIVITY 1: HOLDING A HOCKEY STICK

For students who have no previous experience with floor hockey, they may need some guidance in how to properly hold a hockey stick. Photocopy and hand out the “Holding a Hockey Stick” diagram at your discretion.

ACTIVITY 2: PLAY LIKE LU

If your school has proper goalie equipment (mask, chest protector, blocker, glove, leg pads and stick), assign/have two students volunteer to be goalies for the following skill-building exercises, as well as the game. Using the “Play Like Lu” reference sheets/diagrams, instruct your goalies the proper stances (“Ready Stance” and “Butterfly Position”).

If your school does not have proper goalie equipment, the following drills can be done without a goalie.

ACTIVITY 3: PASSING

Arrange your students for a skill-building drill by referring to the “Learn Passing” sheet. Ensure that each student has at least two to three turns and gets a chance to shoot the puck or ball at least once.

ACTIVITY 4: WRIST SHOT

Either lining your students up in front of a wall or taking turns shooting against a goalie, have them practice their wrist shots according to the appropriate skill-building sheet. An effective wrist shot should propel the puck or ball off the ground.

ACTIVITY 5: ONE-TIMERS

Arrange your students for a skill-building drill by referring to the “One-Timer Drill” sheet. Ensure that each student has at least two to three turns and gets a chance to shoot the puck or ball at least once.
ACTIVITY 6: STICK HANDLING

In this skill-building drill, you will set up cones in a path towards and away from the net in order for students to practice their stick handling. Refer to the “To Learn Stick Handling and Goal Scoring” sheet for further instruction. Ensure that each student has at least two to three turns.

ACTIVITY 7: TO LEARN POSITIONING

This final skill building exercise will allow your students to incorporate passing and shooting, while learning proper positioning for the game ahead. Refer to the “To Learn Positioning” sheet for further detail.
SKILL BUILDING EXERCISES

The following pages contain instructional activities and exercises the students can execute before playing their first game. Each exercise should be executed and practiced for at least 10 minutes before moving on to the next exercise.

HOLDING A HOCKEY STICK:

The following directions are for left-handed players – reverse them appropriately for right-handers.

1. Grip the top of the shaft with your right hand. The back of your hand should be facing outwards.
2. Grip towards the middle of the shaft with your left hand. The back of your hand should be facing inwards.
   a. While your right hand typically stays in the same position regardless of what you are doing, your left hand will move slightly up and down the stick as you play. When shooting, however, your left hand should be around halfway down the stick in order to get more power into your shot.
3. The entire blade should be flush against the floor when preparing to receive a pass or preparing to shoot.
4. Your knees should be slightly bent and your legs should be apart in a typical “ready position.”
PLAY LIKE LU

The following directions are for goalies who catch with their left-hand – reverse them appropriately for goalies who catch with their right.

READY STANCE

1. Plant you feet in a wide, but comfortable stance, such the top corners of your leg pads are touching. Your pads should be making a triangle shape with the floor, your knees should bend slightly, and your body crouched forward.
2. Hold your left hand up in a position ready to catch your glove.
3. Hold your right hand facing downwards with your stick covering the area between your legs (this space is known as your “5-hole”).
PLAY LIKE LU

BUTTERFLY POSITION

Roberto Luongo’s default position in order to make a save is known as the “butterfly”. This stance will allow him to cover as much of the net as quickly as possible for shots that are at a mid- to low-level to the ground.

1. When a mid- to low-level shot is made against you, quickly kneel down to the ground.
2. Bring your knees together.
3. Splay your legs out behind you in a "V".
4. Keep your glove and blocker hands ready to make a save if needed.
TO LEARN PASSING:

1. Students will pair up with a partner.
2. Each pair will line up across from each other, starting off quite close to each other (approx 10 feet apart).
3. The pairs will pass the puck to each other being sure to keep the puck on the ground.
4. Be sure the students are able to keep control of the puck while both sending a pass and receiving a pass. Students should always aim for the blade of their partner’s stick when sending a pass.
5. After three passes each, the students will take a step back.
6. Continue until the students are at least half of the gym width apart, or until students are no longer able to make accurate passes.
7. Pairs that miss a pass will have to sit out until the last people standing miss a pass.
TO LEARN PASSING:

1. Students will pair up with a partner.
2. A goalie will be in net.
3. The two students will start at the centre line.
4. The students will practice passing and receiving the puck while jogging slowly towards the net; they must pass to each other at least 5 times.
5. When they reach the net, they will try to score on the goalie.

ADVANCED OPTIONS

2-ON-1
You may choose to assign defenders who want to prevent the players from reaching the net by interrupting a pass. In this case, the player should be required to make less passes.
SKILL BUILDING EXERCISES

WRIST SHOT:

Probably the most common shot in hockey, the wrist shot is also typically the most accurate.

1. Move your lower hand halfway down your stick in order to put more power into your shot.
2. Position your body so that your shoulders are facing the net at a 45-degree angle.
3. Bring the puck or ball slightly behind your body. Your weight should be on the leg opposite your stick.
4. Sweep the puck or ball forward in a quick motion while transferring weight to the leg closest to your stick.
5. While sweeping the puck or ball forward, your wrists should be rotating counter-clockwise if left-handed (clockwise if right-handed). This is what causes the puck or ball to rise off the ground.
6. Release the puck or ball when it reaches your feet or a little bit afterwards.
7. In your follow through, your stick should be parallel to the ground and your blade should be pointing to the net.
ONE-TIMER DRILL:

In hockey, a “one timer” refers to a player receiving a pass and shooting the ball or puck – all in one motion or at “one time”. This is an effective offensive play because it requires the goalie to move laterally without much time to prepare himself for the shot. This drill may or may not be completed with a goalie.

1. Split the class into two groups – “passers” and “shooters” – and align them several metres opposite each other.
2. At the front of the line, facing the net, have the passer slowly pass the puck or ball towards the shooter.
3. Without stopping it, the shooter should shoot the puck or ball towards the net.
   a. Make sure the shooter is given ample space by students in line behind them. It might be a good idea to have a designated line that the shooters move up to when it is their turn and a designated line that those waiting cannot cross.
   b. For safety reason, the shooter should not raise their stick above their waist during their wind up.
4. When completed, the shooter should move to the back of the “passers” line and vice versa.
TO LEARN STICK HANDLING & GOAL SCORING:

1. Students will line up in a single line at the centre with the first person facing towards the goal net.
2. A goalie will be in net.
3. Set up 5 cones approximately five feet apart from each other leading up to the net in a straight line in the centre of the playing area.
4. Set up 5 more cones the same distance apart up one side of the playing area heading back to the centre line.
5. One at a time, students will jog slowly and weave in and out of the cones with their stick and a puck and then take a shot on goal at a designated spot several metres away from the net.
6. Encourage the students to go slow enough that they maintain control of the puck before they shoot it.
7. The player is responsible for retrieving the ball or puck and then stick handling through the side cones to make their way back to the centre and the back of the line.
8. Repeat until each student has had at least five turns.
TO LEARN POSITIONING:

1. Six students will be positioned in one half of the floor hockey area as centre, two forwards/wingers, two defence, and one goalie.
2. The two defence will stand on the centre line on opposite ends.
3. The centre will stand in front of the net.
4. The two forwards will stand on either side of the centre, spread out enough to be able to pass to each other.
5. The goalie will be in the net.
6. Have each student explain their position and their responsibilities.
7. The 5 students will pass to each other in a clockwise fashion.
8. Once each player has been passed to, the puck or ball should end with the centre, who will shoot on net.
9. Have the students rotate such that each student gets to shoot.
TOPIC 3
PLAYING A GAME

ACTIVITIES

Once students have had ample opportunity to work on their basic skills and positioning, prepare for them for a game.

ACTIVITY 1: SAFETY

First and foremost, rules for safety – as well as gameplay – must be reviewed (See “Game Instructions” and “Game Rules”). Perhaps before or after stretching (Unit 5, Topic 2), have students brainstorm what rules might apply in order to keep each other safe. Make sure you touch on any points that your students were unable to regarding safety, as well as the rules of gameplay.

ACTIVITY 2: GAME

Play a game! See the “Game Instructions” and “Game Rules” for your reference.

ACTIVITY 3: THREE STARS

After professional ice hockey games, it is custom for members of the media to make “Three Stars selections” – highlighting the best players of each contest. Adapted in the context of a gym class, this is a great opportunity for students to encourage one another. Following the game, have students volunteer their own “Three Stars selections” (or even just one or two “stars”). Encourage students to consider not only those who are the most skilled or who performed best, but also those who had great attitudes (ie. tried particularly hard, was really enthusiastic or was consistently encouraging others) or those who had visibly improved.
GAME INSTRUCTIONS:

1. Split your class up into two teams - try to have an equal number of students on each team.

2. Five students from each team will play at one time.

3. There will be shifts of two minutes for each 5 student shift. Once the two minutes are over, the next 5 student team will start to play.

4. There will be one goalie for each team. The goalie will be playing the whole time.

5. There will be two twenty-minute periods.

6. There will be a face-off at the centre line at the beginning of each period, after a goal is scored, and/or when the puck is out of play.

7. The 5 student team must work together in their positions to put the puck in the net of the opposing goalie. The goalies must work to block/save any shots on net.

8. The students should focus on passing/receiving, stick handling, shooting the puck, and having fun!

9. While floor hockey may be played with a plastic puck or ball, recommend that you play with a ball. It will be easier for the students to manipulate and moves more similarly to how a puck would move on ice.

10. Depending on the size of your gym, you may want to have players play 4-on-4 (ie. 4 players per team playing at once, not including the goalies). In this case, there should be 2 forwards and 2 defencemen per unit.
GAME RULES:

1. This is a non-contact activity. If any play makes deliberate contact with his body or stick with another student’s body, he or she must sit out.

2. There are no “off-side” or “icing” calls like in regular ice hockey.

3. The student must not bring his/her stick above the knees or waist – depending on what you are comfortable with.

4. Play to have fun and keep your opponent safe.

5. Each goal is worth one point.

6. If a puck gets stuck on the outside of the net, it should become in possession of a defender. Allow him or her to pass or clear the puck or ball from behind the net.

7. The goalie should have a reasonable amount of space (i.e. should not be impeded in any way).

TIPS & TECHNIQUES:

- Pass to a teammate if they are in a better position than you or are “open”.
- Passing is faster than stick handling the puck yourself.
- Be sure to pass just ahead of your teammate for them to successfully receive the pass.
- Pass to an open teammate rather than wait to face a student from the opposing team who will try to get the puck or ball from you.
- Keep your eye on the puck or ball at all times
- Play hard but play safe.