

Floor Hockey Skill & Activity Circuit

CONCEPTUAL BASIS FOR LESSON

To develop teamwork, passing, agility, manipulative skills, hand/eye coordination, and communication skills using a series of fast-paced, challenging floor hockey exercises. The variety of activities will hold students' interest and engage all participants.

Important: It is recommended that students always wear mouth guards and eye protection while playing floor hockey and all other rugged sports. (Some school districts may require this type of protection.)

Station 1 — Keep Away Passing Game

OBJECTIVES

Students will...

- Learn teamwork and passing techniques
- Improve agility

EQUIPMENT LIST

- 6 hockey sticks
- Student Assessment Matrix
- 1 hockey puck or Speed Control™ ball

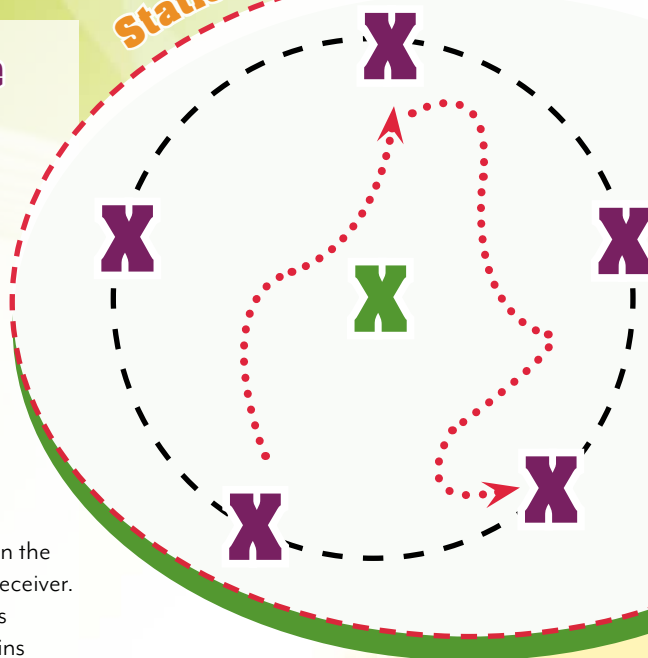
HOW TO PLAY

1. Five players form a circle approximately 15 ft. in diameter around a sixth player.
2. Players pass the puck or ball around or through the circle while the player in the center attempts to intercept passes or deflect the puck from the intended receiver.
3. When the player in the center successfully intercepts, they exchange places with the last player to touch the puck or ball. The new circle of players begins the passing game.

VARIATION OF PLAY

Four players form a square approximately 15 ft. across with a fifth player in the center.

Station 1 Suggested Setup



Station 2 — Pass, Shoot, & Score: 3-on-3 Hockey

OBJECTIVE

Students will...

- Improve stick handling skills, hand/eye coordination, agility, passing, and teamwork.

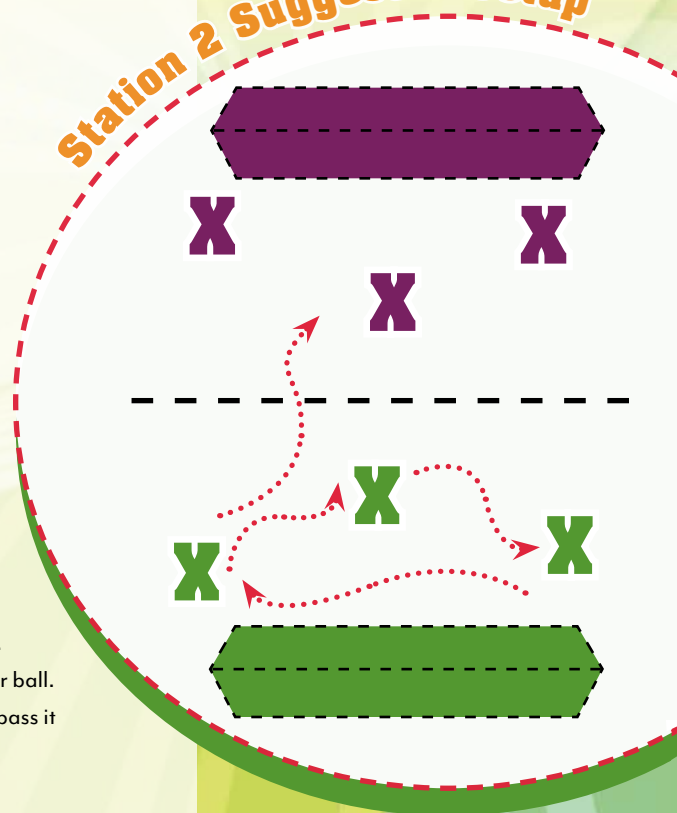
EQUIPMENT LIST

- 6 hockey sticks
- 1 hockey puck or Speed Control™ ball
- 2 MAC-T® barriers
- Student Assessment Matrix

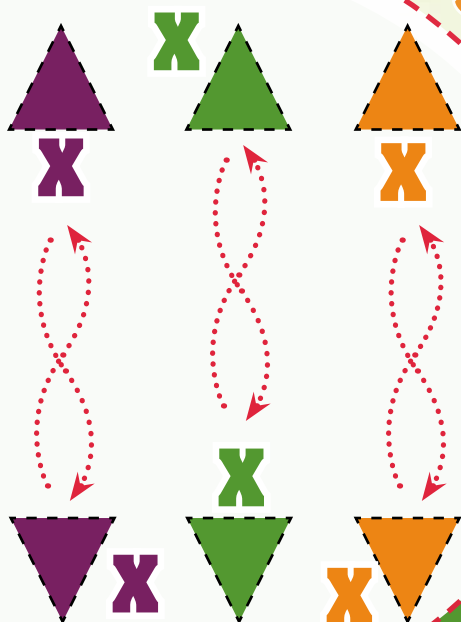
HOW TO PLAY

1. Six players form teams of three players each.
2. Shield barriers are set up approximately 20-30 ft. apart and a centerline is marked on the floor between the two.
3. The two teams position themselves on either side of the centerline with the team holding the puck or ball playing offense.
4. The three team members must pass the puck or ball between them, each one touching it prior to shooting. The objective is to shoot across the centerline and hit the other team's barrier.
5. Points are scored when the puck or ball hits the barrier.
6. After scoring, the opposing team gains control of the puck or ball and goes on offense.
7. The opposing or defending team tries to keep their barrier from being hit by the puck or ball.
8. When the puck or ball comes across the centerline, the opposing team members must pass it amongst themselves a minimum of three times before shooting it back.
9. No one is allowed to cross the centerline into the other team's area.

Station 2 Suggested Setup



Station 3 Suggested Setup



Station 3 — Target Passing & Shooting

OBJECTIVE

Students will...

- Develop passing, shooting, accuracy, teamwork, and counting/addition skills

EQUIPMENT LIST

- 6 hockey sticks
- 3 hockey pucks or Speed Control™ balls
- 6 MAC-T® barriers
- Student Assessment Matrix

HOW TO PLAY

1. Players pair off standing approximately 30-40 ft. across from each other, with a Shield barrier standing on end and positioned in front of them.
2. Players shoot the puck or ball at their partner's barrier, scoring one point when they hit the partner's barrier.
3. Players must remain behind their barriers when passing and shooting or receiving the puck or ball.
4. Players can either try to out score their partner, or can keep score as a team and compete against the other teams for the highest cumulative score.

Caution: For safety, players should keep all passes or shots along the ground or floor — not up in the air.

Station 4 — Partner Dribble

OBJECTIVE

Students will...

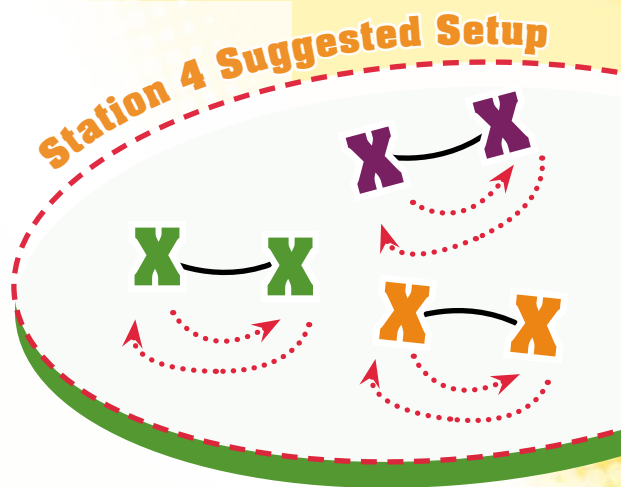
- Develop hand/eye coordination, cooperation, and communication skills

EQUIPMENT LIST

- 6 hockey sticks
- 6 Speed Control™ balls
- 6 Tag-A-Long straps
- 6 Tag-A-Long extension straps
- Student Assessment Matrix

HOW TO PLAY

1. Players form pairs and connect themselves at the ankles using the Tag-A-Long straps and Tag-A-Long extension straps.
2. Each player has their own hockey ball.
3. The pair must now travel around the play area dribbling their hockey balls simultaneously while connected by the straps.
4. Players must work together and move in unison to prevent the Tag-A-Long straps from coming undone.



Station 5 — Group Passing

OBJECTIVE

Students will...

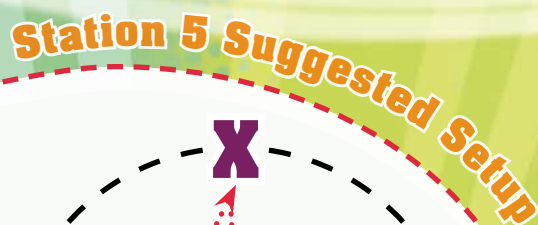
- Improve stick handling skills, hand/eye coordination, agility, passing, and cooperation.

EQUIPMENT LIST

- 6 hockey sticks
- 3-5 Speed Control™ balls
- Student Assessment Matrix

HOW TO PLAY

1. Players form a circle approximately 15-20 ft. in diameter.
2. Players must pass the ball to another player in the circle who is not next to them.
3. That player passes the ball to another player and so on until all players have received a pass and passed the ball on to another player.
4. The last player passes to the person who began the play. This creates a pattern, which the players must repeat without making a mistake.
5. When the group has become proficient at passing one ball, a second is added, then a third, and so on. The goal is to see how many balls the group can keep moving in the same pattern.



Visit
NascoEducation.com/lessonplans
 to download the PE Works Vol. 2
 Student Assessment Matrix

Nasco PE Works Lesson Plan				
Assessment — Student Name: _____				
Criteria	Excellent	Good	Fair	Poor
Stick Holding				
Stick Handling				
Agility				
Speed				
Shooting				
Passing				
Teamwork				

Go to NascoEducation.com/physicaleducation
to find additional equipment for the
Floor Hockey Skill & Activity Circuit.

FLOOR HOCKEY STICK RECOMMENDATIONS

Length	Age	Grade
36"	8-11	3-6
39"	10-14	5-8
42"	10-14	5-8
45"+	15+	9+



PE07271

Ages 8-11 — 36" Hockey Sticks

PE07271 SuperSafe® Hockey Set

Ages 10-14 — 42" Hockey Sticks

PE07615 Ultra Shaft Hockey Set

Age 15 and Up — 47" Hockey Sticks

PE07616 Ultra Shaft Hockey Set

40" Goalie Sticks

PE00901 Set of 2 ABS plastic goalie sticks

MAC-T® Barrier

PE09669 Set of 8 interlocking barriers (each 39")

MAC-T® Red Super Strap

PE08772 Individual strap fits up to a 40" waist

Franklin® NHL® Street Hockey Ball Bucket

PE08340 Official size: 2½". Bucket has 15 balls.

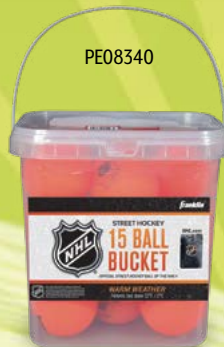
Ages 10-14

Age 15 & up

PE07615 and PE07616



PE08772



PE08340



PE00901



PE09669

Nasco
education

Phone: 1.800.558.9595

Online: NascoEducation.com

Lesson Plans are developed with teachers with no claim of original authorship.

Nasco PE Works Lesson Plan

Floor Hockey Skill Assessment

Student Name: _____

Criteria	Excellent	Good	Fair	Poor
Stick Holding				
Stick Handling				
Agility				
Speed				
Shooting				
Passing				
Teamwork				