



Developed with Curt Hinson, PhD, Playfit Education Inc.

Volume 2 | Gr. K-12

Floor hockey skill & activity circuit



Materials list

Ages 8–11 — 36" Hockey Sticks

- SuperSafe® Hockey Set of 10 ([PE07271](#))

Ages 10–14 — 42" Hockey Sticks

- Shield Aluminator® Indoor Hockey School Set of 12 ([PE03152](#))

Ages 15 and Up — 47" Hockey Sticks

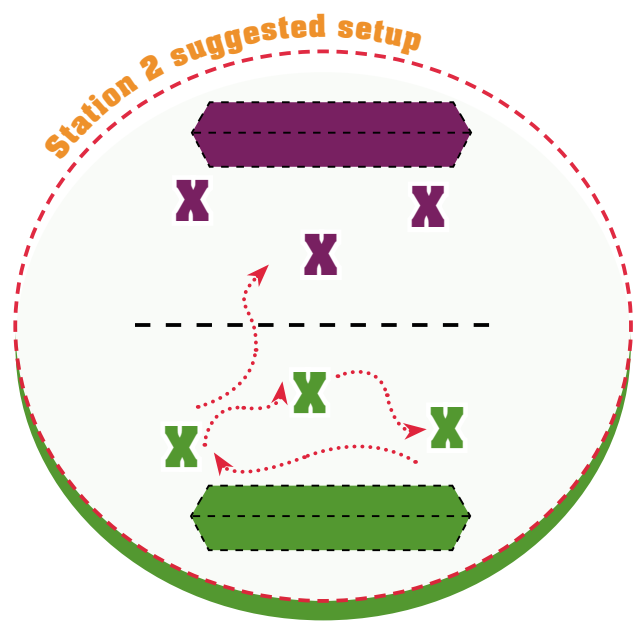
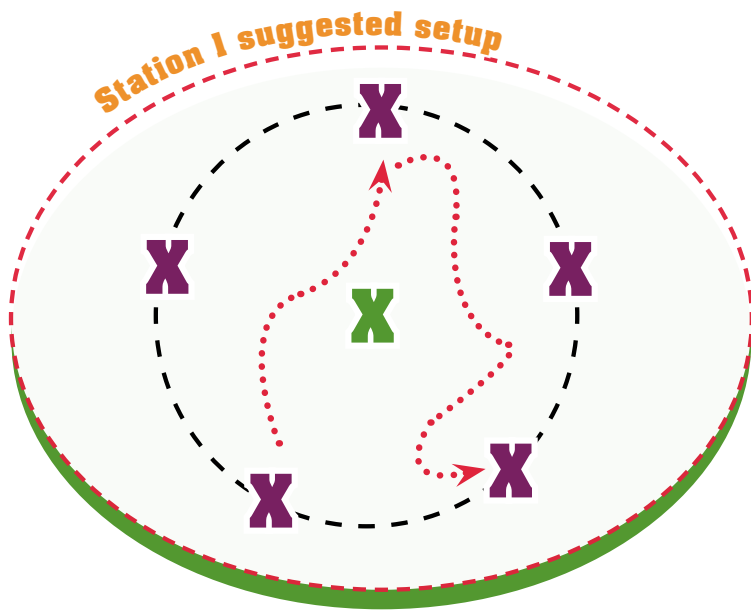
- Shield Aluminator® Indoor Hockey School Set of 12 ([PE03458](#))

- 40" Goalie Stick ([PE00901](#)) (ABS plastic goalie stick)
- Hockey Barrier ([PE09669](#)) (Set of 8 interlocking barriers, each 39")
- Red Super Strap ([PE08772](#)) (Individual strap fits up to a 40" waist)
- Franklin® NHL® Street Hockey Ball Bucket ([PE08340](#)) (Official size: 2 $\frac{5}{8}$ ". Bucket has 15 balls.)

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
- 1 hockey puck or Speed Control™ ball
- Student assessment matrix

How to play

1. Five players form a circle approximately 15' 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' across with a fifth player in the center.

Station 2 — Pass, shoot & score: 3-on-3 hockey

Objectives

Students will...

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

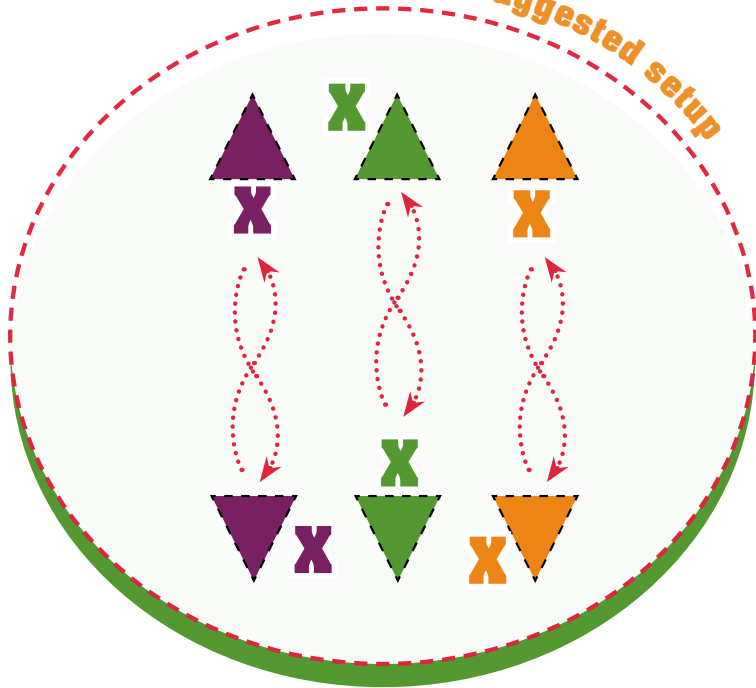
Equipment list

- 6 hockey sticks
- 1 hockey puck or Speed Control™ ball
- 2 hockey barriers
- Student assessment matrix

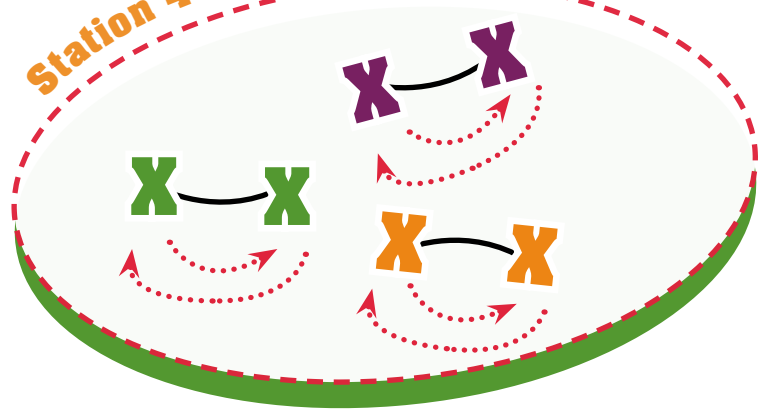
How to play

1. Six players form teams of three players each.
2. Shield barriers are set up approximately 20' to 30' 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 3 suggested setup



Station 4 suggested setup



Station 3 — Target passing & shooting

Objectives

Students will...

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

Equipment list

- 6 hockey sticks
- 3 hockey pucks or Speed Control™ balls
- 6 hockey barriers
- Student assessment matrix

How to play

1. Players pair off standing approximately 30' to 40' 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

Objectives

Students will...

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

Equipment list

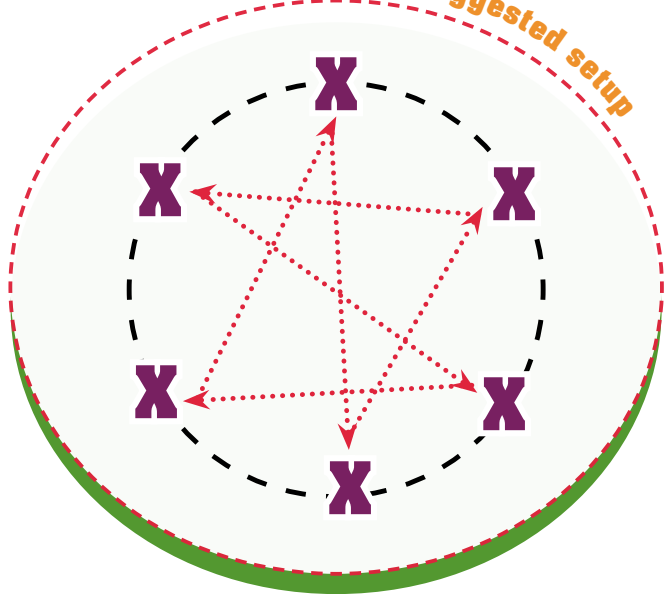
- 6 hockey sticks
- 6 Speed Control™ balls
- 6 Tag-A-Long straps
- 6 Tag-A-Long extension straps
- Student assessment matrix

How to play

1. Players pair up 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 suggested setup



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+

Station 5 — Group passing

Objectives

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' to 20' 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.

Floor hockey skill assessment

Name: _____ Date: _____

Criteria	Excellent	Good	Fair	Poor
Stick holding				
Stick handling				
Agility				
Speed				
Shooting				
Passing				
Teamwork				