*KIDS WITH STICKS! – FLOOR HOCKEY/FLOOR BALL*

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SAFETY, SAFETY, SAFETY (use penalty box)

A high stick is defined by the blade of the stick coming above the knees. You can make it the waist, but I usually go with knees and “give” them the knees to waist as a border. Anything above the waist is a penalty box trip.

Grip the hockey stick----“make a sandwich, slide hand down until elbow is at hockey stick”

Control in space—similar cues to dribbling; younger students utilize hula hoops

Skills

* **dribble**-keep ball close to body, utilize both sides of the hockey stick, eyes up some, not “hit and chase”; utilize hula hoops with younger students or for differentiation. Use cones/obstacles for them to control around in a station. Activity “pirate hockey”.
* **pass**-ball to back foot and sweep forward; keep the hockey stick blade low; stationary, then lead teammate.
* **shoot**-similar to pass for a low shot; bring ball up to front to “flip” in the air.
* **“bully”**-the face off to start or restart the game; one person from each team and they hit blades together 3 times before playing the ball.

Utilize in 4 stations to gain skill acquisition. Also, you can use for evaluations.

GAME PLAY-You can structure play according to your kids. I have played up to 3 games at once with perfect conditions (kids I trust, border system, and mats/spots for additional players. Have a border around the goal (goalie box), but don’t play with any goalies for safety. As always, it can be a struggle to get kids to stay spread out.

Use video to show the students what the real game looks like!

Standard 1 – Demonstrates competency in a variety of motor skills and movement patterns

Standard 2 – Applies knowledge of concepts, principles, and strategies related to movement and performance

Standard 4 – Exhibits responsible personal and social behavior that respects self and others