

FLOOR HOCKEY

Monday: The focus today will be on safety, grips, history, terminology, and puck handling/passing.

Tuesday: The focus will be on reviewing Monday's session and introducing shooting and defending.

Wednesday: The focus will be on reviewing the previous sessions and introducing various offensive and defensive strategies.

Thursday: All previous sessions/drills will be reviewed and games will be played to implement the material.

Friday: A tournament will be played to demonstrate the social and fitness benefits this sport enhances.

Equipment: 24 hockey sticks and pucks; 4 goals, room dividers to keep the puck in play; pennies in case the sticks are not different colors; goggles to protect the eyes.

Rules:

1. No high sticking (keep stick below the mid thigh).
2. Players must be in possession of their stick with at least one hand (no throwing).
3. Players may be anywhere on the court except the goalie box (only goalie may be in it). However, players' sticks may enter the box/crease.
4. Six players on a team including the goalie.
5. Goalie may use his body to make saves by dropping to the floor once the shot is taken, not prior.
6. A face-off starts the play at the halves and after goals are scored with players all on-sides (behind the puck). It also occurs if the goalie keeps the puck for more than three seconds. This would take place at the nearest circle and offsides is enforced.
7. Pucks may be dropped by the ref or hockey one, hockey two is used by two opposing players to start a face-off.
8. Teams may play man or zone.
9. Penalties: first one minute, then two, the expelled with no sub. Players sent off stay in a penalty box area. Goals cancel a penalty.
10. More than one player can be sent off simultaneously or immediately after one player got sent off, another could make a rules' infraction and be sent off.
11. Goalies keep playing if penalized but another player must go off instead.
12. Common infractions: slashing, high sticking, tripping, pushing, hitting, holding, rough play.
13. 100 % of the puck must cross the goal line.
14. Checking is allowed. Also, players may use their blade to hook another player's blade.
15. Penalty shots; one on one from half court and shot must be taken in 3 seconds. Either a save or goal will take place with resulting face-off.

History: Battle creek, Michigan, started playing this indoor version in the 1960's to provide year-round hockey for enthusiasts. Boys' Clubs of Michigan started state-wide tournaments.

Terminology: high sticking, face-offs, offsides, checking, saves, goals, penalties, centering, clearing, swing pass, down the line pass, box offense, smothering, wings, center, attackers, defenders/backs, crease, puck/ball, centerline, goal line, sideline/wall, sudden death, keeper, wrap-around shot, lifting the puck (shot).

Strategies: Clear puck on defense by sending puck to the wall or use a swing pass to then send it down the line.

On offense, you should go wide to a wing like soccer and then center it to the forward positioned in front of the net or send it a defender who had crossed the centerline to form the box offense.

Drills:

1. Skating with puck with one and then both hands making spins and cuts.
2. Passing in pairs stationary then on the move. Fore then backhand passes.
3. Swing passes then down the line.
4. Face-offs. Both methods.
5. Centering drills in threes without then with goalie.
6. Lifting to score.
7. One on one D keep away.
8. Two on one attacking then three on one then three on two then three on three (add goalie).
9. Wrap around shot drill.
10. Box drill-all five or just four are in position in their half to score.
11. Penalty shot drill.
12. Skating drill to then pass, backpeddle to receive and repeat for conditioning.
13. Smitty's drill for conditioning, defending vs. two attackers, and scoring 2 on 1.
14. Box drill combines swing and down the line passes.
15. Face offs to gain control either by passing forward or drawing the puck backwards, then using body to protect puck and play keep away.