

Floor Hockey Coaches' Clinic – Beginning Skills

Grip

The “proper grip” occurs when the athlete holds the stick with the non-dominant hand near the top and the dominant hand near the middle. Thus, a right-handed person would have the left hand near the top of the stick and the right hand about 8 to 10 inches lower. Both hands are on the underside of the stick with the thumbs pointing up and the fingers curling around the stick, like you would shake another’s hands.

Very few athletes will use this grip, but it is important to teach it so they have a starting point. You will find that all possible grips will be used. Also, the higher-level athlete will change the grip to fit the need of the shot.

Alternate grips include dominant hand on top, thumbs pointing down, one hand with thumb up and one with thumb down; etc.

IMPORTANT: Teach players to “feel” the puck at the end of their sticks. They should be able to move the puck down the court with their heads up and looking at where they want to go, who is in their way, and who they can pass to, etc.

TO PRACTICE: Use the Individual Skills Contest to determine the level of the athletes’ skills. While they are doing each of the skills, have them use the “proper grip”, and then allow them to choose the grip(s) the second time.

Passing And Receiving

Passing and receiving are always practiced together. One coach can watch the passing, and a second coach can watch the receiving.

1. “Sweep” the puck like you would use a broom; it can be done from either side of the body. Make sure players eyes’ are on the target, not on the puck.
2. Lift shot: while moving, push the puck forward, and “flick” the wrists to get the puck to leave the ground.

TO PRACTICE:

PASSING

1. There are 2 lines of athletes across the court from each other; pass back and forth.
 - After they have mastered this skill, have the 2 partners pass back and forth while moving slowly down the court toward the goal.
 - Again, after they have mastered this, speed up, and finally, add the third “forward.” When you add the third player, start at a walk and increase the speed again.
2. Circle Drill
 - Form a large circle with athletes, have them pass to each other, and emphasize accuracy.
 - For the lowest level: athletes are stationary; at the next level: athletes walk around circle while passing; at the next level: athletes jog, then eventually run.
 - Do exercise clockwise, and counter-clockwise.

- Variation: athlete in the middle; outside circle passes to middle teammate, and middle back.
- Variation: athlete in the middle tries to steal the puck as it is passed around.
- Variation: more than one athlete in the middle tries to steal the puck.

3. Shoot at the Goal

- Using cardboard and tape, block off inside of the goal, except for the four corners; allow lots of practice time for athletes to improve their accuracy.

RECEIVING

Make sure you emphasize stopping the puck. Every part of the body can be used to stop a puck. Explain to the athlete that they **CAN** stop the puck with their hand, just be sure they drop it right at their own feet.

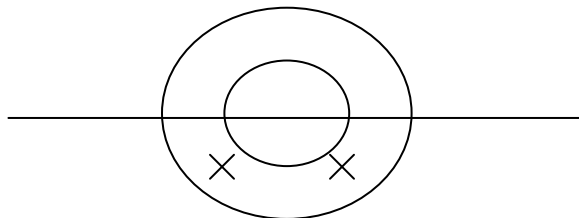
Stick Checking (taking the puck away from a player on the opposite team)

Stick checking needs to be performed “side by side.” It is **NOT** performed across from each other like a face-off. Two athletes practice together; first one holds the puck while the second tries to steal it, and then they switch roles. Start while the “holding” athlete stays in one place; then as skill is mastered, have the “holding” athlete on the move, first slowly, then jogging, and then running.

REMINDER: stick checking on the top of the stick is slashing, earning a one-minute minor penalty.

Face-Offs

To perform the face-off properly, an athlete must be agile enough to bend down over the puck. The feet should be placed wide enough for good balance, and the hands should be away from the body, holding the stick so that it can slide across the floor and sweep the puck out of the face-off circle. Remember, another athlete must touch the puck before the athlete who faced-off can steal it.



The stick can be placed anywhere on the line on the athlete’s side of the court. I have indicated this by a darker line. The 2 “x’s” indicate where the feet should be.

Basic Guarding

NOTE: Teach entire team that there should **never** be more than **two** players from the same team going after the puck at the same time.

If play is on the right side of the court, the right guard should go out to meet it, intercede, steal the puck, and then pass it down to the opposite end of the court. The left guard moves to the middle of the court. Both guards should never be on the same side. The reverse is also true; if the play is on the left side of the court, the left guard moves out to intercede, and the right moves to the middle of the court. Also teach the forwards to drop back and assist the guards when needed.

Eight-Week Floor Hockey Training Program

Congratulations on becoming a floor hockey coach, it's a fun sport! One of the major reasons so many athletes like to play is that anyone of any ability level can play the game without modifications to the rules and/or the court. For you, the coach, this means that you have to ensure that the athletes you put on your team have close to the same ability levels. Because of the size of a team, Special Olympics doesn't have a rule that all team members must be "within 10% of each other." However, it is to your benefit if you can place athletes on the same team with similar abilities. Everyone should be able to contribute to the team in some way.

Before the start of the season, there are a few things that are recommended. First, take the general orientation and protective behaviors classes. If at all possible, take the Floor Hockey Coaches Clinic before the season starts. For some Programs, this isn't always possible; you may have to attend during the season. Obtain a copy of the *Floor Hockey Sports Skills Program* book (SSP). There is a wealth of information to assist you.

If the team is already established, talk to the previous coach(es); learn as much about each athlete and the team as you can. Ask questions about:

- behavior
- attitude
- ability to follow directions on and off the court
- health concerns such as seizures, medications, etc.
- where they live: with parents, group home, independent living
- what the strengths/weaknesses are as a team

Discover what level they competed in the previous season. Have your area director provide you with copies of medicals for returning athletes. If you are putting together a new team, ensure you allow plenty of time to do athlete assessments. This will be an invaluable tool to place athletes on teams.

TWELVE WEEKS BEFORE SEASON STARTS

Several months before the season is to start, secure a facility. If you have been told you can use a certain site, ensure that all the paperwork is completed and submitted so that you are assured of the facility. The facility will usually require a proof of insurance certificate and will need someone, normally the area director, to sign a contract (even if they are not charging you to use the facility). Put the dates for using the facility in writing. This will prevent another organization from using it and provide proof.

FOUR TO SIX WEEKS BEFORE SEASON STARTS

Head Coach: Four to six weeks before the start of the season, notify athletes. If your area has a newsletter, this is the ideal method for delivering this information. Information can also be included for new and returning athletes. Identify when the season starts, when you will be accepting players, plus where and when practices will be held. Announce the time of the parents' meeting. Contact coaches and let them know what is occurring. At this time, set up a coaches' meeting (this only needs to be 15 – 20 minutes, and can be done prior to the first practice). Also notify them of any trainings they need to take, along with the dates and times of the trainings.

Contact last year's players to see if they are returning and/or if they are bringing any new players with them. This gives you an idea of how many players to expect. Also at this time, write up the seasons' schedule and any rules your program has that athletes need to know. (See attachment #1 for a sample.) Set up a parents' meeting for the first hour of your first practice. (Keep several extra copies of both these

documents so that if an athlete loses theirs, they can be replaced immediately). Ensure that you include your contact information so that athletes and parents can contact you, when necessary and between practices. If you give them your home phone, provide guidelines of when they can call you.

Finally, go through the team gear and identify what needs to be repaired or replaced. Order any gear so that it arrives before the season starts. Check that the uniforms are in good shape, and there are enough for all the players. Floor hockey uniform and equipment requirements are located in Section II, pages 6 & 7 of the SSP.

EQUIPMENT: one of each per person on the team (include a few extras for spares or replacements)

- Helmet with full face mask
- Shin guards (the higher the team level, the stronger the shin guards need to be)
- Elbow pads, if budget allows
- Gloves, if budget allows
- Stick (allow extra so coaches each have one)
- Pucks: 10 -15 per team
- Uniform: shirt with number, pants or shorts
- Have players wear athletic shoes, not running shoes

ADDITIONAL GEAR NEEDED:

- Whistle, one for each coach
- Cones
- Tape to mark court, especially goal crease lines
- Nets
- Two sets of scrimmage vests (for scrimmages)
- Screwdriver and pliers for helmet repairs

ONE TO TWO WEEKS BEFORE SEASON STARTS

Now you are ready to “coach.” You will need to set up your training program for the season. Review the information in Section II, pages 10 through 13, of the SSP. Using the following guidelines, create your personal training program. Ideally, a team should have two practices per week, one to one and one-half hours long. However, many teams only hold one practice per week, one and one-half to two hours long. If you will be practicing twice a week, do the same things at both practices for the week, having a fun “drill” at the end of the first practice and adding a scrimmage at the second practice. This will allow you to reinforce the skills one more time before you ask them to play in a scrimmage.

Invite additional volunteers to assist at the first practice. You will need 8 -12 coaches to run all 5 stations of the *Individual Skills Contest* at the same time. Read up on the Individual Skills Contest (SSP, Section VI, pages 10 -13), and gather up any additional equipment you will need for the first practice.

NOTE – *The following 8-week training program is written for one practice each week. If you are practicing twice a week, you will need to adapt this schedule. For the first practice, follow the schedule, adjusting the time as necessary. For the second practice, replace the last drill or game with a scrimmage, again adjusting the time as necessary.*

Week One – First Practice (120 minutes)

Before practice starts: Each volunteer should have a job description and an understanding of what is supposed to be done. Distribute the equipment needed for each station, so that the volunteer can prepare the station before practice starts.

1. Parents' Meeting (30 minutes):

Introduce yourself to both parents and athletes; tell them something about yourself, including your personal philosophy and why you are coaching. Go over the rules, ensuring that everyone understands them. Hand out the copies of the schedule and the team rules; introduce all assistant coaches. Write down the names of all the athletes.**

2. Equipment (10 minutes):

Assistant coaches should take the athletes to the equipment and help them "suit up." While this is going on, the head coach can answer all parent questions, and make note of their concerns. If they give you information about their child, write it down in a notebook. (Review your list before each practice until you can remember everything on the list). At this time, you can invite them to stay and watch practice or leave and return when practice is over.

3. Warm ups (20 minutes):

If helmets need to be resized, this is a good time to handle it. It is recommended to place a name tag on each player's helmet. The goal is to have each athlete suit up themselves prior to practice without much assistance from the coaches. After the athletes are ready, start by having them jog/walk around the court for five minutes. Then bring everyone onto the court in full gear, minus sticks, and lead them through stretches. (Use the same stretches for every practice, so that athletes know what to expect, and can work toward leading their own stretching.) If an athlete is having trouble stretching, let one of the assistant coaches guide them. Ensure that the neck, back, arms, and legs are well stretched out. Then have athletes jog/walk around the court for another five minutes.

Water break (5 minutes):

Ensure that all athletes get a drink.

4. Drills (40 minutes):

Use the *Individual Skills Contest* (SSP, Section VI, pages 10 – 13) to evaluate all your athletes. Have coaches and volunteers set up and "run" their stations. Record each athlete's scores.

5. Cool-down (15 minutes):

Athletes jog one lap, and then walk two around the court. Bring them onto the court and have them stretch out again using the same stretches used at the beginning of practice, doing only half the number of repetitions. Ask if anyone has any questions, and remind them about the next practice. Help/show athletes how to pack up the team gear. (Wait for all athletes to be picked up before leaving).

After practice: Head Coach: Conduct a quick coaches' meeting, answer any questions and address any concerns. Review the scores from the Individual Skills Contest and tentatively decide which athletes go on which teams. Assign coaches to the teams.

****Ensure that you have copies of the medicals for all athletes prior to the first practice. You might want to make one copy for each coach.**

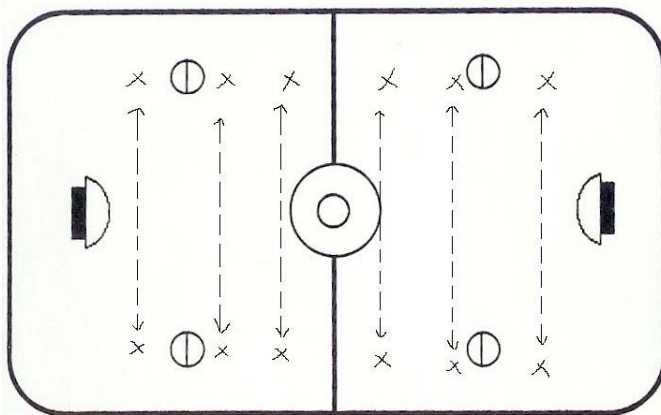
Week Two – Second Practice (120 minutes)

1. Warm-ups and Stretching (20 minutes)

2. Drill 1 (45 minutes): Introduce the first drill: Passing and Receiving. [Figure 1]

Have athletes form two equal lines and stand about fifteen feet apart, parallel to the sides of the court. (Explain and demonstrate with another coach what they are going to do.) Pass the puck to his/her teammate in the other line, and “catch” it. Emphasize passing from both sides of the body. Coaches should be walking up and down the lines and correcting/helping players who are having trouble. Players who can’t pass the puck the complete distance to the other players should take a step for more power. If players can’t stop the puck with their stick, show them how to use their feet or legs to stop it, and then trap it with their sticks. After you are sure that most of the players can complete a pass, have them pass from the other side of their body. This will be hard for all of them and extremely difficult for a few. If the first part of the drill lasted ten minutes, then make this part only last 5 minutes as most of the players will be frustrated using their weak side. To conclude the drill, have them (still in their lines) move toward the net, and take a “shot at the goal.” If they miss, have additional pucks so you can toss another one to them so they can try again. Before you end the drill, everyone should have put “a puck in the net.” (Refer to Attachment 3 for increasing the difficulty of this drill.)

Figure 1



X's are the players, and the arrowed lines are the paths they should use to pass the puck back and forth between them

Water break (5 minutes)

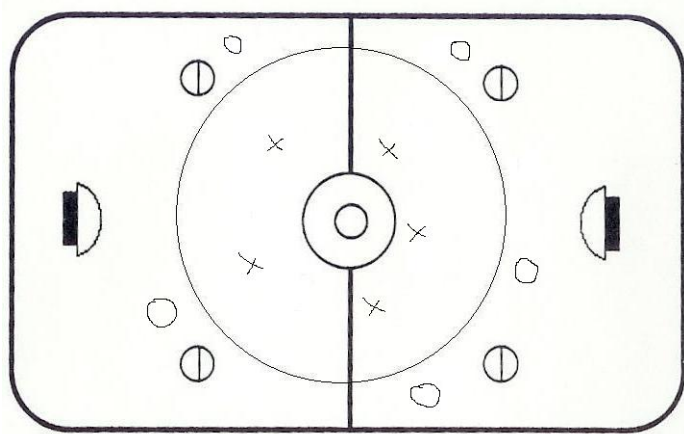
3. Jogging (5 minutes): Everyone jog/walk around the court with a stick and puck.

4. Drill 2 (30 minutes):

Teach your athletes a low-organized game: DODGE PUCK [Figure 2]

This is played like dodge ball. Use tape to make a large circle or square on the floor of the court. Divide the team in half. One squad forms outside the circle and the other squad is in the middle. Using more than one puck, have players take shots at the other squad. Using the passing skills they just learned, they should be able to “pass” a puck to a player and hit them, causing them to be “out.” Ensure they understand that they must pass from outside the circle and must wait for a puck to come to them before they can shoot again. Also, ensure that the squad in the middle knows that they are supposed to dodge the puck and that they cannot touch it in any way. You can time each squad to see who can eliminate the other faster, or you can count the number of shots taken (if you do this, limit the number of pucks to 2 or 3).

Figure 2



Create your circle large enough so that the athletes in the center cannot be hit by a stick. Let each squad be on the “outside” at least twice.

5. Cool-downs (15 minutes)

Week Three – Third Practice (120 minutes)

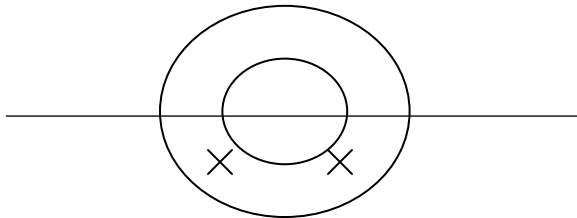
1. Warm-ups (20 minutes)
Same as week 2, but include jogging with a stick and a puck.
2. Drill 1 (50 minutes): introduce two new drills.

Divide the team in half, one group will do stick checking and the other group will do face-offs.

Switch groups after 25 minutes.

- Stick checking (taking the puck away from a player on the opposite team)
Stick checking needs to be done “side by side,” it is NOT done across from each other like a face-off. Two athletes practice together, first one holding the puck while the second tries to steal it, and then switching off. Start while the “holding” athlete stays in one place, then as skill is mastered, have “holding” athlete on the move, first slowly, and then jogging, then running. After the players are paired, use a whistle to start and stop drill. Each athlete stick checks at least 10 times successfully. Make sure that they know how to follow the puck and take possession of it after they have “hit it loose.” REMINDER: stick checking on the top of the stick is slashing, earning a one minute minor penalty.
- Face-offs (used to start play during game) [Figure 3]
To face-off properly, an athlete must be agile enough to bend down over the puck. The feet should be placed wide enough for good balance, and the hands should be out away from the body, holding the stick so that it can slide across the floor and sweep the puck out of the face-off circle. The stick can be placed anywhere on the line (of the smaller circle) on the athletes’ side of the court. The 2 “x’s” indicate where their feet should be.

Figure 3



Pair up the players, and use a whistle to start the face-offs. Return puck to face-off circles and repeat until each athlete understands:

- to keep swinging the stick until the puck leaves the smaller circle.
- the puck must be hit hard enough so it leaves the smaller circle.
- the stick cannot be placed into the middle hole of the puck to move it during a face-off; it must be swept across the court.
- another athlete must touch the puck before the athletes who faced-off can take possession of it.

Water break (5 minutes)

3. Jogging (5 minutes):
Everyone jog/walk around the court with a stick and puck.
4. Drill 2 (30 minutes): 2-on-2 drill
Pair up athletes for two-person teams, each team wearing a different colored scrimmage vests. Have two ‘teams’ play each other. The object is for one team to get three consecutive passes before the other team can take the puck away. Count the passes out loud so that everyone on the court knows the score. (When the puck changes from one team’s hands to the other, restart the count). The first

time this drill is used, only use half the court until the players have a better understanding of positioning themselves for passing. Make sure they understand that they can move anywhere in the (half) court while passing to their teammate. Have the winning teams play each other and the losing teams play each other so that each team has at least 4 scrimmages. This drill uses the passing and receiving skills they learned in the previous practice, along with the stick checking skills they learned at this practice. If you have enough coaches, have two scrimmages going on at the same time: one on each half of the court. The rest of the athletes should watch from the sidelines.

SELECTING YOUR GOALIE: While you do the 2-on-2 drill, have one of your coaches work one-on-one with the players from the sidelines who would like to try out for goalie. Section III, page 21 of the SSP shows the basic goalie stance and lists the skills needed to goal tend. Wear all the protective gear to see if they are still mobile once they are wearing it.

5. Cool-downs (10 minutes)

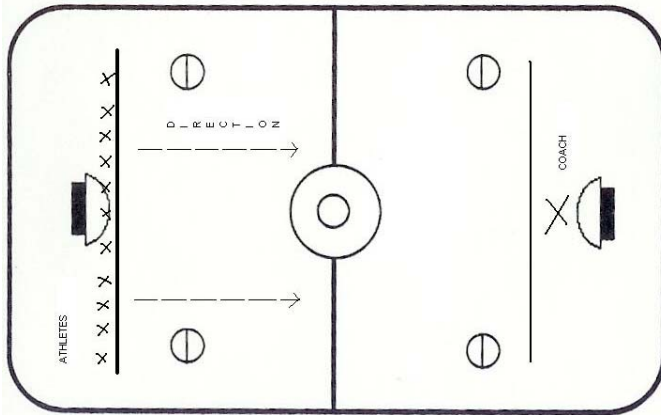
After practice, hold a coaches' discussion and pick two or three athletes to train as goalies.

Week Four - Fourth Practice (120 minutes)

1. Warm-ups and Stretching (20 minutes)
2. Drill 1 (25 minutes): Stick Handling [Figure 4]

- Red Light, Green Light:

Figure 4



Athletes line up at starting line. On coach's command "green light," athletes move forward with stick and puck. On "red light" command, athletes stop. If athlete moves during the "red light" he must go back to starting line. First athlete to finish line wins.

First time through the drill, have athletes walk; second and third times, have them jog. They then should be expected to move as fast as they can while controlling the puck. Remind them that they still need to be able to stop when they hear the "red light" command and be standing still before the coach turns around. If they lose their puck, they have to go back and get it and then return to the starting line and begin again.

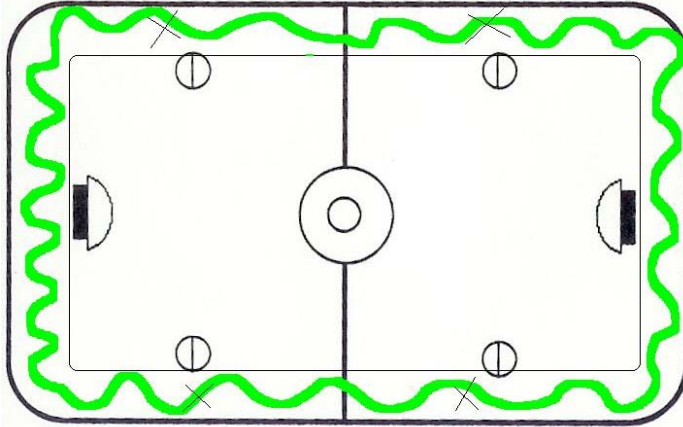
Also, now that you have picked your goalie(s): during this first part of your practice, you will want to have a coach work with them for ten to fifteen minutes every practice in addition to the time they will spend with the rest of the team during drills.

3. Drill 1 continued (25 minutes): Steal the Bacon
This game is similar to musical chairs, as there is one less puck than players. Athletes jog around the outside of the court until the coach blows the whistle. Players run into center of court and take a puck, and try to bring it outside the court. Until they bring the puck across the outside court boundary, anyone else can "steal" it away from them. The player who cannot bring a puck across the court boundary is "out." For each round, change the direction the athletes jog. (Changing the direction in which the athletes run forces them to stick handle on both sides of their body.) Continue until only one player remains.

Water break (5 minutes)

4. Jogging (5 minutes): Everyone jog/walk around the court with a stick and puck. This time the coaches act as opposing teammates, attempting to steal the puck as players try to pass by them. [Figure 5]

Figure 5

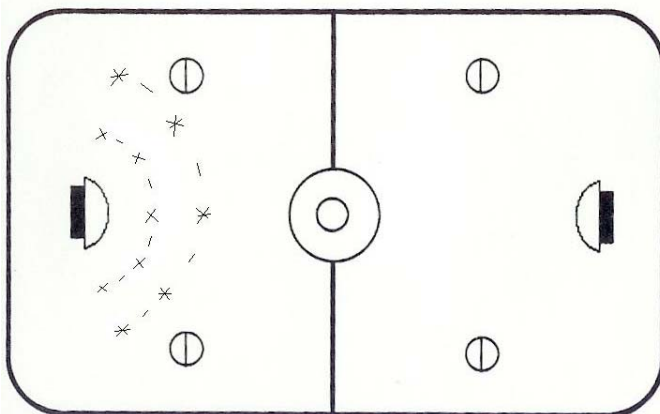


Use the outer 6 to 8 feet of the court (indicated by the green line). While players jog and stickhandle, coaches (indicated by the X's) act as opposing team members and attempt to steal the puck.

As athletes pass by a coach, they should turn their backs toward the coach, push backwards crowding the coach until they can turn (in either direction) and pass by without losing their pucks. The athletes want to keep themselves between the coach and the puck.

5. Drill 2 (30 minutes): Shoot Around the Goal [Figure 6]
Have one of the goalies suit up and take position in front of the net. Set up 5 or 6 pucks in a semi-circle around the goal, and have each athlete shoot the pucks into the goal. Each time an athlete shoots for a goal, have the goalie block it. The first time, have them stand still while shooting the pucks (now closer to the goal), and have them notice that it is extremely hard to get the puck to come up off the ground. This type of shot is very easy for a goalie to defend against and rarely goes into the net. Second time, allow them to take a few steps before they shoot (now farther from the goal), the puck should come off the ground; this is called a "lift shot".

Figure 6



Once they have mastered shooting goals, have them focus on shooting into the corners. (Top corners are harder for the goalie to defend than bottom ones). As time allows, change goalies and repeat the drill.

6. Cool-downs (10 minutes)

Week Five – Practice Five (120 minutes)

1. Warm-ups (15 minutes)
2. Drill 1 (45 minutes): You need to see what skills your players need to work on and how well they understand the dynamics of playing the game. If you have two players who can be goalies, have them get into their gear. If you only have one goalie, have a coach suit up also (*have the coach play at the same-level goalie as the athlete he is playing against*). Goalies will remain on the court for the entire session.

Divide the remaining athletes into 5-person teams, giving each team colored scrimmage vests to wear. Have a mini-round robin between these teams with the players maintaining their positions during the scrimmages. Have them play at least three lines (one period) for each shortened game. If you are playing more than four games, make each line two minutes instead of three, so you can fit all the games into the practice. During the scrimmage, teach each player his/her position. If necessary, stop play and show athletes where they should be. Coaches should act as referees and use their whistles so that players learn to focus on listening to the referees during games. Conduct the scrimmages just like an official tournament. If you can make up three 5-person teams, you will have three scrimmages. However, if you only have enough players to make two 5-man teams, you might want to consider inviting others in to play against your athletes. (Local roller hockey team, ice hockey team, Boy Scout troop or high school youth group who like to volunteer can assist your program.)

Water break (5 minutes)

3. Jogging (5 minutes): Everyone jog/walk around the court with a stick and puck. Coaches should act as opposing teammates, attempting to steal the puck as players try to pass by them.
4. Drill 2 (30 minutes): Station work to improve individual skill. Use any or all of the drills from your previous practices to re-teach those skills.

Rules (10 minutes): Spend a few minutes with the team reviewing the rules of the games and how they should be playing their positions. Ask them to tell you the positive things that they did. (Do not let them point out errors of other players.) See if they can answer simple true/false questions about the rules.

5. Cool-downs (10 minutes)

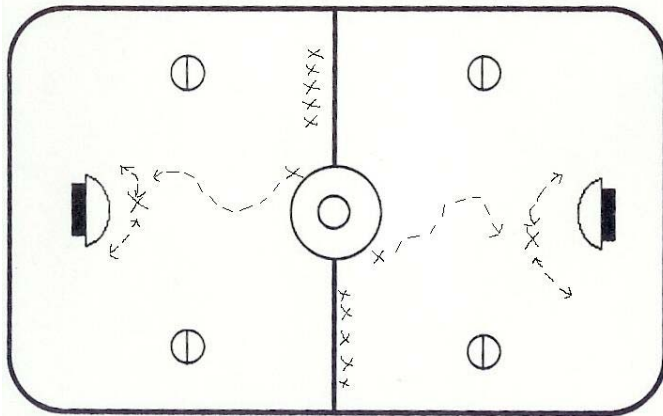
Week Six – Sixth Practice (120 minutes)

1. Warm-ups (15 minutes)

2. Drill 1 (45 minutes): SCREENING DRILL [Figure 7]

This is a one-on-one drill where a forward moves down the court to take a shot on goal. One defender makes a mobile screen by moving back and forth across in front of the goal crease trying to block the forward from making a shot. The lesson for this drill is for the forward to move around until he/she has a clear shot before attempting to score. Start at center court and have the forward move toward the goal. Ensure the athlete's eyes are on the other player, not on the puck. Have the athlete move as quickly as possible and shoot for a goal. The defender keeps his/her body in-between the forward and the goal. You can have two stations set up, one on each end of the court. Two coaches can work with each station, allowing the athletes to rotate through the stations several times during this practice session.

Figure 7

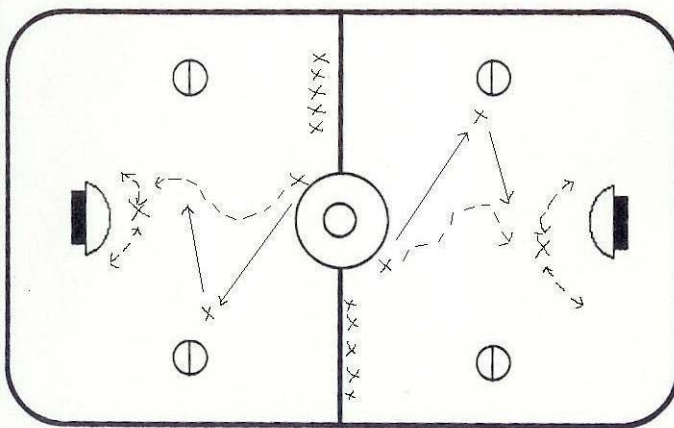


While defensive player is moving back and forth in front of the goal, the forward is moving down the court in an attempt to draw the defensive player out of position and shoot a goal.

Water break (5minutes)

3. Jogging (5 minutes): Everyone jog/walk around the court with a stick and puck. Coaches should act as opposing teammates, attempting to steal the pucks as players try to pass by them.

4. Drill 2 (40 minutes): GIVE AND GO DRILL [Figure 8]
Figure 8



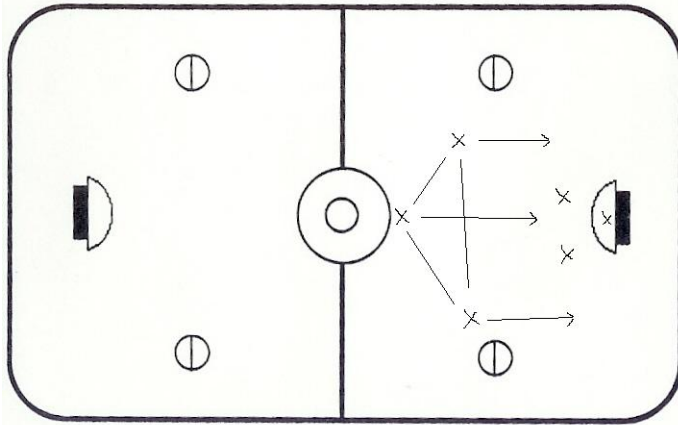
Athlete passes to stationary teammate and then goes by a defender. Athlete then receives return pass from stationary teammate. Athlete stick handles length of court and shoots for goal while keeping the puck away from the defender. Teach athlete proper spin move when passing defender so that defender can't stick check. This is very similar to the Screening Drill, but with an added player. In this drill, the forward must pass and then receive back a pass from another player before attempting to score a goal while the defensive player is attempting to block the goal.

5. Cool-downs (10 minutes)

Week Seven – Seventh Practice (120 MINUTES)

1. Warm-ups (15 minutes)
2. Drill 1 (45 minutes): TRIANGLE DRILL [Figure 9]
3 forwards move against 2 guards. Forwards are the 3 points of a triangle and must keep the formation for the entire drill. They pass the puck among themselves as they move down court and take a shot on goal when the net is open. The guards attempt to steal the puck or prevent a goal. Do this on half of the court and include your goalie. (Before you start, “prove” to your athletes that they can pass the puck faster than they can run with it; have the players race a puck that is passed down the court to another coach. They should find that they are less than half way down the court when the other coach catches the puck). For this drill, the right and left forwards should stay in their “lanes” as much as possible and should only cover the center when necessary. The guards are supposed to keep their bodies between the puck and the goal.

Figure 9



Forwards should learn to maintain a “triangle” when moving the puck down the court, and to (as much as possible) stay in their own lane.

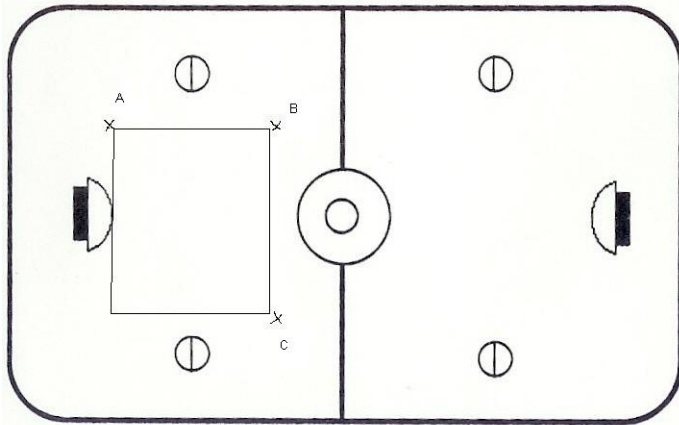
Water break (5 minutes)

3. Jogging (5 minutes): Everyone jog/walk around the court with a stick and puck. Coaches should act as opposing teammates, attempting to steal the puck as players try to pass by them.
4. Drill 2 (40 minutes): Play a game with all nine lines. (*If you have two practices per week, play a game at both practices.*) Make the conditions as close to a tournament as possible. Invite outside players to make up the “other team.”
5. Cool-downs (10 minutes)

Week Eight – Eighth Practice (120 MINUTES)

1. Warm up (15 minutes): Greet team, and assist those who need help getting into their gear. Jog/walk around the court for five minutes. Then bring them onto the court for stretches. Then send them back out to jog/walk again, including sticks this time for another SIX minutes.
2. Drill 1 (45 minutes): FOUR CORNER DRILL [Figure 10]
This is a “thinking” drill. Athletes must be aware of the puck at all times and move to cover the “open corner”. Using tape, mark floor with 4 x’s forming a square. To start out, the x’s should only be about 10’ apart. As players gain proficiency, move them further apart. Three athletes (a, b, and c) start on three of the corners leaving one corner open. Using one puck, athletes pass puck from corner to corner (not caddy-corner). Athletes can shoot to either corner each time they get the puck; they do not need to continue in the direction puck was passed to them. The other two athletes must watch and, when necessary, move to the open corner to receive a passed puck. Have athletes pass the puck around the square for about 3 to 5 minutes.

Figure 10



If “A” has the puck, it can be passed to “B” or to the “open corner.” If it is passed to the open corner, then “C” must run to that corner and “cover” it. “C” then has the option of passing to the corner he/she just left, or back to “A.”

If “C” passes it back to “A”, then no one moves to a new corner. However, if “C” passes the puck to the open corner, “B” must run and cover that corner before the puck gets there. If athletes are taking the “easy road” and passing only to the corner with the player in it, a coach replaces one of the players, and the coach always passes to the open corner.

Water break (5 minutes)

3. Jogging (5 minutes): Everyone jog/walk around the court with a stick and puck. Coaches should act as opposing teammates, attempting to steal the puck as players try to pass by them.
4. Drill 2 (40 minutes): Play a game with all nine lines. (*If you have two practices per week, play a game at both practices.*) Make the conditions as close to a tournament as possible. Invite outside players to make up the “other team.”
5. Cool-downs (10 minutes)

Attachment 1:

FLOOR HOCKEY SCHEDULE (Sample)

Mark your calendars for Floor Hockey:

Practices

Sundays,
2:00 to 4:00pm
Vista Boys and Girls Club

September 22 and 29
October 6, 20 and 27
November 10 and 17
December 1, 15 and 22
January 5 and 12

Tournaments

November 2, Westside (Santa Monica)
November 23, North San Diego (Fallbrook)
December 7, Saturday, Western San Bernardino
January 17-19, San Diego (Saturday am - Sunday pm)--Championships

Rules:

- If you do not attend at least THREE practices each month, you will not be able to participate in the tournament.
- Also, if you are going to miss practice, you need to call your coach and tell the coach why you will not be there.
- Be on time and come ready to practice.
- Remember, when you walk through the door, it is time to concentrate on Floor Hockey. While you are at practice, the only thing the athletes should be thinking about is Floor Hockey.

If you have any questions, please don't hesitate to call me.

Coach's name
Head Floor Hockey Coach

Phone number