

Floor Hockey

2021 Season Updated 11/10/2020





Return to Play 2021

- Practice
- Scrimmages
- All Star Challenge



Floor Hockey Season Time Line

- Season
 - November 1st - March 7th
- Session One
 - November – January
- Session Two
 - January - February
- Session Three
 - February - March



Session Outcomes

Session One

- Practice
- Conditioning & Fitness

Session Two

- Continue with session one outline
- Gather scores for All Star Challenge and submit to SOMA
- Scrimmages may be set up between teams

Session Three

- Continue with session one outline
- All Star Challenge competition begins
- Scrimmages may be set up between teams
- Awards will be awarded at end of session three

Practice

**Special
Olympics**
Massachusetts



Experience **Inclusion**



Practice

Teams may gather following Massachusetts guidelines for COVID 19

- No more than 25 people indoors, this headcount includes everyone
- Masks must be worn at all times by everyone
- Social distancing protocols must be followed at all times
- Groups must be formed and may not exceed 10 people per group and groups must be separated by minimum of 14 feet
- Recommended use same groups for every practice session



Practice

- No spectators allowed
- Activities must end by 9:30pm
- No sharing of personal equipment (pads, helmets, gloves, sticks), esp. goalie equipment
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)

Scrimmages

**Special
Olympics**
Massachusetts



Experience **Inclusion**



Scrimmages

Teams may scrimmage vs other teams following Massachusetts guidelines for COVID 19

- No more than 25 people indoors, this includes everyone
- Masks must be worn at all times by everyone
- No spectators allowed
- Activities must end by 9:30pm
- May only play one per team per day, may play multiple games vs that team
- No sharing of equipment, esp. goalie equipment
- All players and coaches must wash and sanitize hands upon arrival, during and after scrimmage
- All equipment must be sanitized prior to, frequently during and after scrimmage
- All individuals attending must take a COVID 19 screening prior to start of scrimmage, (*refer to return to play power point on [coaches resources section](#) of SOMA website*)

All Star Challenge

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Massachusetts



Experience **Inclusion**



Goals of All Star Challenge

- Can be done anywhere where player has access to a hockey net: team practice/gathering, at home, local park
- Competition Opportunity beyond practice and scrimmages
- Provide teams with a hockey outline that meets COVID -19 guidelines
- Allows for personal skill progression and growth
- Provides wellness and conditioning



Competition Opportunities

- At Practice
 - Teams designate a practice session in which players on team compete against each other in All Star Challenge. Special Olympics MA to provide awards based on predetermined divisions
- Virtual
 - Players are divisioned against others from across state in a virtual All Star Challenge competition. Awards provided at conclusion of season



The Challenges

- Around the Goal
- Accuracy Shot
- Stickhandling
- Obstacle Course
- Fit5



How All Star Challenge will work

Session Two

- Players begin to compete in all five challenges and collect scores. Either at practice or at home
- Players or coaches may submit scores to Special Olympics MA
- Players may submit multiple scores for each challenge during this time. Special Olympics MA will take average of all scores to create players final score for each challenge
- Special Olympics MA will use final average from session to division players vs other players from across the state



How All Star Challenge will work

Session Three

- All Star Challenge final round begins. Either at practice or at home
- Players divisioned vs other players from across the state.
- Divisions will follow SOI divisioning guidelines and no fewer than 3 and no more than 8 per division
- Players may submit multiple scores for each challenge during this time. Special Olympics MA will take average of all scores to create players final score for each challenge
- Leaderboard will be posted weekly on Special Olympics MA website. So players may see where they stand in relation to others with in their division
- Awards to be given out at end of session three based on final standings with in each division



The Challenges - Around the Goal

- Set up six (6) spots around the goal at a distance of 5m
- Player has 10 seconds to score from all six spots
- One point for each goal scored in time limit
- Layout available on page 17 of [rule book](#)



The Challenges - Accuracy Shot

- Player gets 5 shots from 5 meters from and directly in front of the net
- Net is divided into 6 sections (*page 19 of [rule book](#)*)
- Record total # of points athletes tally's



The Challenges- Stickhandling

- Timed event. How fast can player navigate course
- Course is 21m long, set up 6 cones 3m apart
- Player must stickhandles puck through course and attempt a shot after going around final cone
- Clock stops once shot is taken.
- Record total # of points athletes tally's
- Page 18 of [rule book](#))



The Challenges -Obstacle Course

- This is a timed event. How fast can player go through the course?
- Player starts at goal line, stick handles to opposite goal line (60ft)
- Once at baseline must complete four passes to an established target. May not advance through course until all four passes hit the intended targets
- Stick handle to opposite goal line (60ft) through 10 cones set up every 6 feet. Player must change hands at each cone
 - *Add two seconds for each cone missed or not properly gone around*
- Reach goal line player must make two shots, one from 10ft & second from 5ft. Once both shots are made course is complete
- Stop time and add in any plenty's to get players total time



The Challenges - Fit 5

Player must participate in all five (5) aspects of the fitness challenge to receive points

1) Three (3) Cone Drill

- Timed event. How fast can participant complete task?.
- Set up 3 cones at 5 yards apart from each other
- Participant gets in athletic stance. Touches cone #2 and goes back to start cone (#1). Touches cone #1 runs to cone #2, rounds cone on outside and sprints to cone #3 goes around cone on inside and backtracks to cone #1 by sprinting to cone #2 touching top and rounding it on outside then sprint though to cone #1. End watch once player runs past cone #1. <https://www.youtube.com/watch?v=rLtvdHEwnus>

2) Box Jump

- How many times can participant jump over the object in 30 seconds
- Use a box or a basketball. Box should be roughly 12"x12". *Modification: if an athlete can jump over a 12" box, modify size of box to a smaller box or if that is too difficult, put a strip of tape on the floor and have them jump over the line.*

3) Nutrition

- Submit the Fit5 chart showing you ate 5 fruits and or vegetables a day
- 1 point for each piece of fruit or vegetable you ate



The Challenges - Fit 5

4) 5 Minute Core Exercise

- Submit once a week, a chart showing you completed the following exercises. One point for each repetition participant is able to do in a minute. Participants must do each of the 5 exercises. May do it multiple times a week and may receive points for each time you do the exercise
- Chair Squat
- Push Ups
- Curl Ups
- Jumping Jacks
- March and Swing Arm

5) Hydration

- Submit the Fit5 chart showing you drank 5 glasses/bottles of water a day
- 1 point for each glass/bottle of water you drank

Questions?

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