

SLAP SHOOT FLOOR HOCKEY GAMES

1. Clean Up Your Backyard

Equipment Needed: Sticks, Balls, Cones

Set Up: Create a playing field with cones ("No-Man's Land" set up in the middle).

How to Play:

1. Divide the class into 2 teams.
2. Each player has a stick.
3. Players try to pass balls into other teams space.
4. No player may enter "No-Man's Land".
5. Each team tries to keep their side empty of balls by passing them back to the other side.
6. The team with the least amount of balls on their end after a round gets a point.

2. Ice Monster

Equipment Needed: Sticks, Balls

Set Up: No set up needed.

How to Play:

1. Designate two players that will be "Ice Monsters" and do not have sticks.
2. Players dribble (stick handle) ball within the area.
3. If one of the "Ice Monsters" players tags a player that is dribbling they must freeze.
4. When Frozen, they must hold the stick over their head, and spread their legs a part.
5. They may not get unfrozen until another player rolls a ball through their legs.

3. Ground Ball-Hogger

Equipment Needed: Sticks, Balls, Cones

Set Up: Create a triangle boundary- 2 cones are for the players to stand behind the 3rd cone is for the Instructor to stand behind.

How to Play

1. Instructor rolls a ball in front of players standing in 2 lines.
2. 1st player in each line sprint to see who can get the ball 1st and return a pass to the Instructor.
3. Can incorporate a goal and shooting on goal once ball is secured by one of the players.

4. Numbers Game

Equipment Needed: Sticks, Balls, Cones

Set Up: Create a playing field with cones and a goal(s) if you are going to incorporate shooting on the goal.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1-2-3, etc.
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one player on the other team.
4. Instructor calls out a number and throws out two balls.
5. The players from the different teams with the same number must run out and get a ball, take it down to their team's goal, and take a shot.
6. Each player gets one shot.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:

- Award points for a player who runs back to his/her team faster than the other player and for the team cheering louder.

5. Red Light, Green Light, Yellow Light, Crash

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play:

1. Each player should have a stick and ball.
2. Object is for players to get from one end of the field to the other while cradling.
3. The Instructor should call out the following commands:
 - a. **Red Light**- the players must stop.
 - b. **Green Light**- the players can dribble and run quickly.
 - c. **Yellow Light**- the players must dribble and run slowly.
 - d. **Crash**- the players must stop and fall to the ground.
4. If you drop the ball you must go back to the beginning.

6. Monkey In The Middle

Equipment Needed: Cones, Sticks, Balls

Set Up: None

How to Play:

1. Players should get into two opposing lines (face to face).
2. There are players in the middle (Instructor should determine appropriate amount).
3. Players begin passing the ball from one side to the other.
4. Players in the middle try to intercept the ball.

Tips:

- Players should rotate from the line to the middle if they make a bad pass.

7. Around the Wheel

Equipment Needed: Cones, Sticks, Balls

Set Up: No set up needed.

How to Play:

1. Players are to form a large circle.
2. One player begins in the middle.
3. The middle player passes to anyone in the circle.
4. The player that receives the ball, dribbles to the middle, and then passes to a new player in the circle.
5. Once in the middle, the player passes the ball, they return to their own place in the circle.

Tips:

- No pass backs.
- Add more balls to the game as players get the hang of it.

8. Fireball

Equipment Needed: Cones, Sticks, Balls

Set Up: Set up playing field with goals at each end.

How to Play:

1. This is a passing relay from end to end of the field with a shot in each goal.
2. Divide players into groups of 4.
3. The group begins at half field and must advance towards goal by passing ball from teammate to teammate.
4. Team may not shoot until each player has received a pass.
5. There is no running to advance the ball when player is in possession of it.
6. Once team has scored on first goal, they repeat the same passing to the other end of the field and shoot on that goal.
7. Instructors can award points for shooting, passing, etc.
8. Instructors can determine if team loses turn based on bad passes or missing the goal.

9. Soda Fountain

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play :

1. Designate each side of the boundary a different name of a drink.
2. Make sure the players know which side of the boundary is named what.
3. Each player should have a stick and ball.
4. When Instructor yells the name of the drink out all players must go to that side.
5. Players must dribble while running to correct side of field.
6. Players are out if they are last to the correct side.

Tips:

- **Drink Names:** Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.
- Make the center of the playing area another name of a drink .

10. Relay Races

Equipment Needed: Cones, Sticks, Balls

Set Up: No set up needed.

How to Play:

1. Players are split into even stacks (lines).
2. Create a point-to-point straight course with cones for each stack of players.
3. Instructors may incorporate any movement (dribbling and dodging) for each round of the relay. Dodging should be initiated by a cone in the relay "track".
4. 1st team to be sitting quietly in a straight line wins.

11. NHL Shootout

Equipment Needed: Sticks, Cones, Balls

Set Up: Create a playing field with cones and a goal at the end.

How to Play:

1. Designate 1 person to play goalie.
2. Have everyone else make a line at half court.
3. Create 1-on-1 situation with 10 seconds to score.

Tips:

- If the group is large, you can use both ends of the court.

12. World Cup

Equipment Needed Sticks, Balls, Cones

Set Up Create playing field with one goal.

How to Play

1. Divide players into groups of 3 (each team should pick a country as their team name).
2. Instructors should be goalies.
3. There is 1 fewer ball than teams placed in an area.
4. If a team scores they sit down.
5. Repeat until only 1 team is left.

13. Remote Control

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play:

1. Everyone is spaced around the playing area and they act like a remote control.
2. Each player has a stick and ball.
3. The Instructor yells out a command:
 - a. **Play**- normal jogging and dribbling
 - b. **Stop**- players are frozen
 - c. **Rewind**- everything s backwards
 - d. **Fast Forward**- normal activity as fast as possible
 - e. **Slow Motion**- everything is as slow as possible
 - f. **Eject**- everyone must fall to the ground

14. One on One

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing area and set up goal(s).

How to Play:

1. Players are to practice dodging a defender before taking a shot.
2. No contact.

Tips:

- Defensive players should play 'dummy D' first time through.

15. Dribble Eliminator

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play:

1. All players have a stick and get a ball and must dribble within the boundary.
2. If a player loses the ball, they are out.
3. Goal is to be the last person still dribbling.
4. Players without balls can be defenders and knock balls out of bounds.

Tips:

- When the group starts to get smaller, reduce the boundary area.
- Make sure players are moving – if they are just holding the stick still, they are out.

16. Dribble Maze

Equipment Needed Sticks, Balls, Cones

Set Up: Create a coned course.

How to Play:

1. Players must dribble ball staying inside the coned course.
2. Players are to be staggered at the start by Instructors.

17. Target Practice

Equipment Needed: Sticks, Balls, Cones

Set Up: Place a cone 20 feet in front of each stack.

How to Play:

1. Divide the group into stacks.
2. 1st person in line has the puck/ball and tries to hit the target (cone).
3. They retrieve their ball and pass it to the next person in the stack.
4. Award points for hitting the target.
5. Be sure to tell players that this not a race, they should focus on accuracy.

18. Run And Rip

Equipment Needed: Cones, Sticks, Balls

Set Up: Put a goal in front of each line.
Place a cone diagonal from the front of each line.

How to Play:

1. Divide players into different teams.
2. Players are to dribble to the outside of the cone.
3. After passing the “diagonally” placed cone, players shoot on goal.

19. Egg Hunt

Equipment Needed: Cones, Sticks, Balls

Set Up: Create “baskets” with the cones.

How to Play:

1. Instructors or players throw balls all over the field.
2. Players are released to retrieve balls and dribble them back to the basket (coned area).
3. Object is to collect most balls the quickest.
4. If player loses a ball while dribbling back to their “basket”, they must leave it there and seek out another available ball.
5. Players may not take balls from other player’s baskets.
6. Multiple rounds are recommended.

20. Give And Go

Equipment Needed: Cones, Sticks, Balls

Set Up: No set up needed.

How to Play:

1. Divide the players into 2 teams.
2. Instructors stand 10 yards in front of 1st player in line.
3. Once the player passes the ball the player runs to the side of the Instructor.
4. The Instructor then passes the player back the ball.
5. There should be a cone set up to the right of the Instructors to remind the players where to run.
6. The player receives the ball, passes it back to the Instructor, and then returns to the back of the line.

Tips:

- Instructors may set up a goal for players to shoot once they have received the ball back from Instructor instead of players passing it back to Instructor.

21. Scrimmage

Equipment Needed: Sticks, Cones, Balls

Set Up: Create a playing field with cones and goals.

How to Play:

1. Divide the class into teams.
2. Rules:
 - a. Start game with a drop ball between 2 players
 - b. No touching the ball with your hands
 - c. Your stick may never go higher than your waist