

PDC Plan (first 4 classes): Floor Hockey

Programming Day Card - 1

Warm Up: Pickle

Skill/Review: Stick Handling

Drill: Shadow Simon Says

Games:

1. Clean Up Your Backyard
2. Ice Monster
3. Ground Ball-Hogger
4. Numbers Game
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Numbers Game

Skill/Review: Passing and Receiving

Drill: Dribble Stacks

Games:

1. Red Light, Green Light
2. Monkey in the Middle
3. Around the Wheel
4. Fireball
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Dodgeball

Skill/Review: Shooting

Drill: Shooting Stacks

Games:

1. Soda Fountain
2. Relay Races
3. NHL Shootout
4. World Cup
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Drop-Zone

Skill/Review: Defense

Drill: Shadow Zig Zags

Games:

1. Remote Control
2. One on One
3. Dribble Eliminator
4. Numbers Game
5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment