

SLAP SHOT FLOOR HOCKEY

Slap Shot Floor Hockey

You shoot, you SCORE! No longer just a game for a frozen pond, Floor Hockey is a one size fits all game of speed, coordination, and thrills. This gym class favorite is now available after school. Game Play and skill work to include stick handling, dodging, ball control, and of course shooting will be introduced and practiced from week to week. Learn the different ways to put a shot on goal by incorporating wrist shots, slap shots, snap shots, and the backhand. Slap Shot Floor Hockey just might be the first stop on the road to the Stanley Cup... All aboard!

Skills to focus on: Stick handling, dodging, ball control, shooting and defense.

Facilities: indoor or outdoor, be careful of objects on the side of gyms or ball going out of bounds in outdoor playing spaces.

Safety: No high sticking. Sticks must stay below the waist. Avoid any activity that they may get hit in the head with the stick. No checking. Sticks are not to be used as weapons.

Tips: You can also use dodgeballs as pucks. Using Goalies in this program is a great. Instructors should be a free pass for both teams to help distribute the ball to as many players as possible. This is a program that adding and changing rules to games and scrimmages is easy, helpful, and interesting for the players. Adding points for scoring from different lines, is an example of a great addition to the rules (1 pt. shot, 2 pt. shot, 3 pt. shot). Be creative!

Skills/Drills

1. Grip
2. Stick Handling
3. Passing and Receiving
4. Shooting
5. Defense
6. Dribbling
7. One-Time

Games

1. Clean Up Your Backyard
2. Ice Monster
3. Ground Ball-Hogger
4. Numbers Game
5. Red Light, Green Light
6. Monkey In The Middle
7. Around the Wheel
8. Fire Ball
9. Soda Fountain
10. Relay Races
11. NHL Shootout
12. World Cup
13. Remote Control
14. One On One
15. Dribble Eliminator
16. Dribble Maze
17. Target Practice
18. Run and Rip
19. Egg Hunt
20. Give and GO
21. Scrimmage