

1. Develop mature technique of dribbling.
2. Identify key elements of dribbling.
3. Take responsibility for personal improvement.
4. Students will work cooperatively and productively in a group to accomplish a set goal.

Floor Hockey

Name _____

Date _____

Period _____

1. Cite specific examples of your mature technique of dribbling from practice, assessments and games.

2. Describe the 4 key elements of dribbling using a hockey stick.

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3. Describe two areas of improvement during the Floor Hockey unit.

4. Describe your contribution to your team.

FLOOR HOCKEY STUDY GUIDE

Object of the Game

To work together as a team to maneuver the puck to the offensive side of the court and score goals.

Rules of the Game

High Sticks

The blade of the stick may not go above your knee

Consequence

2 minutes in the penalty box. Continual offender-removal from the game.

Offsides

The offense and defensive players may not cross the offsides line.

Consequence

Free hit for the opposing team from the center circle

In the Crease

All players (except the goalie) may not step inside the goalie crease.

Consequence

Offense in the box- Goalie free hit with stick from the crease
Defense in the box- Offensive penalty shot from penalty shot mark

2 Hands on the Stick

Players must have 2 hands on the stick when playing the puck.

Consequence

Free hit from the opposing team from where the violation occurred

Advancing

Players may not intentionally stop or play the puck with their feet.

Consequence

Free hit for the opposing team from where the violation occurred
(The ref may hold the whistle until advantage is determined)

Unnecessary Roughness

Players may not check or use excessive bodily contact when playing the puck.

Consequence

2 minutes in the penalty box. Continual offender-removal from the game

Over the Line

The puck must be touched within the offsides line, when tossed by the goalie.

Consequence

Free hit for the opposing team from the center circle

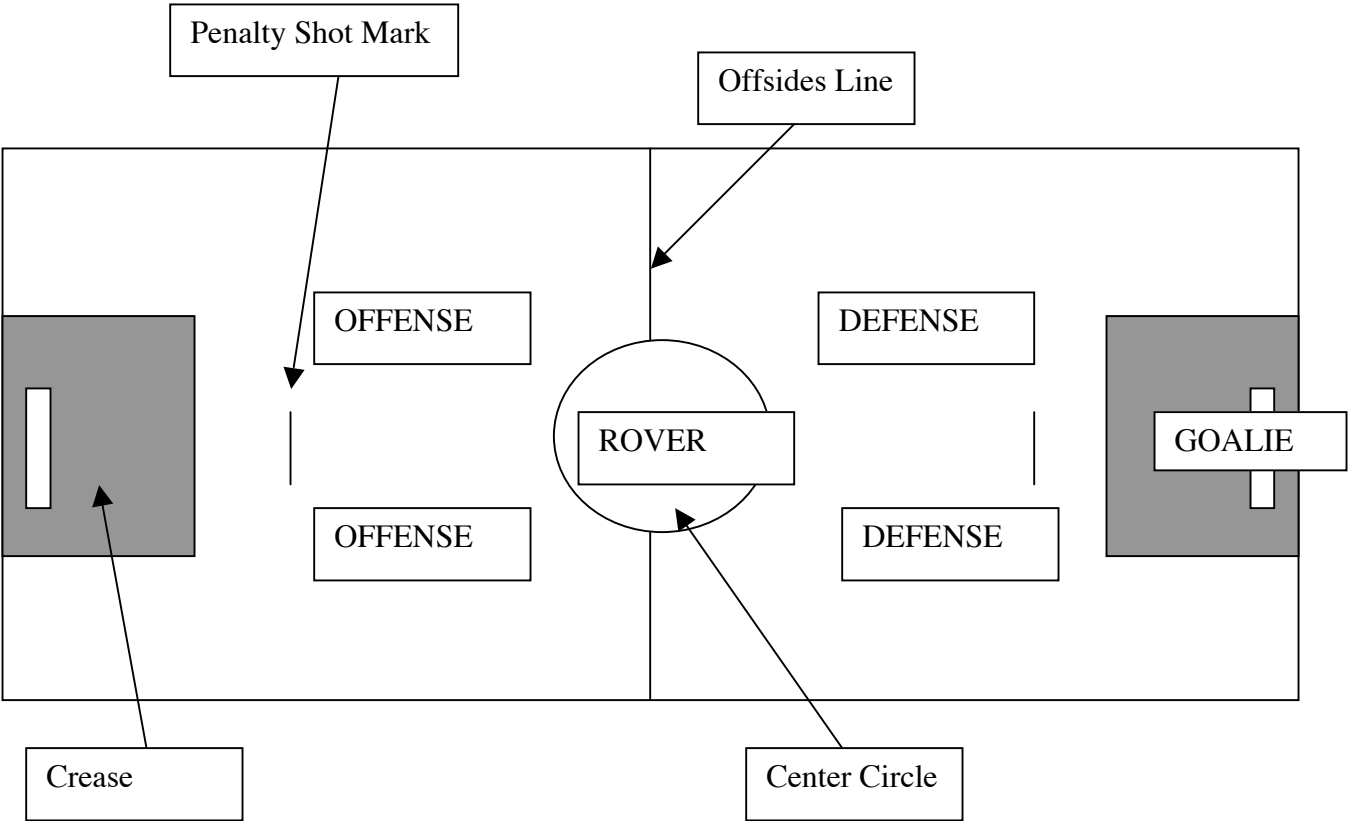
Positions on the Court

Rover - This position may play the entire court. They should lead the offensive play and help out on defense.

Defense- The two defense players must stay behind the offsides line. They protect the goalie, anticipate passes and feed the offense with good passes.

Offense- The two offense players must stay in front of the offsides line. They use deceptive passes to get around the defense and score on the goalie.

Goalie- While in the crease, this position may use their feet and hands to stop the puck from scoring. They should clear the puck to the side with a pass or an underhand toss.



Floor Hockey Skill Assessment

Name _____

Date _____

Period _____

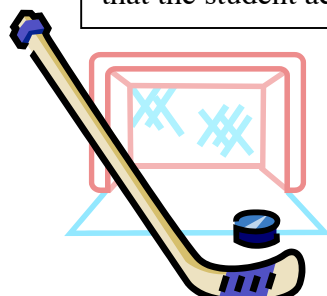
CONTROLLED DRIBBLE

Dribble the puck around the designated cones. Your time begins when the starter says, "GO" and ends when the puck is on the designated area. Record your score.

(PRE) First Attempt _____ Second Attempt _____

Dribble Technique	PRE #1	#2	#3
Dribble in front of your body			
Used both sides of the blade to control the puck			
Hands apart on the stick			
Dribbled w/o using feet			
Dribble around cones w/o puck touching the cones			

- During the controlled dribble the student demonstrated the following:
- Check each box (Yes or No) that the student accomplishes.



ACCURACY SHOOTING

Shoot the puck into the designated goal from the selected distances. The three challenge distances are beginner, intermediate and advanced.

Beginner _____/3 Intermediate _____/3 Advanced _____/3

Shooting Technique	PRE #1	#2	#3
Body in "ready position"			
The blade is in contact with the puck			
A flick of the wrist pushed the puck			
Shot from the designated line			

During accuracy shooting, the student demonstrated the following at the **intermediate** level:

Check each box (Yes or No) that the student accomplishes.

Passing Technique	PRE #1	#2	#3
Body in "ready position"			
The blade is in contact with the puck			
Track moving target before making the pass			
A flick of the wrist pushed the puck			
Write the level of pass (see below) B= Beginner I = Intermediate A = Advanced			

During the passing test, the student demonstrated the following:

Check each box (Yes or No) that the student accomplishes.



ACCURACY PASSING

Pass the puck to the moving target.

- Beginner passes are behind the moving target (blade of stick).
- Intermediate passes are in front of the moving target (blade of stick).
- Advanced passers will hit the moving target (blade of stick).