



Coaches Training Guide to Sports Camp

Equipment Needed:

- Something to use as cones or targets. Such as Water bottles, plate, Frisbees, or shoes.
- Broom stick (with or without bristle)
- Cardboard box – to make goal
- Role of tape (2 or more) – as a puck

Floor Hockey

- Skill 1 – Holding the stick
 - Placement of dominate hand
- Skill 2 – Moving the Puck
 - Placing the tick into the center of the puck, slide the puck around the floor keeping it under control
- Skill 3 – Stick Handling
 - Placing the Stick in the puck, pull the puck back in a sweeping motion
 - Then travel forward with the puck keeping the stick in the puck
- Skill 4 – Shoot around the goal
 - Using 1 or more pucks spread them around the floor in a semicircle or straight line
 - Using the Sweeping motion, pull the first puck back then push forward into the goal
 - Continue to the next puck until all pucks are in the goal
- Skill 5 – Passing & Receiving – can be done with a partner or wall
 - Pull the puck back(in a sweeping motion) and forward pass to the foot of your partner
 - Partner stops the puck with their foot and returns the puck in the same manner
 - After a few try's, pass the puck to your partners stick instead of the feet.
- Skill 6 – Stick handling
 - Set up 3 to 4 cones, weave in and out of the cones without losing control of the puck
- Skill 7 – Defense/Offence
 - Offense -
 - Moving forward with the puck, turn your back to the defense play (blocking them out)
 - Keep moving in a circle (spin around) and shoot into the goal
 - Defense – Possession of the puck (need a partner)
 - Stick Check - Partner places their stick in the puck, the player comes up from the side and places their stick under their partners stick and lifts up removing the partners stick from the puck.
 - Player put their stick in the puck and moves forward.
 - Remember the athletes stick must go under the partners stick to take possession of the puck, if their stick goes over the partners stick they will be called for slashing.

