


# Floor Hockey Type Sequence


## Stick Handling

1. With a stick and ball (beanbag, puck) for each child, have the children take the ball for a walk, keeping the blade of the stick on the ground. This helps with space awareness too. Each child must keep the ball within stick reach at all times.
2. Repeat above activity but now add:
  1. starts and stops
  2. changing direction
  3. around cones or obstacles
  4. vary the speed (not at the expense of control, though).
3. Play "Pirates"

Have each child carry a stick and one half of the children have pucks or balls. Students without balls are the pirates and they must try to steal the ball away from any one of the other students. If a student loses the ball, he/she then becomes a pirate and must attempt to steal a ball from any one of the students. There is no end to this game.



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	