

LITTLE STIX FLOOR HOCKEY

Program Overview

- **Duration: 6 Weeks (1 hour per week).**
- **Week 1: Introduction to Floor Hockey**
- **Week 2: Stickhandling and Passing**
- **Week 3: Shooting and Goalkeeping**
- **Week 4: Defense and Team Play**
- **Week 5: Advanced Skills and Strategies**
- **Week 6: Fun Tournament and Review**

Little Stix Floor Hockey is designed to give elementary school age children a positive introduction to the sport of hockey, with a heavy focus on game play. It can be run as an after school class or in the evenings or on the weekend.

Each session is 1 hour long, focusing on different aspects of hockey and a balance of skill development, fun, and safety. Each session should include a warm-up, skill drills, and a game in a fun and supportive environment.

By the end of the 6-week Little Stix Floor Hockey program, children will have a solid introduction to hockey, a basic understanding of the game, including stick handling, passing & receiving, puck handling, shooting, and defending.

Field Setup

- **One set of goals set up about 5 feet inside the longer ends so that there is space behind the goals.**
- **Cones around the goal to delineate a crease.**
- **There should be a wall on the rink or court so that no sidelines are required.**

Equipment Checklist (Needed Every Session)

- **Clipboards**
- **Roster**
- **20 street hockey balls**
- **20 street hockey pucks**
- **30 youth street hockey sticks**
- **4-6 street hockey nets**
- **1-2 “shooter tutor” to place upon the net**
- **20 pinnies**
- **Goalie equipment**

Coach Arrival & Check-In Focus

- **Coaches will check in the kids as they arrive.**
- **Other coaches will maintain supervision of unorganized play.**
- **Emphasize professional demeanor & courteous manner.**

- Maintain awareness & supervision of kids who have arrived already.
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Coaches will emphasize...

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- Professional demeanor
- Courteous manner
- Maintaining awareness & supervision of participants who have arrived already

Video Links

- Hockey Skills! 4 [Progressions](#) for Week 1 HOCKEY in your PE class-with modifications for Kinder-5th!!
- Shooting - Wrist [Shot](#)
- Ball hockey [goalie](#) - from the post to the top of the crease - ReasonY Academy
- 1 on 1 Defensive [Perspective](#)

LITTLE STIX FLOOR HOCKEY: WEEK 1

Intro to Skills & Safety

Coaches will emphasize...

- **Stick Handling**
 - "Hands on the stick!" (Remind players to grip the stick correctly)
 - "Keep the stick low!" (Encourage proper stick positioning for better control)
 - "Use both sides of your blade!" (Prompt them to practice using different sides of the stick)
- **Dribbling**
 - "Keep your head up!" (Encourage them to look ahead while dribbling)
 - "Control the puck/ball!" (Remind them to maintain control as they move)
- **Passing**
 - "Use short passes!" (Emphasize the importance of quick, accurate passes)
 - "Receive the puck before you pass!" (Instruct them to receive the puck/ball for better control with a "give" in their arms)
- **Shooting**
 - "Get in position to shoot!" (Guide them on body positioning for shooting)
 - "Follow through with your shot!" (Remind them to complete their shooting motion)
 - "Aim for the target!" (Encourage precision by aiming at specific areas)
- **Safety and Etiquette**
 - "No body contact, play safe!" (Reiterate the importance of safety during play)
 - "Keep your eyes on the puck/ball!" (Encourage focus on the game rather than opponents)
 - "Work as a team!" (Promote teamwork and cooperation among players)

I. Introduction, Safety & Warm-up (10 Minutes)

- **Coach Instruction (Rules & Safety):**
 - Coach reviews the basic skills and rules of floor hockey.
 - **SAFETY EMPHASIS:** Explicitly state that any player who cannot safely control their stick will not be allowed to use one.
- **Warm-up (Implied Activity):**
 - Coach leads participants in dynamic stretching (light cardio, jogging, etc., from the sports context) to prepare the body.

II. Skill Stations Rotation (20 Minutes)

- **Goal:** Focus on proper grip, stick handling, and passing.
- **Grouping:** Break up Participants into three small groups.
- **Rotation:** Groups rotate after 7 minutes at each station (Adjusted time for 60 min total).

1. Station 1: Stick Handling

- "Dribble between the cones!" (3.5 min): Players set up cones and weave through them, practicing close control of the puck/ball.
- "Use both sides of your blade!" (3.5 min): Players stand in place, moving the puck from side to side of their stick. Use mirroring partners (one leads, then switch).

2. Station 2: Passing

- "Partner up for passing!" (3.5 min): Players in pairs, practicing short, accurate passes with a focus on technique.
- "Pass and move!" (3.5 min): Players pass to a partner, then quickly run to a new spot to receive a return pass.

3. Station 3: Shooting

- "Aim for the targets!" (3.5 min): Set up cones or targets for players to shoot at. Focus on form and aiming.
- "Give and go with a shot" (3.5 min): Players work in pairs: one passes, moves to space, receives the puck/ball back, and takes a shot.

III. Fun Play & Game Application (25 Minutes)

- 5 Minutes - Fun Play: "Shark Attack"
 - Action: Played inside a circle/square. The "Shark" enters for 30 seconds to knock as many balls out of the circle as possible. "Minnows" (dribbling players) must leave if their ball goes out.
 - Goal: Practice puck control under pressure and quick directional changes.
- 20 Minutes - Game Play:
 - Divide kids into small teams and play short 5-minute matches (cross court, half court, or full court).
 - Emphasis: Reinforce basic rules like no high-sticking and the importance of teamwork.

IV. Cool down/Recap (5 Minutes)

- Cool Down/Stretching (Adjusted Time):
 - Lead participants in gentle stretches.
- Recap: Discussion on the basic rules and skills needed for stick handling and safety.
- Answer any questions on the skills covered.

LITTLE STIX FLOOR HOCKEY: WEEK 2

Dynamic Stick Skills

Coaches will emphasize...

- **Stick Handling**
 - "Hands on the stick!" (Remind players to grip the stick correctly)
 - "Keep the stick low!" (Encourage proper stick positioning for better control)
 - "Use both sides of your blade!" (Prompt them to practice using different sides of the stick)
- **Dribbling**
 - "Keep your head up!" (Encourage them to look ahead while dribbling)
 - "Control the puck/ball!" (Remind them to maintain control as they move)
- **Passing**
 - "Use short passes!" (Emphasize the importance of quick, accurate passes)
 - "Receive the puck before you pass!" (Instruct them to receive the puck/ball for better control with a "give" in their arms)

I. Introduction & Demonstration (10 Minutes)

- **5 Minutes - Warm-up/Intro (Assumed):**
 - Conduct a brief introductory talk.
 - Lead a quick warm-up focusing on core muscles and wrists/forearms.
- **5 Minutes - Stickhandling & Passing Demo (Led by Coach):**
 - Coach demonstrates the basics of stickhandling (using both sides of the blade) and passing technique, emphasizing accuracy while moving.

II. Skill Stations Rotation (24 Minutes)

- **Goal:** Apply stick skills while in motion.
- **Grouping:** Break up Participants into three small groups.
- **Rotation:** Groups rotate after 8 minutes at each station.

1. Station 1: Locomotive Stick Handling (Movement Focus)

- **Dynamic Movement Challenge:** Players continuously move through an obstacle course.
- **Focus:** Practice sprint dribbling, backward movement with the puck, side-shuffle stick control, and weaving through tight cone corridors.

2. Station 2: Passing Relay Race (High-Energy Passing)

- **Teams:** Teams of 3-4 players.

- **Challenges:** Practice passing while jogging, backpedaling, or in figure-8 patterns.
- **Goal:** Continuous movement passing, emphasizing timing in sprint-and-pass sequences.

3. Station 3: Shooting Momentum Drill (Dynamic Shooting)

- **Circuit:** Players navigate a complex shooting route.
- **Stations include:** Dribble-and-shoot from different angles, jump-stop shooting, and shooting immediately after a quick direction change.

III. Fun Play & Game Application (25 Minutes)

- **5 Minutes - Fun Play: "Red Light, Green Light"**
 - **Action:** Players dribble across the field when the Coach says "Green Light" and STOP the puck when the Coach says "Red Light."
 - **Goal:** Practice puck control and instant stopping/starting on command.
- **20 Minutes - Game Play:**
 - Divide kids into small teams and play short 5-minute matches.
 - **Emphasis:** Encourage players to apply passing and shooting on the move. Reinforce no high-sticking and teamwork.

IV. Cool down/Recap (1 Minute)

- **Action:** Lead participants in gentle stretches.
- **Recap:** Brief discussion on stickhandling and passing successes. Answer any quick questions.

LITTLE STIX FLOOR HOCKEY: WEEK 3

Shooting & Goalkeeping

Coaches will emphasize... (for shooting)

- **Wrist Shot**
 - "Feet shoulder-width apart!"
 - Encourage a stable stance.
 - "Grip your stick: top hand at the end, bottom hand halfway down!"
 - Reinforce proper hand positioning.
 - "Pull the ball back behind your body!"
 - Help them prepare for the shot.
 - "Shift your weight from your back foot to your front foot!"
 - Emphasize the importance of weight transfer.
 - "Snap your wrists as you follow through!"
 - Focus on the wrist motion and follow-through.
 - "Aim for your target!"
 - Remind them to keep their eyes on the target.
- **Snap Shot**
 - "Start with the ball slightly behind you!"
 - Set up for a quick release.
 - "Quickly pull it forward and snap it off!"
 - Encourage a fast motion for the snapshot.
 - "Shift your weight forward as you shoot!"
 - Reinforce the weight transfer concept.
 - "Follow through towards your target!"
 - Ensure they finish their shot correctly.
- **Slap Shot {May not do this one for younger Participants}**
 - "Wider stance for balance!"
 - Prepare them for a powerful shot.
 - "Swing your stick down and through the ball!"
 - Guide them on the motion of the slap shot.
 - "Strike with force and follow through!"
 - Emphasize power and accuracy in their follow-through.
- **General Mechanics**
 - "Keep your eyes on the target before you shoot!"
 - Stress the importance of focus.
 - "Transfer your weight smoothly from back to front!"
 - Reinforce fluid movement for power.
 - "Use your stick flex to add power!"
 - Teach them about stick mechanics.

Coaches will emphasize... (for goalkeeping)

- "Feet shoulder-width apart, weight forward!"
 - Establish a strong, ready stance
- "Hands up, just below your shoulders!"
 - Position hands for quick reactions
- "Stay big in the net!"
 - Maximize coverage of the goal
- "Watch the ball, stay relaxed!"

- Maintain focus and composure
- "Quick feet, side to side!"
 - Encourage agile lateral movement
- "Cushion the ball on saves!"
 - Control rebounds effectively
- "Clear it fast!"
 - Quickly distribute the ball after a save
- "Communicate with your defense!"
 - Encourage constant communication

I. Introduction & Demonstration (10 Minutes)

- 5 Minutes - Warm-up/Intro (Assumed):
 - Conduct a brief introductory talk.
 - Lead a quick, essential warm-up focusing on core muscles and wrists/forearms.
- 5 Minutes - Shooting & Goalie Demo (Led by Coach):
 - Coach demonstrates the basics of shooting (wrist shot, accuracy) and basic goalkeeping technique (stance, pad positioning).

II. Specialized Skill Focus (25 Minutes - Concurrent)

- Action: Participants are split into two main groups (Shooters and Goalies) for specialized, concurrent training.

Group A: Shooter Skill Stations (25 Minutes)

- Rotation: Run 5 stations, rotating shooters after 5 minutes at each station.
 - Station 1: Bowling Blast: Shoot to knock down 6 bowling pins; score points for each pin knocked down.
 - Station 2: Target Challenge: Shoot at different sized/height targets for accuracy points (students track their own scores).
 - Station 3: Goalie Gauntlet: Aim to shoot through specific scoring holes in a cardboard goalie.
 - Station 4: Obstacle Course Shooting: Dribble through cones and mini hurdles, then shoot at a target (time each run).
 - Station 5: Partner Challenge: Pairs compete; one partner passes, the other shoots, then switch roles.

Group B: Goalie Technique Work (25 Minutes)

- Focus: Goalies work separately on technique with a coach.

- **Drills: Practice technique and fielding coach shots from:**
 - A standing position.
 - A kneeling position.
 - Moving from the post up to the top of the crease.

III. Game Play (20 Minutes)

- **Action: Divide all participants (including goalies) into small teams and play short 5-minute matches (cross court, half court).**
- **Emphasis:**
 - **Shooters: Apply learned accuracy to aim for open spaces around the goalie.**
 - **Goalies: Apply stance and movement learned in the drills.**
 - **Reinforce basic rules like no high-sticking and teamwork.**

IV. Cool down/Recap (5 Minutes)

- **Cool Down/Stretching:**
 - **Lead participants in gentle stretches.**
- **Recap:**
 - **Discussion on shooting accuracy and goalkeeping technique.**
 - **Answer any questions on the skills covered.**

LITTLE STIX FLOOR HOCKEY: WEEK 4

Defense Fundamentals

Coaches will emphasize...

- **Positioning**
 - "Get between the puck and the goal!"
 - "Force them to the outside!"
- **Stick Pressure**
 - "Use your stick to block!"
 - "Keep your stick in the passing lanes!"
- **Body Positioning**
 - "Align your body with the puck carrier!"
 - "Stay low and balanced!"
 - "Watch the chest, not the ball/puck!"
- **Communication and Awareness**
 - "Keep your head up!"
 - "Talk to your teammates!"
- **Anticipation and Reaction**
 - "Read the play!"
 - "React quickly!"
- **Clearing the Puck**
 - "Clear it out of the middle!"

I. Warm-up & Demonstration (10 Minutes)

- **5 Minutes - Warm-up/Intro (Assumed):**
 - Conduct a brief introductory talk.
 - Lead a quick, essential warm-up (jogging, light stick handling without pucks) to prepare for lateral movement.
- **5 Minutes - Defense Demo (Led by Coach):**
 - Coach demonstrates the basics of defense in floor hockey.
 - **Emphasis:** Proper defensive stance (low center of gravity) and stick positioning (stick on the floor, blocking passing lanes).

II. Skill Focus: Defense Drills (25 Minutes)

- **Action:** Run the following drills with the full group, focusing on stick discipline and positioning.

1. Drill 1: Sharks and Minnows (7 minutes)

- **Setup:** All players ("minnows") on one side with pucks, 2-3 players as "sharks" in

the middle (without pucks).

- **Action:** "Minnows, protect your puck! Sharks, try to steal!"
- **Progression:** If a minnow loses their puck, they become a shark. Play until only one minnow remains. **Goal:** Develop quick stick-checking and puck protection.

2. Drill 2: 1v1 to Endlines (8 minutes)

- **Setup:** Two lines on opposite ends of the rink.
- **Action:** Attacker tries to dribble and cross the defender's endline.
- **Coaching Focus:** "Defender, stay between the attacker and your endline!" Focus on positioning and using the stick to poke check, not swing. Rotate players after each 30-second round.

3. Drill 3: Pin Down (10 minutes)

- **Setup:** Place cones across the center of the rink (acting as targets). Divide players into two teams (Shooters vs. Defenders).
- **Action:** Shooters get three shots each to knock down the cones. Defenders line up and try to block shots using only their stick and feet (not hands/body).
- **Goal:** Practice shot blocking and stick discipline in front of the goal.

III. Fun Play & Game Application (20 Minutes)

- **5 Minutes - Fun Play: "Monkey in the Middle"**
 - **Action:** Three players in a circle with one puck. Two players pass the puck to keep it away from the "monkey" in the middle.
 - **Rotation:** Go for 30 seconds, then change up positions. If the puck goes out of the circle, the person responsible becomes the "monkey."
 - **Goal:** Practice controlled passing and defensive interception/anticipation.
- **15 Minutes - Game Play (Adjusted Time):**
 - Divide kids into small teams and play short matches.
 - **Emphasis:** Encourage the defensive team to keep their sticks on the floor and actively block passing lanes rather than bunching up.

IV. Cool down/Recap (5 Minutes)

- **Cool down/Stretching:**
 - Lead participants in gentle stretches.
- **Recap:**
 - Discussion on the importance of defensive positioning and stick safety.
 - Answer any questions on the skills covered.

LITTLE STIX FLOOR HOCKEY: WEEK 5

Offensive Strategy & Tactics

Coaches will emphasize...

- All skills covered in the last sessions

I. Introduction & Warm-up (10 Minutes)

- 5 Minutes - Coaches Intro & Talk (Led by Coach):
 - Conduct introductory talk and inspiration.
- 5 Minutes - Dynamic Warm-up (Led by Coach):
 - Lead dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.

II. Strategy Demonstration & Skill Focus (23 Minutes)

- 5 Minutes - Strategy Demo (Led by Coach):
 - Coach demonstrates the basics of floor hockey strategies (e.g., passing ahead of a moving teammate, creating space).
- 18 Minutes - Skill Focus: Offensive Drills (Whole Group):

1. Drill 1: Give-and-Go Passing Drill (5 minutes)

- Objective: Teach quick passing and immediate movement.
- Action: Players pair up and run a zigzag pattern. One passes the puck ahead to lead their teammate into open space, then moves immediately after passing.

2. Drill 2: Offensive Positioning Drill (5 minutes)

- Objective: Teach players to create space and maintain pressure near the goal.
- Setup: Groups of three (two forwards, one defender) near the goal.
- Action: Forwards work together: one should be near the net ("net-front presence") while the other moves to open space for a pass or shot. Rotate players frequently.

3. Drill 3: Offensive Strategy Game (8 minutes)

- Format: Small-Sided Game (4v4 or 3v3) on half the court.
- Rules/Focus:
 - Players must make at least one pass before shooting ("pass-first mentality").

- Encourage cycling the puck (moving it around the defenders) to find better angles.
- Players should aim for low, accurate shots, anticipating rebounds ("garbage goals").

III. Game Play & Finale (27 Minutes)

- **27 Minutes - Game Play (Adjusted Time):**
 - Divide kids into small teams and play short 5-minute matches.
 - **Emphasis:** Coaches should stop play briefly to highlight successful give-and-go passes and smart offensive positioning (e.g., having a player in front of the net).
 - Reinforce basic rules like no high-sticking and teamwork.

IV. Cool down/Recap (5 Minutes)

- **Cool down/Stretching:**
 - Lead participants in gentle stretches.
- **Recap:**
 - Discussion on floor hockey offensive strategies (pass-and-move, low shots).
 - Answer any questions on the skills covered.

LITTLE STIX FLOOR HOCKEY: WEEK 6

Fun Tournament & Review

Coaches will emphasize...

- All skills covered in the last sessions

I. Welcome & Dynamic Warm-up (10 Minutes)

- Coaches Intro & Talk (Led by Coach):
 - Coach conducts introductory talk and inspiration, emphasizing that all skills from the last sessions will be used today.
- Dynamic Warm-up (Led by Coach):
 - Lead participants in dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Conclude with a quick game of "Simon Says" for mental focus and agility.

II. Skill Application & Fun Games (20 Minutes)

- 10 Minutes - Fun Game: "Hockey Pirates"
 - Action: One-third of the class are "Hockey Pirates" (sticks only) in the center. Two-thirds are "Free players" (stick and ball). Pirates try to steal the puck/ball. If a Free player loses their puck, they become a Pirate.
 - Emphasis: Absolutely no body contact is allowed. Focus on stick-handling, agility, and puck protection.
- 10 Minutes - Final Skill Review (Shootout/Accuracy): (Added segment)
 - Action: Use the nets and "shooter tutors." Have players line up for a final set of shots, focusing on accuracy. Use this time to rotate goalies one last time.
 - Goal: Review the shooting and goalkeeping skills in a competitive but fun setting.

III. Game Play (Tournament) (20 Minutes)

- Format: Divide kids into small teams and play short 5-minute matches (cross court/half court).
- Field Setup Note: Goals should be set up inside the ends, with cones delineating a crease. Utilize the rink/court walls to eliminate sidelines.
- Emphasis: Coaches emphasize all skills covered (passing, moving, positioning, and safe stick control).

IV. Medal Presentation & Finale (10 Minutes)

- **Cool down/Stretching (Shortened):**
 - Lead participants in gentle stretches.
- **Medal Presentation:**
 - Have participants line up (e.g., on the endlines).
 - Call each player up individually and encourage all parents and players to cheer for every player.
- **Recap: Recap the fundamentals of street hockey learned and discussed throughout the six weeks.**
- **Break Out: Conclude the session with the team mantra: “Play Hard, Play Smart, Play Together, Play True.”**