

Floor Hockey Skill Stations

1. Team Relay- students(team) stand in a single-file line, each player with a stick. The first player in line takes the puck and carries it with the stick down and around a cone, approximately 15 yards away. When the first person returns to the start of the line, they pass the puck to the next person in line who proceeds around the cone, etc. When the last person crosses the start/finish line the team is done. This is a timed event-start/stop when the first/last person crosses the line.
2. Shoot on Goal- Each student will shoot, from around the goal cage, at the net. For each puck that goes in to the net it is a point-five shots total. This event should also be timed.
3. Passing- the student will stand on the start line and pass the puck between the cones approximately 15-20 feet away. They will get three attempts, one point for each success.
4. Shoot for Accuracy- the player will stand on the start line and pass the puck towards the pins, attempting to knock over the pins. The distance will be determined. Five (5) points will be given for each pin knocked down.
5. Stickhandling- the athlete moves the puck from a starting line through a course (weaving pattern), defined by cones, for a set amount of time.(usually 30-60 secs.) Scoring is counted by how many times the athlete goes through the course.
6. Lead-up- this is the same as Lead-up Basketball. The team is standing on the designated spots. They pass the puck to each spot and the person in the middle shoots on net. Each player will rotate through all the spots until each player has been at each point.

Scoring: 1 point for each successful pass and trap

1 point for a successful shot on goal

1 bonus point for each successful round of traps, passes and a shot on goal