



THE DETROIT RED WINGS

OFFICIAL FLOOR HOCKEY MANUAL

A GUIDE TO THE GAME FOR TEACHERS & COACHES

PRESENTED BY





Preface

This manual is meant to give you a better understanding on how to properly teach the game of floor hockey. With this manual, you will be able to truly educate students of all ages about the game.

The manual has been divided into multiple chapters that include a background of the NHL and the Detroit Red Wings, developing individual skills, various drills to continue development and an individual breakdown to help build lesson plans. After reading this manual, you will possess the necessary skills to teach floor hockey in a fun, educational manner and in turn, give your students the opportunity to learn floor hockey the right way.

The content, instructions, illustrations and drills included in the teaching portions of this manual are derived from USA Hockey's Coaching Education Program and are used with permission.

The mission of USA Hockey is to provide a "fun and learning" environment for the growth of the sport and all its participants and enthusiasts by encouraging, educating, developing and administering all aspects of the sport.

The Detroit Red Wings and USA Hockey are committed partners in the shared goal of promoting youth hockey participation.





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EASTERN CONFERENCE

WESTERN CONFERENCE

Atlantic Division



Boston Bruins



Buffalo Sabres



Detroit Red Wings



Florida Panthers



Montréal Canadiens



Toronto Maple Leafs



Ottawa Senators



Tampa Bay Lightning

Metropolitan Division



Carolina Hurricanes



Columbus Blue Jackets



New Jersey Devils



New York Islanders



New York Rangers



Philadelphia Flyers



Pittsburgh Penguins



Washington Capitals

Central Division



Chicago Blackhawks



Colorado Avalanche



Dallas Stars



Nashville Predators



St. Louis Blues



Minnesota Wild



Winnipeg Jets

Pacific Division



Anaheim Ducks



Arizona Coyotes



Calgary Flames



Edmonton Oilers



Los Angeles Kings



San Jose Sharks



Vancouver Canucks



Vegas Golden Knights



A Brief History of Hockey

Canadian Beginnings

Ice hockey as we know it today developed during the 1800s in Canada. After the first organized game, played in March of 1875 in Montréal, Québec, hockey began to take off, with multiple hockey clubs forming all over Canada.

As popularity continued to rise through the Montréal winter carnival tournament, the game caught the attention of a very important person in hockey history. So impressed after seeing the tournament in person, the Governor General of Canada, Lord Stanley of Preston, created a trophy to be awarded to the best team in Canada; the trophy that would later be known as the Stanley Cup®. The trophy would first be awarded to the Montréal Hockey Club in 1893.

The game became so popular in Canada that the United States began to take notice, and in 1896 the first hockey league was formed as the U.S. Amateur Hockey League of New York City.

The National Hockey League

As hockey continued to grow, the National Hockey League was formed in 1917. Originally including only Canadian teams, the NHL eventually expanded to the United States when the Boston Bruins joined in 1924. Three more American teams would enter the league in 1926: New York, Chicago and Detroit.

Over the following decades, the Great Depression took a toll on the NHL, resulting in the era of hockey known as The Original Six. The Original Six consisted of the Detroit Red Wings, Chicago Blackhawks, Boston Bruins, New York Rangers, Toronto Maple Leafs and the Montréal Canadiens. This era would last from 1942-1967.

In 1967, the NHL added six more teams, expanding to become a League of 12. Following several more rounds of expansion, the League currently consists of 30 teams organized into two conferences and four total divisions. The Western Conference has the Pacific and the Central Divisions and the Eastern Conference has the Atlantic and the Metropolitan Divisions. An illustration of the NHL's current alignment can be found on the facing page.



1917 logo



1946 logo



2005 logo
(present)



Detroit Red Wings History

The Detroit Red Wings have won an impressive 11 Stanley Cup® championships (1936, 1937, 1943, 1950, 1952, 1954, 1955, 1997, 1998, 2002, & 2008), which is the most by any American team in the NHL. The Red Wings also boast 19 division championships, six conference championships, six Presidents' Trophies, 25 consecutive playoff appearances and have retired seven different players' numbers (No. 1 Terry Sawchuk, No. 5 Nicklas Lidstrom, No. 7 Ted Lindsay, No. 9 Gordie Howe, No. 10 Alex Delvecchio, No. 12 Sid Abel and No. 19 Steve Yzerman).



The Octopus

Fans at Joe Louis Arena have a playoff tradition unlike any other: throwing octopi on the ice. During the 1952 Stanley Cup® Playoffs run, two storeowners from Detroit's Eastern Market symbolically threw an octopus on the ice during a game. The creature's eight legs represented the eight games needed, at that time, to win the Stanley Cup®.

The Red Wings would go on to win the Stanley Cup® that year, and fans have considered the octopus good luck ever since.

Al the Octopus, seen here wearing his Red Wings jersey, is named after Joe Louis Arena maintenance manager Al Sobotka (left), known for swinging octopi around after they hit the ice.



The Detroit Red Wings Foundation



The Detroit Red Wings Foundation is an affiliate of Ilitch Charities, a 501(c)(3) non-profit organization. The Foundation invests in the future of our community by providing funds and resources to causes that contribute to the growth of the sport of hockey. Signature initiatives such as the Detroit Red Wings School Assembly Program introduce nearly 50,000 students annually to the sport of hockey, importance of education and benefits of living a healthy, active lifestyle.

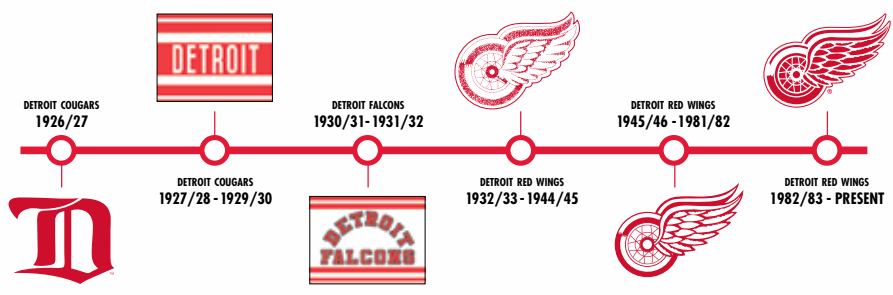
This Floor Hockey Manual represents a collaborative effort from the Detroit Red Wings Event Marketing team, Detroit Red Wings Foundation and USA Hockey.

For more information please visit DetroitRedWings.com/Foundation.



History behind the Winged Wheel

Detroit's rich hockey history dates back to the mid-1920s



DETROIT IN THE NHL

Detroit joined the NHL for the 1926-27 season and was known as the Cougars. After an unsuccessful four years of play, coach Jack Adams thought a name change might help spur a winning season. The name was changed to the Falcons beginning with the 1930-31 season. When James Norris, Sr. purchased the hockey franchise in 1932, he changed the name a third time to the Red Wings. Red was a part of the name because the existing uniforms were red and white.

TEAM COLORS

Little is known about why red and white were chosen for the team's colors back in 1926. However, red is an emotionally charged color, demonstrating passion, strength, energy, fire and excitement. And initially, the sport of ice hockey, with roots dating back to the mid-1880s, was played outdoors surrounded by snow, thus the color white. The colors of red and white do indeed seem fitting for an energetic hockey team that provides so much excitement to its fans.

THE LOGO

After James Norris, Sr. changed the name from the Falcons to the Red Wings, he searched for a new logo. He was reminded of the logo worn by the Montréal Winged Wheelers – an amateur hockey team he had played for years before as a member of the Montréal Amateur Athletic Association. The logo's wheeled center seemed quite appropriate for Detroit, a city that had put the world on wheels, and the wing would denote speed as the players soared around the rink in smooth flight.

EVOLUTION OF THE LOGO

The original Red Wings logo was rather crude, but it has been refined over the years. When Mike and Marian Ilitch purchased the team from the Norris family in 1982, they enlarged the logo on the game jerseys to demonstrate the pride they felt for the hockey team and the franchise's long and rich history.



The Red Wings Way

The Detroit Red Wings and Detroit Red Wings Foundation teamed up with USA Hockey, which oversees youth development programs across the country, to introduce floor hockey to educators across the state of Michigan.

There's no single path to the National Hockey League, but many players get their start in local community programs, building fundamental skills like skating, passing, defending and eventually checking. Detailed below are some resources for parents, teachers and coaches who are looking for a way to get kids involved in the sport.

TRY HOCKEY FOR FREE

Each year, the Detroit Red Wings Foundation partners with the Michigan Amateur Hockey Association (MAHA) to organize free on-ice hockey clinics. The one-day clinics introduce children to the sport of hockey. For most, it is their first on-ice experience. The clinics introduce kids to basic hockey skills such as skating, puck handling and shooting. For more information, visit MAHA.org/THFF.

LITTLE WINGS

The Detroit Red Wings' Little Wings program is an instructional clinic designed for first-time hockey players, providing six, one-hour sessions of on-ice instruction for children ages 5-8. The program provides a full set of Little Wings-branded hockey equipment for each participant, including a helmet, gloves, shoulder pads, elbow pads, pants, shin guards, skates, equipment bag, stick and a Little Wings jersey. For more information, visit DetroitRedWings.com/LittleWings.

LOCAL COMMUNITY LEAGUES

The Michigan Amateur Hockey Association (MAHA) is a sanctioned affiliate of USA Hockey whose purpose is to develop and encourage sportsmanship between all players for the betterment of their physical and social well-being. The association supervises the activities of thousands of amateur hockey teams, and tens of thousands of players, using a volunteer workforce of elected and appointed officials. For more information about leagues in your area, visit MAHA.org.

LCAHL

The Little Caesars Amateur Hockey League (LCAHL) is the nation's largest amateur youth hockey league, involving teams from all over the Midwest, including Michigan, Ohio, Indiana and Illinois, with more than 650 Travel and House teams and over 11,000 players in 45 affiliated associations. For more information, visit LCAHL.org.



What is the Red Wings Way?

Within this Floor Hockey Manual, you will see tips marked with The Red Wings Way symbol that can help young players relate to what they may have seen before on the ice. The Red Wings can serve as professional examples of hockey technique and strategy for your students. Their skills can translate onto the gymnasium floor.

Find out if any of your players are familiar with ice hockey, and encourage players who are new to the game to read about or watch the Red Wings in action.

Completion Certificates & More Resources

As part of this Floor Hockey Manual, we have created a certificate of completion that can be printed and given to all students at the conclusion of the lesson. Please visit the School Assembly Program page at DetroitRedWings.com/SAP to download.

While you are there, please make sure to check out the educational materials and other resources available for teaching floor hockey.



CERTIFICATE OF COMPLETION

This certificate indicates that

STUDENT NAME

has completed the Official Detroit Red Wings Floor Hockey program presented by the Detroit Red Wings Foundation, building skills in STICKHANDLING, PASSING, SHOOTING, GOALTENDING and GAME PLAY on the gymnasium floor.




Kris Draper

KRIS DRAPER
DETROIT RED WINGS ALUMNUS

TEACHER/COACH

DATE

Day 1: Stickhandling

LESSON PLAN:

1. How to Hold a Hockey Stick
2. The Three Basic Stickhandling Moves

REINFORCEMENT ACTIVITIES:

Jam the Circle | Pull Ball Wide | Keep Away

TODAY YOU WILL NEED:

20 cones | 1 stick per player | 1 ball per player



→ KEY SKILL TAKEAWAYS

- Maintaining proper grip on the stick.
- Using basic ready stance.
- Building confidence to control the ball with head up.
- Learning skills slowly at first, then building up to game speed.

LESSON 1: How to Hold a Hockey Stick

Begin by passing out sticks to students and teaching them the following basics.

GRIP OF THE STICK

One of the most important components of puck control is the positioning of the hands on the stick. The hands should be a glove length apart on the stick (6 to 12 inches). The grip is correct if the player can look down at the stick and see a V formed by the thumb and forefinger of each hand on the top side of the shaft.



BASIC STANCE

Players must hold the stick in front of the body. The elbows and arms should move freely as the ball is moved back and forth in front of the body. Knees are bent, with head, chest and eyes up (ready position).



BASIC STICKHANDLING

Basic stickhandling is passing and receiving to oneself. Have players concentrate on sliding, not slapping, the ball. Rolling the wrist and cupping the blade over the ball will result in better control. Stickhandling should occur with the ball in the middle part of the stick blade. Have the players develop a "feel" for the ball by stickhandling 12 to 18 inches in front of their feet.



Basic Stance

Notice how forward Justin Abdelkader (left) has his stick down on the ice and his eyes up, ready to receive a pass or chase the puck at any time.

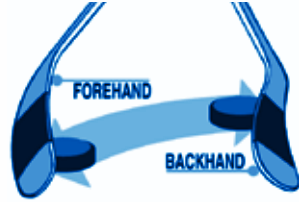
SPLIT VISION

Split or peripheral vision refers to the ability to see the ball on the stick without looking directly at it. The player's eyes are up "reading" the play and what pass options are available. Indirectly, the player sees the ball out of the bottom of the eyes.



WRIST ROLL AND CUPPING THE BALL

Every time the player moves the ball from side to side, it is essential to roll the wrist. This rolling of the wrists will enable the blade of the stick to cup the ball, which results in increased ball control.



Defenseman Danny DeKeyser has his eyes up searching for an open teammate, but **split vision** allows him to still see the puck cupped in the blade of his stick. He maintains control of the puck while also looking for the next play.

LESSON 2: The Three Basic Stickhandling Moves

LATERAL STICKHANDLING

This is the most important stickhandling movement a player will develop. Begin work on the lateral movement (side-to-side) in a stationary position. Work on moving the ball as far to each side as possible. Players must master the following key elements:

* KEY ELEMENTS

- Grip the stick with hands 6-12 inches apart.
- Cup the ball with the blade, rolling wrists.
- Keep the arms out in front of the body to get a full range of extension.



* COMMON ERRORS

- Slapping rather than sweeping the ball.
- Not having the V on top of the stick between the thumb and first finger.
- Arms held too close to the body.
- Hands placed too far apart on the stick.
- Not rolling wrists when trying to cup the ball.
- Top hand on hip, not in front of the body.

FORWARD-TO-BACKWARD STICKHANDLING

The forward-to-backward stickhandling move is particularly useful while moving toward an approaching defensive player. Players can use it when setting up a fake shot and when pulling the ball to the side to take a **wrist/sweep shot**.

The forward-to-backward move is difficult to learn while moving. Start your players in a stationary position and gradually refine the skill at increasing speed. Stress that the ball must be moved forward on the foot line and brought backward on the foot line.

* KEY ELEMENTS

- Keep ball motion at the side of the body.
- Keep ball motion parallel to the foot line.
- Roll the wrists, cupping the ball with the stick blade.

* COMMON ERRORS

- Ball motion in front rather than at the side of the body.
- Ball drawn back into the feet (kick the back of the stick).



DIAGONAL STICKHANDLING

The diagonal stickhandling move is especially effective when combined with the **lateral** or **forward-to-backward moves**. Have your players place the ball to the side of their bodies (as if about to take a forehand shot) and then bring the ball diagonally across to the opposite side of the body and as far forward as the player can reach. This move is very useful when in too close to an opponent's stick when needing to pull the ball back diagonally across the front of the stick

* KEY ELEMENTS

- Move the ball as far forward and then backward as possible on a diagonal line.
- Keep the hands close together.
- Roll the wrists to cup the ball with the blade.

* COMMON ERRORS

- Ball motion in front rather than at the side of the body.
- Ball drawn back into the feet (kick the back of the stick).



MOVING WITHOUT THE BALL

Learning to move around the playing surface without the ball is as important as learning to move around the playing surface with the ball! For safety, and to avoid a penalty, students must remember to keep their stick blades below their waists at all times, including while running up and down the court.

First, encourage students to always have their stick blade on the floor, ready for a pass, shot or defensive play. Then, show them how to release the bottom hand and allow the stick to pump forward and backward with the top hand as part of the arm's natural swinging motion while running. In this way, a student's running is not hindered by gripping the stick with both hands and the blade of his or her stick is more likely to remain safely below the waist.

Stop and Practice

Pass out a ball to each student and spend several minutes practicing the three basic stickhandling moves. Finish class by picking one or two games to play and further practice stickhandling skills.

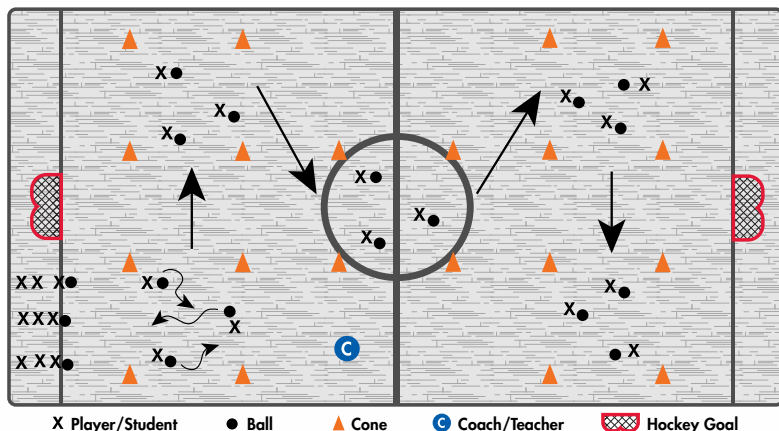


REINFORCEMENT ACTIVITIES

JAM THE SQUARE (for all ages)

Equipment: 20 cones, set up in 5 squares as shown; 1 ball per player.

Suggested Time: 10 minutes



- Put players into three lines in one corner of the gym.
- The first player in each line goes to a designated square of cones.
- One player with a ball stickhandles within the square, avoiding the other two players.
- On the coach/teacher's signal, the first group of three players moves to the next square and another group of players moves into the first square.
- At each signal, the groups advance to another square.

DAY 1

DAY 2

DAY 3

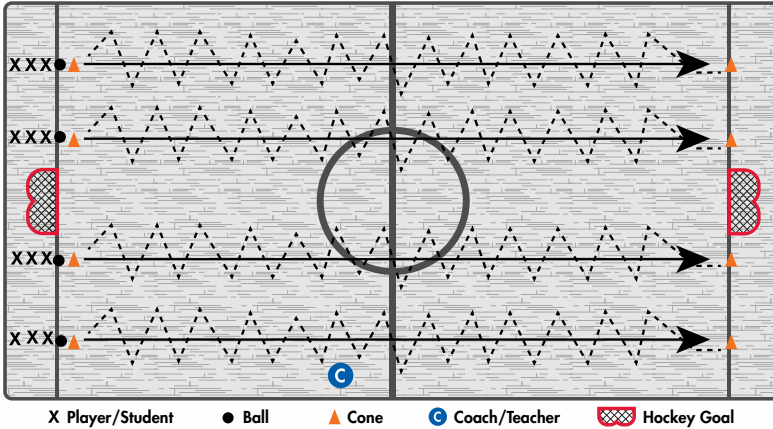
DAY 4

DAY 5

PULL THE BALL WIDE (for all ages)

Equipment: 8 cones, set up for 4 lines of players as shown; 1 ball per player

Suggested Time: 10 minutes



- Players line up in four lines at one end of the gym.
- On the whistle, the first player in each line moves down to the other end of the gym, “pulling” the ball as wide as possible on each stride.
- Have the players do it at half speed.
- Stress “wide pulls” and “quick hands.”



Keep Your Head Up!

Ask students to think about what would happen if Red Wings players always looked down at the puck while skating. Would they aim their passes well? Would they see opponents coming to steal the puck? Probably not!

Looking up while stickhandling is tough, and sometimes students will lose control of the ball, but practice activities like “Jam the Square” and “Pull the Ball Wide” can help players gain confidence picking their heads up to see what is around them, just like their favorite Red Wings do.

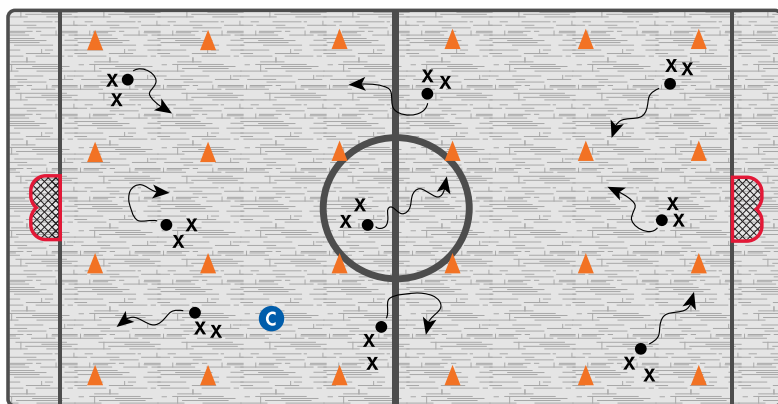


Forward Henrik Zetterberg shows us that hockey is like an extended game of KEEP AWAY. Notice how he shields the puck from the opponent with his body position.

KEEP AWAY (for older or more experienced players)

Equipment: 4 cones per pair of players; 1 ball per pair of players
Suggested Time: 15 minutes

Variation: In larger classes, put players in groups of three, with one possessing the ball and two attempting to take the ball away.



X Player/Student ● Ball ▲ Cone C Coach/Teacher Hockey Goal

- Players pair up and go to different areas of the gym.
- One player protects the ball by doing controlled turns, while his or her partner tries to take the ball away.
- After 20 seconds, players reverse roles.



Day 2: Passing and Receiving

LESSON PLAN:

1. Forehand Passing
2. Backhand Passing
3. Receiving

REINFORCEMENT ACTIVITIES:

Stationary Partner Passing | Pepper Passing in Groups
2-on-0 with Trailer | 3-on-0 Weave

TODAY YOU WILL NEED:

4 cones | 1 stick per player | 1 ball per player



→ KEY SKILL TAKEAWAYS

- Passing: Rolling the wrists to keep the stick blade closed.
- Passing: Following through low to the target.
- Receiving: Keeping the stick on the ground, ready to receive a pass.
- Receiving: Catching or cushioning the pass as it arrives.



LESSON 1: Forehand

FOREHAND PASSING

Forehand passing occurs when a player uses the front of the stick blade to sweep the puck toward the intended target. The puck starts inside of the curved part of the blade.

* KEY ELEMENTS

- Head is up with eyes focused on the target.
- The blade of the stick should cup the puck.
- Use a sweeping (not slapping) action.
- Puck moves from heel to toe on the blade.
- Follow through low, pointing toward the intended target.



* COMMON ERRORS

- Passer looks at the puck, not the target.
- Puck starts at the toe of the stick, not the heel.
- The passer slaps the puck.
- Shortened or no follow-through

LESSON 2: Backhand

BACKHAND PASSING

The backhand pass is similar to the **forehand pass**, requiring the same key elements listed above. It is, however, more difficult. The backhand pass involves looking at the target, using a sweeping action of the stick across the body to propel the puck, and a deliberate follow-through toward the target. If the intended target is in front of the passer, he or she must follow through by turning the wrists out, pointing the heel of the stick at the target.



Passing in Steps

For NHL players like defenseman Niklas Kronwall (left), passing and receiving motions have become second nature. Notice that he follows through to point his stick blade at the teammate who will receive the pass.

Younger players may benefit from first practicing slow, exaggerated motions while reciting the steps of passing and receiving aloud, then moving more quickly and repeating the steps in their minds.

PASSING **"Look, Slide,
Guide, Point"**

RECEIVING **"Cup and Give"**

DAY 1

DAY 2

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DAY 4

DAY 5

LESSON 3: Receiving

PASS RECEIVING

The receiver must learn to move the blade of the stick out toward the ball in preparation for receiving the pass. Just prior to (or at the point of) contact, move the blade in the same direction as the pass to allow the ball to gently come in contact with the stick blade. When a pass comes to either the backhand or forehand side, the reception techniques are basically the same. The player should keep their head up, watch the ball and keep the stick on the floor. As the ball reaches the stick blade, the blade should be set at a right angle to the line of the pass, cupped and allowed to give by relaxing the wrists. This "giving with the ball" promotes control by allowing the momentum of the ball to be gradually absorbed.

* KEY ELEMENTS

- The angle between the blade and the line of the pass should be 90 degrees.
- The blade must "give" to control the ball.
- The blade should be cupped over the ball as it rolls along the floor.

* COMMON ERRORS

- The stick blade is not held perpendicular to the direction of the incoming ball.
- The blade of the stick is left open, meaning the top of the blade angles away from the ball's direction, allowing the ball to bounce over the stick blade.
- The player's wrists are held stiff, causing the ball to rebound off the blade.
- The player fails to cup the ball.



Collecting a pass on the forehand.

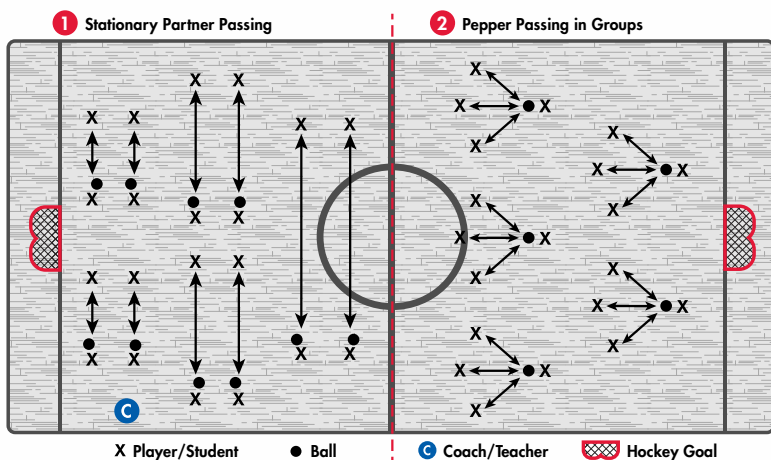


Collecting a pass on the backhand.

Forward Dylan Larkin demonstrates the angle at which the stick blade should face the puck or ball as a player receives a pass. To prevent it from jumping over his stick, he collects the puck with the stick blade cupped over it.



REINFORCEMENT ACTIVITIES



STATIONARY PARTNER PASSING (for all ages)

Equipment: 1 ball per pair of players

Suggested Time: 10 minutes forehand, 10 minutes backhand

- Have players pair up and stand three feet apart.
- Players pass the ball back and forth, standing three feet apart, then 10 feet apart, then 20 feet apart, changing when signaled by the coach/teacher.
- Encourage players to use basic skill commands:
 - PASSING: "Look-Slide-Guide-Point"
 - RECEIVING: "Cup and Give"
- Stress very slow technique at first.
- Use both forehand and backhand to pass and receive.

PEPPER PASSING IN GROUPS (for all ages)

Equipment: 1 ball per group of five players **Suggested Time:** 15 minutes

- Put players into groups of five with one ball.
- Have one player move out and face the other four.
- That player passes to all players in the line twice, then switches with the next player in line, who does the same thing.
- Stress "sliding and gliding" the ball rather than slapping the ball.

DAY 1

DAY 2

DAY 3

DAY 4

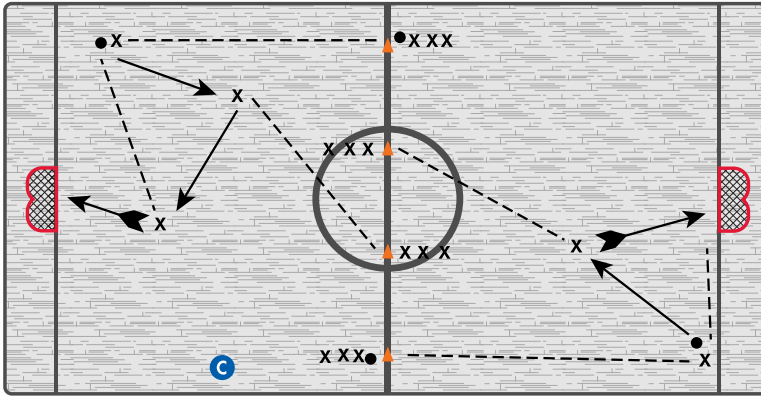
DAY 5

2-ON-0 TRAILER FROM CENTER GYM FLOOR

(for older or more experienced players)

Equipment: 1 ball per player in two of the four lines; four cones (optional)

Suggested Time: 15 minutes



X Player/Student ● Ball ▲ Cone C Coach/Teacher Hockey Goal → Pass ➡ Shot

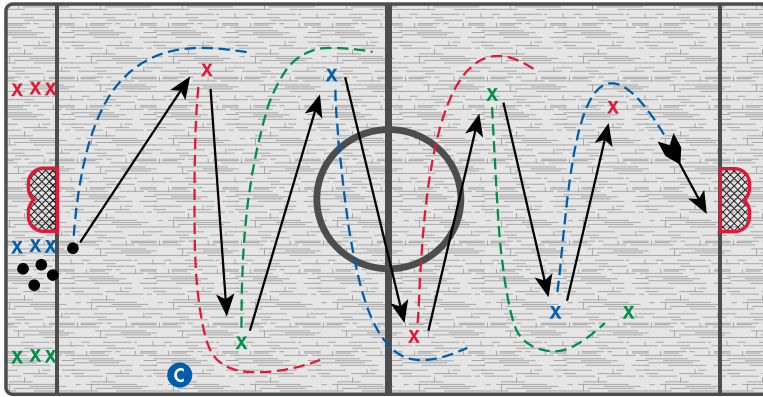
- Form four lines at the center of gym, with two lines facing the net in each end. Use cones to mark the fronts of the lines, if desired.
- The first player in each of the outside lines moves the ball deep into one end of the gym along the wall.
- The "trailing" player from the inside line stays high to support the ball carrier.
- The ball carrier passes to the trailer and continues to drive to the net.
- The trailer receiving the ball has two options:
 - **Shoot at the goal.**
 - **Return a pass** to his or her partner, then move in for a rebound on the partner's shot.
- After the play concludes, students return to the lines at the center gym floor.

3-PLAYER WEAVE

(for older or more experienced players)

Equipment: 1 ball per player in two of the four lines; four cones (optional)

Suggested Time: 15 minutes



X Player/Student ● Ball ▲ Cone C Coach/Teacher Hockey Goal → Pass ➡ Shot

- Form three lines at one end of the gym.
- The first player in the middle line starts with the ball and passes it to the player to their left, who has begun moving down the floor.
- After passing, the first student overlaps, or runs behind and around the student they just passed to.
- The player that received the ball passes across to the third person as they move down the floor and overlaps that player.
- When they reach the far end of the floor, the last player receiving the pass takes a shot on net, and the next group begins.



Weaving Passes

Students may have seen plays involving a weaving of passes when watching professionals or other high levels of hockey. Teams often use these plays to enter the offensive zone at a fast pace.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5



Day 3: Shooting

LESSON PLAN:

1. Effective Shooting
2. Wrist Shot
3. Backhand Shot
4. Where to Shoot

REINFORCEMENT ACTIVITIES:

"Flyer" Pass-Receive-Shoot | Give and Go
Quick Shot and Pass | Shot-Pass-Shot

TODAY YOU WILL NEED:

4 cones | 1 stick per player | 1 ball per player



→ KEY SKILL TAKEAWAYS

- Keeping head up and eyes focused on the target.
- Having a quick release and accurate shot on net.
- Transferring weight from the back foot to the front foot.
- Following through, pointing the toe of the stick to the target.



LESSON 1: Effective Shooting

Shooting is the most practiced of all fundamentals. The purpose of shooting the puck is to score a goal. This leads to the single most important factor to stress to the players: **be sure the shot is on the net!**

There are several components associated with becoming an effective shooter:

- **Head up** – Players will have a better chance of hitting a spot on the net if they are looking at it.
- **Form** – Players must execute the shots using the key elements of correct technique if they are to develop the speed, consistency and accuracy necessary to be an effective shooter.
- **Accuracy** – If the shot is not on the net, there is virtually no chance of scoring. In order to gain accuracy, concentration and continued practice are vital.
- **Quickness** – Time spent handling the puck provides opposing players with the time needed to position themselves defensively, so a player must be able to shoot the puck quickly.
- **Variety** – Shooting situations within the game vary greatly, which means a skilled player must develop a wide variety of shots that can be used in any situation.



Solo on Net

In breakaway, penalty shot and shootout situations especially, NHL players must be able to choose from a wide variety of shot techniques. Trick moves like dekes and fake shots can help, but a player cannot rely on a quick pass or deflection to beat the goaltender when approaching the net solo like Henrik Zetterberg, above.

Ending class with a shootout line can be a fun way for students to develop one-on-one skills. With goalies in net at both ends of the gym, divide players into two lines at center, one facing each direction. Players take turns approaching the goal, shooting and then collecting their ball before joining the other line.

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5

LESSON 2: Wrist Shot

THE FOREHAND WRIST (SWEEP) SHOT

The wrist shot is sometimes referred to as the "sweep" shot. Its attributes include speed and accuracy. Be sure your players have mastered this shot before moving on to other types of shots.



As the name implies, this shot involves sweeping the ball toward the target. Power is supplied by the arms, wrists, legs and through proper weight transfer. Weight transfer is important for another reason besides initiating the movement. As the player's weight moves toward the target, the force applied to the stick through the lower hand causes the shaft to bend. The release of this bend adds further speed to the stick blade, which results in greater ball speed.

✱ KEY ELEMENTS

- Hands held about 12-15 inches apart.
- Shot begins with the ball at the side of the body and behind the back foot.
- Blade of the stick cupped over the ball.
- Weight transfer to the front foot.
- Height and accuracy of the shot dictated by the follow through.
- Ball moves from middle to toe of the blade.

✱ COMMON ERRORS

- Insufficient weight transfer results in weaker shots and causes players to fall away from instead of moving toward the target.
- Poor wrist action results in slow stick blade movement, transferring little force to the ball.
- Top arm and hand are held too close to the body, limiting movement.
- Poor follow through results in shots missing intended target.



Henrik Zetterberg (1), Tomas Tatar (2) and Gustav Nyquist (3) demonstrate three stages of proper shooting technique. Notice: each has their head up, looking in the direction of the target to put the puck on net. Zetterberg's stick has flexed as a result of his weight transferring from back foot through front foot; Tatar and Nyquist show the follow-through technique that ensures accuracy.

LESSON 3: Backhand Shot

THE BACKHAND SHOT

The backhand shot is one of the most difficult shots to perform. **Like the wrist shot, an important objective is to generate speed of the stick blade.**

* KEY ELEMENTS

- Hands held about 12-15 inches apart.
- Shot begins with the ball at the side of the body and behind the back foot.
- Blade of the stick cupped over the ball.
- Ball moves from middle to toe of the blade.
- Height and accuracy of the shot dictated by the follow through.



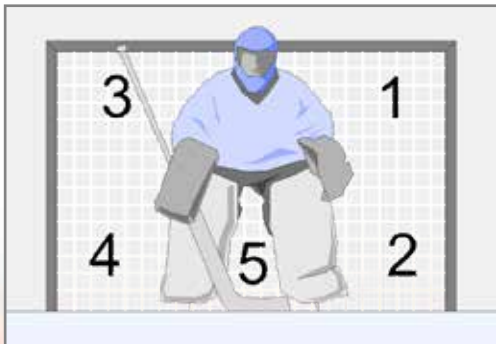
* COMMON ERRORS

- Poor sweeping action.
- Improper wrist action.
- Follow through goes toward ceiling instead of toward target.

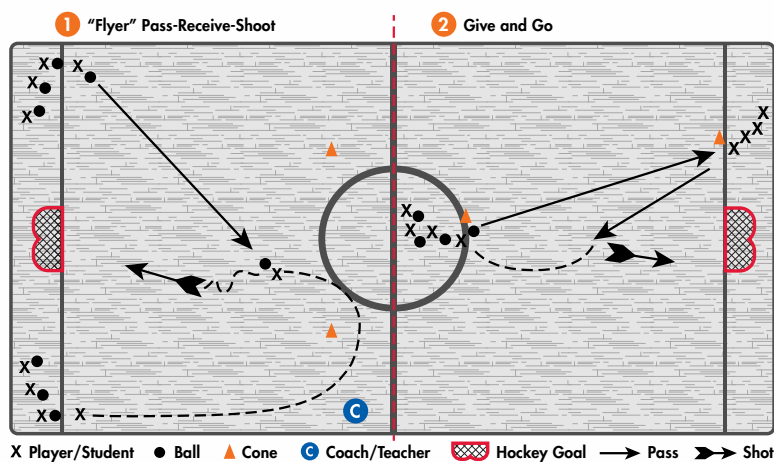
LESSON 4: Where to Shoot

SHOOTING ON THE NET

Understandably, the four corners of the net are the most difficult points for the goalie to cover. Usually, the low stick side of the goalie is the weakest point (area 4). The next best place to shoot is often debated. Some say low glove side (area 2), others encourage high stick side (area 3). Often, the goalie's position does not allow the attacker to choose the low corner, thus the choice becomes low or high on the side to which the goalie allows shooting space. It is safe to assume that goalies are weaker on the stick side than the glove side, and weaker on the ice than up high. Players can expect that the catching glove is the most effective weapon for goalies. Finally, most goalies prefer that the attacker make the first move.



REINFORCEMENT ACTIVITIES



"FLYER" PASS-RECEIVE-SHOOT (for all ages)

Equipment: 2 cones; 1 ball per player.

Suggested Time: 15 minutes

- Players line up in corners at one end of the gym, with balls for both lines.
- The first player in one line, without a ball, makes a run around the cone at the top of the zone. That player receives a pass from the first player in the other line, approaches the net and shoots the ball.
- Follow the same sequence from the other side. Players collect their ball and return to the opposite line after shooting.

GIVE AND GO (for older or more experienced students)

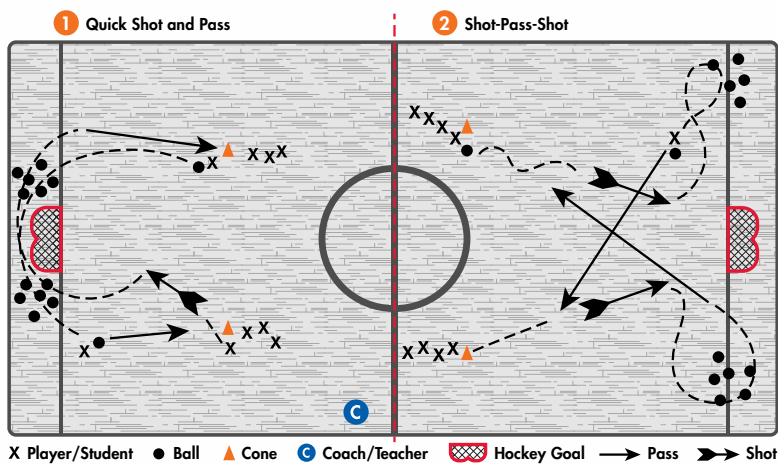
Equipment: 2 cones; 1 ball per player.

Suggested Time: 10 minutes

Variation: In younger or less experienced classes, a teacher can serve as the goal line group, feeding passes to the students lined up at the gym center line.

- Form one line of players at a cone just inside of the gym center line and another at a cone parallel with the goal. Balls should be at the center line.
- The first player at the center line passes the ball to the first player at the goal line then moves toward the net.
- The player moving toward the net gets a return pass from the player at the goal line, then takes a shot on net.

For these activities, you can split students into two groups and either have each play a different game or both play the same game in separate ends of the gym.



QUICK SHOT AND PASS (for older or more experienced students)

Equipment: 2 cones; Balls behind the net **Suggested Time:** 10 minutes

- Form two lines behind cones placed approximately 15 feet from the goal.
- First player on the right side moves around the net and passes to a player in the second line for a quick shot on net.
- The player who shoots then continues the drill to the other side by going behind the net to pick up a ball and pass to a player in the first line for a quick shot.

SHOT-PASS-SHOT (for older or more experienced students)

Equipment: 2 cones; Balls in corners of gym **Suggested Time:** 15 minutes

- Form two lines of players just inside of the gym center line.
- The first player on the left side starts the drill by moving up the floor and taking a shot.
- After the shot occurs, that same player moves to the corner and passes to a player in the second line for a one-timer shot.
- The player that takes the one-timer then moves into the other corner and passes to the original shooter for a one-timer on the other side.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Day 4: Goaltending

LESSON PLAN:

1. Basic Stance

REINFORCEMENT ACTIVITIES:

Triangle Drill | V Drill with Shooters | Slot Shot | Shootout Line

TODAY YOU WILL NEED:

Goalie gear | 2 cones

1 stick per player | 1 ball per player



→ KEY SKILL TAKEAWAYS

- Practicing and maintaining proper technique.
- Leaning slightly forward, ready to move in any direction.
- Staying engaged with the game regardless of the ball location.
- Increasing confidence with practice and repetition.



LESSON 1: Basic Stance

The purpose of having a proper stance is to maximize net coverage and have the ability to move while maintaining balance.

BODY POSITION

- **Feet** – Slightly more than shoulder's width apart and parallel to each other, slight ankle bend with weight slightly on the inside edges of the balls of the feet.
- **Knees** – Forward, creating a slight bend to apply pressure to the balls of the feet.
- **Chest** – Up so the shooter can see the logo of the jersey, which allows balance to be slightly forward, increased net coverage and help tracking high shots.
- **Shoulders** – Parallel and level to maintain proper chest positioning.
- **Glove** – Out in front of the body creating good balance.
- **Stick** – Eight to twelve inches in front of the feet and resting on a slight angle, allowing for proper cushion on shots and coverage of the five hole.

BENEFITS OF A PROPER STANCE

- Allows goaltender to be balanced and under control.
- Enables more efficient movement and save selection



TENDENCIES

- Goaltenders have feet too wide, which limits movement and save selection.
- Goaltenders have feet too narrow, which limits power in movement, lessens net coverage and decreases balance.
- Poor glove position, which leads to wasted movement and poor ball control.
- Chest bent over, which creates poor balance and trouble tracking high shots.

DAY 1

DAY 2

DAY 3

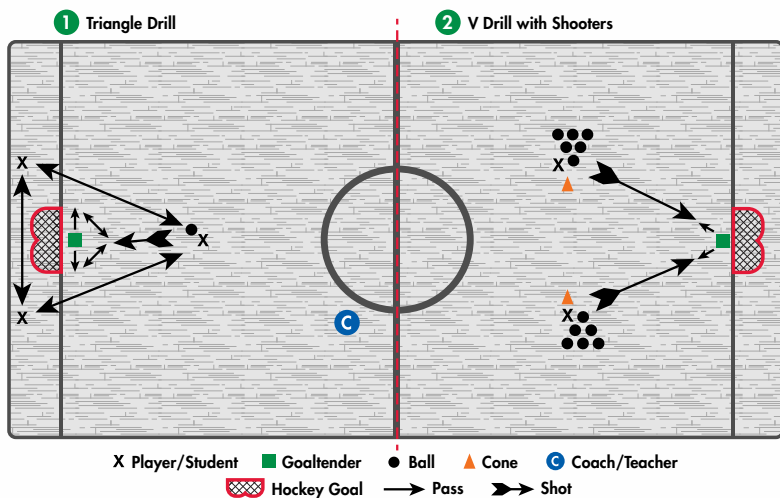
DAY 4

DAY 5

REINFORCEMENT ACTIVITIES

Select two student goalies (you can rotate them every 10-15 minutes). Split the students into two groups. Use one net and a goalie for a shootout and select one or two games to play with the other net and goalie. Rotate the groups every 10-15 minutes when you make a goalie change.

Alternatively, you can have two sets of players switching in on the game, with the rest rotating through the shootout line. Have the players count shots, as in the V Drill, or cycle through one minute for each pair of players shooting, then switch.



TRIANGLE DRILL (for all ages)

Equipment: 1 ball, goalie gear

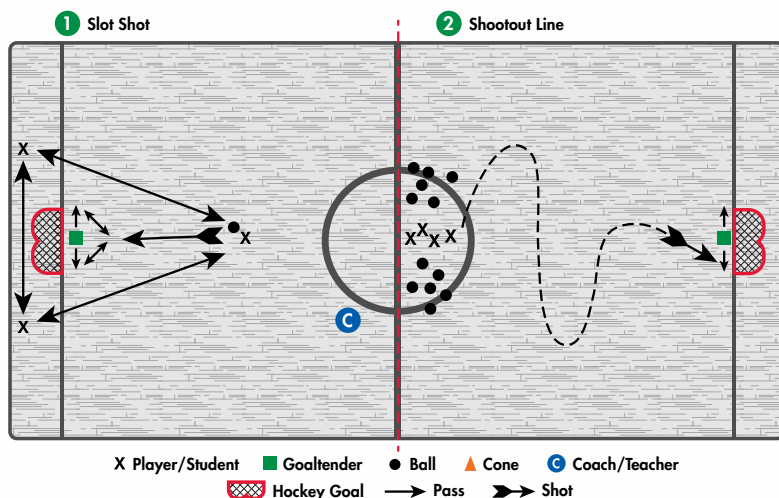
Suggested Time: 10 minutes

- Two players stand at the sides of the net, parallel to or behind the goal mouth. One player stands in front, about 10 feet out.
- Players pass the ball in a random order. The goalie should change position accordingly.
- The player in front can shoot occasionally.

V DRILL WITH SHOOTERS (for all ages)

Equipment: 2 cones, 12 balls, goalie gear **Suggested Time:** 15 minutes

- Two shooters line up off of each post, halfway between the goalie and center gym. Each has six balls.
- One player shoots at a time, making sure the goalie sets to react to the shot.
- The goalie concentrates on one shooter at a time, and should be fundamentally correct in his or her movement.



SLOT SHOT (for older or more experienced students)

Equipment: 1 ball, goalie gear

Suggested time: 10 minutes

- Two players stand on each side of the net, parallel to or behind the goal mouth. One player stands in front, about 15 feet out (the "high slot").
- The three players pass the ball around, and the goalie moves with them.
- The slot player can occasionally take a shot on the net.

NOTE: SLOT SHOT is similar to the TRIANGLE DRILL, but the player shooting stands further away from the net in this game.

SHOOTOUT LINE (for all ages)

Equipment: 1 ball per player, goalie gear

Suggested time: 20 minutes

- Players line up inside the center area of the gym floor with enough balls for each player scattered in the center circle or an area marked with cones.
- The first player stickhandles toward the goal, varying his or her direction and techniques to set up a shot that will beat the goalie.
- After shooting, each player collects his or her ball and returns to the line.



Day 5: Playing the Actual Game

This section features additional information intended to further your knowledge of hockey and help answer any questions students may ask you.

LESSON PLAN:

1. Positioning
2. Line Changes
3. Faceoffs
4. Rules and Penalties

TODAY YOU WILL NEED:

1 stick per player | 2 sets of goalie gear | 1 game ball



→ KEY SKILL TAKEAWAYS

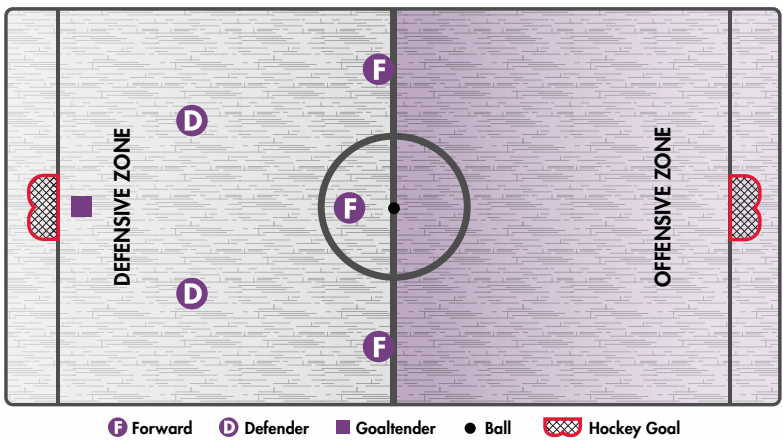
- Maintaining solid positioning, not just chasing the play.
- Practicing and tying together stickhandling, passing and shooting skills.
- Demonstrating good teamwork.
- Having fun and working together.



LESSON 1: Positioning

Split the court/gym in two or use the center line as a reference. The two wingers can roam and attack anywhere from the center line to the opponent's net. The two defensemen can defend anywhere from the center line to their own net. The center has the ability to move anywhere on the floor to assist the forwards or defensemen. Do not let all five players chase the ball. The forwards should spend the majority of their time in the offensive zone, while the defenders should spend the majority of their time in their defensive zone.

Players should line up for a center court faceoff like this:

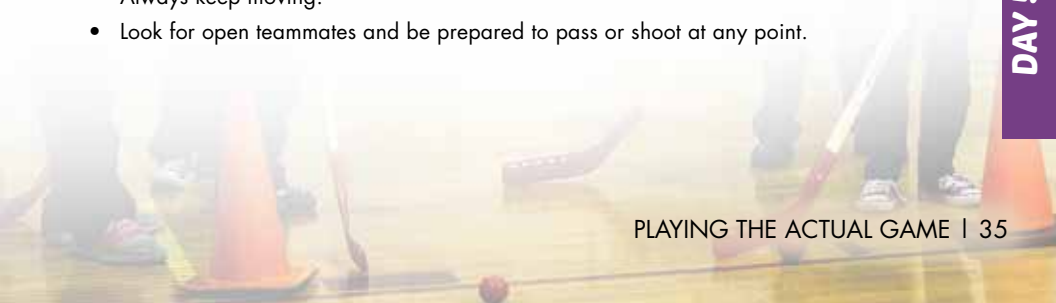


FORWARDS

Each offensive line is composed of three forwards: the center, left winger and right winger. They are responsible for the majority of the goal scoring and assist the defenders with winning and controlling the ball in the middle third of the court, often called the neutral zone in ice hockey.

Offensive Zone Responsibilities:

- Stay in your lane and keep spacing. Don't chase the ball.
- Win any loose ball opportunities and one on one battles.
- Always keep moving.
- Look for open teammates and be prepared to pass or shoot at any point.



DEFENDERS

There are two defenders on the floor at any given time, classified as the right and left defenders. Their main objective is to protect the zone and assist the goaltender.

Defensive Zone Responsibilities:

- Force opponents to corners and away from the net.
- Remain positioned between the attacking player and goal.
- Keep stick in the passing lane.
- Clear rebounds from in front of the net.
- Mark and account for every attacking player.

LESSON 2: Line Changes

Each offensive line is composed of three forwards (center, left winger, right winger) and each defensive line is made up of two defenders (left and right). Break up your classes into two teams and separate each team into lines. Decide how long you want each line on the floor (suggested time: three to four minutes). You have several options for how to conduct line changes. The suggested option is to have each line set to play at a specific time mark, and to halt play to change regardless of what is happening in the game.

For example, line one will play from the start of the game until the three-minute mark. At the three-minute mark, you blow the whistle and line two comes onto the floor for the next three minutes. Then you blow the whistle and line three (or line one again, depending on class size) comes onto the floor.

You can also make changes "on the fly." To do so, line two should be ready to go on the sideline, jumping in to switch with line one on your command while play continues. Offensive and defensive changes should be done at separate times, so that the entire team is not out of position. This version of the line change process works best with older or more experienced students.





DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

LESSON 3: Faceoffs

A faceoff will occur in the center of the playing surface at the beginning of the game and period, after a goal and after each stoppage in play (icing, offsides, penalty, ball frozen by the goalie.)

Taking a faceoff (Players)

- Get low and have a stable center of balance.
- Move your top hand approximately halfway down the stick
- Roll your bottom hand over and place it near the blade.
- Attempt to pull the ball back to your teammates as soon as it is dropped.

Dropping a faceoff (Teacher/Coach)

- Place a piece of tape in the center of playing surface for a faceoff dot.
- Position the opposing centers facing each other about 18 inches apart.
- Stand square to the two players with knees slightly bent.
- Bend forward, hold ball out waist high, then drop it onto the faceoff dot.
- Blow the whistle and drop again if a player jumps early or the ball wasn't dropped fairly.



Faceoff Alternatives

From youth recreation leagues through the NHL, referees restart play by dropping the puck for a faceoff. Players who started out playing pond hockey or pickup games without referees likely used another faceoff method. Try one with your class!

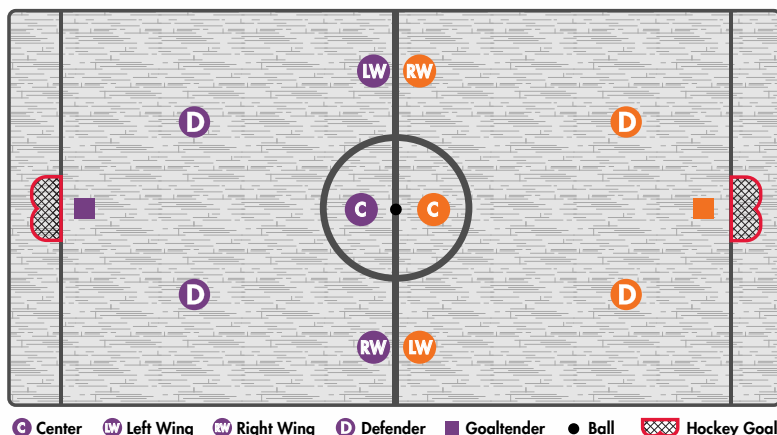
Three Tap Faceoff: Place the ball on the faceoff dot with the players facing each other. The two centers tap the blades of their sticks together three times. After the third tap, they each try to win the ball back to a teammate. Like "Rock, Paper, Scissors," students can count out "One, Two, Three, Go!" to time their taps.

Stop and Go: After each whistle, separate the two teams and place the ball on the stick of one of the offensive players. Instruct them to hold steady until your whistle, upon which the game will continue. (Good for younger classes)

LESSON 4: Rules and Penalties

GAME PLAY

It's time to put it all together. The actual game of floor hockey is played six on six. At all times, each team will have one goalie, two defenders and three forwards (center, right wing and left wing) on the floor. Forwards should stay on their offensive side of the court, and defenders should remain on their defensive side of the court.



Assuming you have an hour for a normal gym class, suggested game flow is three periods of twelve minutes each. This breakdown allows you to change lines every three minutes for students to get plenty of playing time. Encouraging students to change on the fly, rather than only at stoppages in play, will also help with game flow.

The game begins with a faceoff at center court. Use a faceoff to restart play after every stoppage, penalty or goal, as well.

The entire gym surface is in play, including all walls and corners. If the ball is stuck in one of these areas, a faceoff at center court will ensue. Players may not pick up, kick, or otherwise intentionally move the ball with anything besides the stick.

Offsides occurs when at least one offensive player is behind the last defensive player of the opposing team without possession of the puck. If an offside play occurs, the defensive team is awarded the ball uncontested behind their own net.

CALLING PENALTIES

To help ensure safety, hockey sticks should never rise above a student's waist. This includes while running, on the back-swing, on the follow through and when battling for the ball. Failure to keep one's stick down results in a high-sticking penalty. If a penalty occurs, blow your whistle, announce the penalty and award the non-offending team a free shot from the free throw line in front of the opponent's net. After the shot, consider the play dead regardless of a goal or miss, and restart with a faceoff at center court.

OTHER PENALTIES

The following represent other actions for which a penalty shot should be called:

- **High Sticking:** A player carries his/her stick above the waist.
- **Slashing:** A player strikes or hits a member of the other team with his/her stick.
- **Tripping:** A player uses his/her feet or stick to take out an opponent's feet.
- **Checking:** A player uses his/her body and/or stick to force a member of the other team into the wall or off the ball. **Checking is not allowed in floor hockey.**
- **Fighting:** Fighting is not allowed, and will result in immediate removal from the game.
- **Holding:** A player grabs or otherwise impedes an opponent's progress with his/her hands.
- **Interference:** A player impedes progress of an opponent who does not have the ball.
- **Charging:** A player runs, jumps or dives into an opponent.
- **Elbowing:** A player uses his/her elbow in an aggressive manner with intent to harm a member of the other team.
- **Hooking:** A player uses his/her stick to impede an opponent's progress.

ENDING THE GAME

The team that scores the most goals during the allotted time wins the game. If the score remains tied after all three periods, you have two choices to determine a winner:

- **Sudden Death Overtime:** The first team to score in overtime wins the game.
- **Shootout:** Five players from each team approach the opposing team's goalie one-on-one trying to score. The teams alternate shots, with whoever has the most goals after five rounds winning. If the score remains tied after all five rounds, each team will continue to send one player at a time until the tie is broken.

CONCLUSION

Thank you for reviewing this introduction to floor hockey! As a reminder, a certificate of completion is available for you to print and give to your students at the conclusion of the floor hockey unit. Please visit DetroitRedWings.com/SAP to download the certificate.

While you are there, please make sure to check out the educational materials and other resources available for teaching floor hockey.

