

LEVEL	UNIT	LESSON Number 3	EQUIPMENT
Third Grade	Floor Hockey	Defending a player with the puck	Hockey sticks, Pucks, markers, Chalk

Objectives

1. Work with a partner cooperatively during the warm up task.
2. Describe how to defend a player who is in control of the puck.
3. Work safely while playing the game and working on the skill of defending.
4. Have fun.
5. Demonstrate the correct way to defend a player with the puck.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Dodging and chasing	10	Dodging and Chasing – Switch and rotate (See activity page)	
Part 2 Defending a player with the puck.	10	<p>When I say go, you and your partner should go get two hockey sticks, two markers and one puck. Find an own space and make a goal like this in an own space. (Show them how to make the goal, including the goal box drawn with chalk)</p> <p>When the class has their goals set up I will give the action task.</p> <p>[AT] One of you will begin with the puck, dribbling it toward the goal and try to shoot a goal. The other partner will be trying to stop you. You may try to steal the puck, block the shot or cause the other player to hit the puck out of bounds. You may not touch the other player, or their stick. Both players must stay out of the goalie box. The penalty for breaking any rule is the other player gets to start at the starting point for another try.</p> <p>(After a couple of minutes, when I am sure that both players have had enough time to try both rolls, I will stop them and begin asking the questions that will lead them to the way to defend a player with the puck.)</p> <ol style="list-style-type: none"> 1. Where should the defender position him or herself in relation to the player with the puck in order to keep them from scoring a goal? (Between the puck and the goal.) 2. Where should the defender focus when trying to steal the puck? (Look at the puck) 3. When is the best time to go for the puck so that you don't hit the other person's stick, when it is close to their stick, or farthest away from it? (When it is farthest away from their stick.) <p>After I am sure the class can guard a player with the puck fairly well, I will move onto part three.</p>	As the students are working I will be walking around to the partners, asking them the questions we are working on. I will stop the class to point out partners who are working well together as well as those who are focusing on the questions! When I stop the class I will ask the partners that I have talked with to answer the questions, so that I know they will have the right answer. Remember to work on stealing the ball without making contact with the player who is in control of the puck. Remind them of the rules that go with contacting another player and review the rules regarding high stick.

Part 3 1v1 activities	10	<p>Play 1v1 with dribbling and shooting. Either let the students make up a game, or find a game that you can teach them.</p> <p>Decide which partner will draw a goal and goal box across from the one you already have. You will begin in the center of your game, put the puck down and decide which partner will guard the goal that is drawn on the ground.</p> <p>That partner can start with the puck. The object is to try to score a goal, if you have the puck. If you don't have the puck, you want to try to get the puck and shoot at your goal to try and score. Remember the rules we had earlier. You cannot touch each other, only your own stick and the puck. You cannot even touch the other person's stick.</p>	<p>You may try to steal the puck, block the shot or cause the other player to hit the puck out of bounds. You may not touch the other player, or their stick. Both players must stay out of the goalie box. The penalty for breaking any rule is the other player gets to start at the starting point for a free try.</p>