

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
Third	Floor Hockey	Review Dribbling, Passing And Shooting	Hockey Station Cards, Fitness Station Cards, Control Cones, Music & Stereo, Hockey Sticks, Pucks, Chalk, Field Markers.

Objectives

1. Work safely among classmates.
2. Demonstrate correct execution of the skills at the stations.
3. Exercise the large muscles of the body.
4. Have Fun.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm up with Fitness Stations	10	Set up six fitness stations. I will choose three strength and three cardiovascular cards to place out. The students will go to a station so that there are no more than 6 per station. (This will number should be decided by dividing the total number of students by six.) I will use the music to determine when they should rotate stations.	Use these as the stations for hockey afterward, by placing the station cards for hockey behind the fitness cards. I will also put the equipment for each station out by the cones so that the class doesn't have to travel to get their equipment. Prior to class I will mark with chalk where the cones will be placed for the goals and place the cones on the marks, I will also have the goal box drawn for safety. I will also have six sticks and the number of pucks needed at each station. When the students move from station to station, they will put all the equipment in the hoops by each station.
Part 2/3	20	<p>Review the Stations above.</p> <p>Once the classes are done I will ask them to turn the control cone around to show the hockey station. I will begin with a safety explanation in regards to the hockey unit. The basic safety rules will be:</p> <ol style="list-style-type: none"> 1. Keep two hands on the stick at all times. The penalty for this is to sit in the penalty box for one minute, or a count of 100. 2. Keep the blade of the stick below the knees at all times. The penalty for this is to sit in the penalty box for one minute, or a count of 100. 3. No contact with any player or stick is allowed. The penalty for this is to sit in the penalty box for one minute, or a count of 100. <p>I will then explain each of the stations, asking one set of partners, or one person to demonstrate what each station cards explains the drill to be.</p>	<p>The following stations will be used for the hockey review:</p> <ol style="list-style-type: none"> 1. Dribble, Pass and Shoot. 2. Hockey Dribbling 3. Hockey Dribbling, changing directions 4. Dribble and Pass 5. Pass on the Move 6. Goal Shot <p>I will use the time the students are in the stations to walk around and coach and give out warm fuzzies.</p>

		<p><u>DRIBBLE</u> - Skill Description: A dribble in hockey occurs when a player maintains possession of the ball or puck and travels. The basic grip should place the weak hand high on handle and the strong hand down the shaft. Weak side shoulder should be slightly forward making reach greater, with stick away from feet, and body weight forward. Strong hand down shaft adds to control.</p> <p><u>PASSING</u> - Skill Description: Passing is the sending of ball or puck to another player with control so that player can gain possession. With plastic stick, either side of stick head can be used. Same grip as above.</p> <p><u>SHOOTING</u> - Skill Description: Shooting is the sending of ball or puck into the goal so that goalie will not be able to stop it. With plastic stick, either side of stick head can be used. Same grip as above.</p> <p>Once the explanation is finished I will remind the students to leave all the equipment at each station and rotate, after two minutes (two segments of music), to the next station.</p> <p>After the stations are completed I will have the students place the equipment back into the hoops and turn the fitness cards back to the front so that the stretches are now facing out. The class will complete a stretching circuit for the remaining 5 minutes of the class.</p>	
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