

Block Plan

Floor Hockey-4th Grade

<p>Day 1 Skill: Warm-up: various locomotor skills, stretch, push-ups, core work Stick handling, dribble, review defense in order to play pirates Concept: offense, keep puck close to stick Activities: dribble in general space at different speeds, Hockey pirates(advanced) Personal-Social: following rules, working together</p>	<p>Day 2 Skill: Warm-up: various locomotor skills, stretch, push-ups, core work Review stick handling and dribble Introduce forehand pass(fielding) Concept: offense, accurate passes Activities: Partner passing from 10ft, 15ft, 20 ft 10 trials at each distance <u>Hockey Keep Away</u> Personal-Social: follow class rules, supporting partner</p>
<p>Day 3 Skill: Warm-up: Fitness Stations(jump rope, push-ups, core work, cardio, agility) Review passing & intro shooting Introduce Goalkeeping Concept: defense, high-sticking Activities: Passing(shooting) 15ft, 20ft,25ft, Goalkeeping technique-practice stopping shots from partner Personal-Social: supporting partner, follow rules,</p>	<p>Day 4 Skill: Warm-up: Fitness Stations(jump rope, push-ups, core work, cardio, agility) Station work with passing, shooting, dribbling, goalkeeping Concept: offense/defense Activities: dribble(cones), passing w partner or wall, shooting into net with goalie, 2 on 2 Personal-Social: following directions,</p>
<p>Day 5 Skill: Warm-up: Pacer run Review dribble, pass, shoot, goalkeeping crit points Concept: offense/defense, high-sticking Activities: <u>Lots of pucks</u>, fitness work when not playing(various strength &cardio) Personal-Social: following rules, teamwork, sportsmanship</p>	<p>Day 6 Skill: Warm-up: 5min jog, run Concept: offense, passing, scoring Activities: 4 on 4 mini games Fitness work when not playing Personal-Social: following rules, teamwork, sportsmanship</p>