

Block Plan

Floor Hockey-5th Grade

<p>Day 1 Skill: Warm-up: various locomotor skills, stretch, push-ups, core work Stick Handling – Dribble – Forehand pass Concept: keep puck close to stick Activities: Dribble at different speeds in general space – Partner passing 15ft, 20ft, 25ft Personal-Social: support partner, follow rules</p>	<p>Day 2 Skill: Warm-up: various loco motor skills, stretch, push-ups, core work Backhand pass/fielding - shooting Concept: offense – type of pass Activities: Partner passing 10ft, 15ft, 20ft Shooting at wall or into net at 25, 20, 25ft Personal-Social: support partner, follow rules</p>
<p>Day 3 Skill: Warm-up: fitness stations(push-ups, jump rope, core work, cardio, agility) Goalie technique - station work with dribble, pass, shoot, goalkeeping, Concept: offense/defense Activities: dribble around cones, passing-forehand, backhand – shooting against goalie- 2 on 2 - Personal-Social: follow directions, support partner,</p>	<p>Day 4 Skill: Warm-up: fitness stations(push-ups, jump rope, core work, cardio, agility) Concept: offense/defense keep puck close Activities: dribble, passing(both) try to knock down cones, shooting against goalie 2 on 2 games Personal-Social: follow directions, support partner</p>
<p>Day 5 Skill: Warm-up: pacer run Concept: spacing on court during games Activities: 4 on 4 with goalies, teams out will do fitness opportunities Personal-Social: teamwork, follow rules</p>	<p>Day 6 Skill: 6 min cardio challenge Concept: offense/defense spacing Activities: 4 on 4 with goalies, teams out will do fitness opportunities Personal-Social: teamwork, follow rules</p>