**High School Course II Pacing Guide**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **/ High School PE / Hockey**

***FLOOR HOCKEY***

***Focus Points:***

1. Fast moving no contact game.
2. Constant strategic repositioning and end to end transitions
3. Pass and/or dribble toward opponents goals while avoiding defenders.

***Skills:***

1. Grip/Stance
2. Dodging
3. Dribble/ Stick handling
4. Push-pass
5. Drive
6. Stop
7. Fielding/receiving
8. Defensive skills: straight-on tackle, left-hand lunge

***History:***

The first evidence of the sporting use of curved sticks can be seen on drawings in a tomb in the Nile Valley that are over 4,000 years old. Thousands of years later, the ancient Greeks held competitions using sticks during the Olympics. Centuries later, French shepherds played a stick game called *hoque.* The Irish developed hurling, while Native Americans played stick and ball games.

Floor hockey is a direct descendant of ice hockey with modifications. The roots of floor hockey trace back to the 1950s. The first indoor game was introduced in Battle Creek, M Michigan, in 1962. The game was presented to physical educator teachers, coaches and athletic directors and quickly spread across the United States.

***Strategies:***

1. Master the technique of controlling the puck and keep it close to the stick.
2. Passing accuracy against a defense using a set play.
3. Player-to-player defense- player takes responsibility for covering one opponent.
4. Zone defense- player takes responsibility for covering an area.
5. Blocking defensive players for advancement of ball.
6. Optimal placement of players based on skill set.
7. Footwork: Make the feet assume the proper relationship to the ball, not the ball to the feet.
8. Pressure on the ball
9. Marking
10. Covering
11. Transition
12. Center pass
13. Penalty stroke
14. Penalty corner
15. Free hit
16. Defense hit
17. Hit-In
18. Long Hit

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music".