

SLAP SHOTS FLOOR HOCKEY SKILLS & DRILLS

1. GRIP

SKILL – Movement without the Puck

- a. Non-dominant hand at top of stick, dominant hand half way down stick.
- b. Blade of stick stays below waist. No contact allowed between players or sticks.

DRILL –

Equipment Needed: Sticks

Set Up: Create a playing field with cones.

How To:

1. Have players move through the field with their stick only, following directions they are given (forward, slide right, etc)
2. Add a player who is “IT” to tag roaming players with sticks.
3. They will now be running with the sticks.

2. STICK HANDLING

SKILL –

- a. Keep knees bent and stay low to ground.
- b. Keep ball rolling in front by pushing ball with blade of stick.
- c. Keep weight forward to react with stick dribbling and passing faster.

DRILL – Shadow Simon Says

Equipment Needed: Sticks

Set Up: No set up needed.

How To:

1. Place players into stacks and have the stacks spread out to mid court.
2. Have players shadow the Instructor directions.
3. Allow a student to lead instructions as well.

3. PASSING AND RECEIVING

SKILL –

- a. Use blade of stick to show target to passing teammate.
- b. Use blade of stick to receive pass (stop ball coming toward you).
- c. As ball approaches, have a soft stick (give with the ball, don't slap at it)
- d. When passing ball, do not swing fully. Stick should NOT COME ABOVE WAIST.
- e. Step towards teammate that you intend to pass ball to
- f. Sweep stick head through the ball to pass it forward

DRILL – Dribble Stacks

Equipment Needed: Sticks and balls

Set Up: No set up needed

How To:

1. Place students into stacks.
2. Players should dribble ball to half court and pass back to the next person in line.

4. SHOOTING

a. WRIST SHOT

SKILL –

- Players should hold sticks in the appropriate position.
- This shot begins with the head of the stick still on the ground with the ball.
- The Player “flicks” his/her wrist to push the puck/ball toward the goal.
- This is more of a placement shot than a power shot.

b. SLAP SHOT

SKILL –

- i. This is a power shot.
- ii. The Player sets up with the puck/ball below him/her.
- iii. The Player should bring the head of the stick back and off the ground.
- iv. The Player should bring the head of the stick back through the puck/ball with force to connect with the puck/ball.
- v. Don't follow through higher than your waist.

DRILL – Shooting Stacks

Equipment Needed: Sticks, Balls, Cones

Set Up: Set up cones for goal.

How To:

1. Place players into stacks to shoot on goal.
2. Have one player shoot at a time
3. Then get their ball, give it to the next person in the stack and return to the back.

5. DEFENSE

SKILL –

- a. Low center of gravity, don't cross your feet when you move side to side.
- b. Shadow the offensive player with your stick. Remember no checking, no contact.

DRILL – Shadow Zig Zags

Equipment Needed: Sticks and balls

Set Up: Have players get into pairs.

How To:

1. Each player should have a partner.
2. Players should shadow partner who has a puck/ball from one end of the court to the other.

6. DRIBBLING – With Stick Handling

SKILL –

- a. Two hands on stick, low center of gravity.
- b. Changing directions by using both sides of the blade of the stick.
- c. Quick feet to avoid defenders.
- d. Eyes up to see the whole playing area.

DRILL – Dribble Stacks

Equipment Needed: Sticks and balls, cones if needed

Set Up: No set up needed.

How To

1. Place players into stacks.
2. Players dribble the puck/ball to the other end of the gym.
3. As the class gets more advanced, place cones for them to dribble through.
4. Relays are another option for dribbling drills.

7. ONE-TIME

SKILL –

- a. Anticipate shot before pass comes to you.
- b. When ball arrives to striking zone, take slap shot without stopping the ball first

DRILL –

Equipment Needed: Sticks, Balls, Cones

Set Up: Set up a goals.

How To

1. Place players into stacks.
2. The Instructor should pass the ball to the first person in the stack.
3. They are to take a one-time shot on the goal.