

## Day 2 - Game/Task Outline – Individual Tactics and Stick Handling

### Lesson 2 – Individual Tactics and Stick Handling

**Game Aim:**

To score the most “goals” by either stick handling through the east and west gates; or completing a pass to a teammate through the north and south gates

**3 Rules:**

**Start/Restart:** To start and restart the game after a goal, use a faceoff

**Stop/Score:** Stick handle and stop the ball on the outside of the east/west gates to score; complete a pass to a teammate within 2 feet of goal through the north/south gates to score

**In-Play/Out-of-Play:** No hooking or slashing; guilty team loses possession

**Tactical Problems:**

**Space:** What kinds of moves are useful in tight spaces and open spaces? How can you use the boards to your advantage when you are stick handling?

**Time:** How do you increase the time you have with the ball? As a defender how do you decrease the time the opponent has to make choices while stick handling?

**Force:** When is it appropriate to have the ball in front of you and off the stick? How much force is required to keep the ball controlled and on the stick?

**Risk:** When should you take on an opponent one on one? When should you try and invade the opponent’s territory by moving with the ball away from a defender? When is it better to pass or stick handle?

**Lesson Focus:**

Introductory task/game:

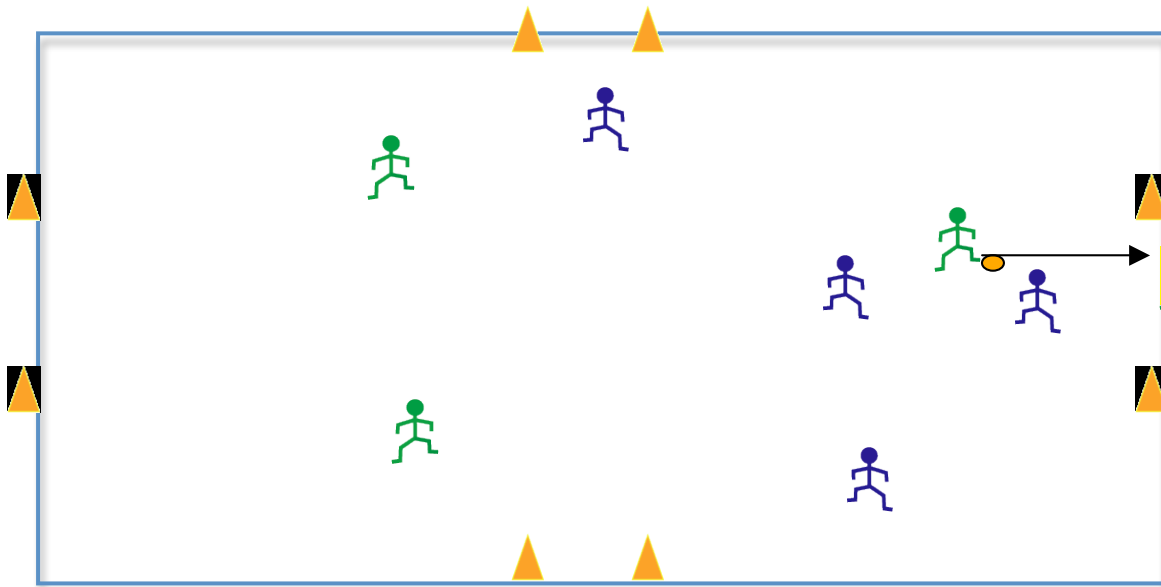
Skill/Concept development tasks/games:

1. Mass Dribble
2. Red Rover
3. Piranha

Game and culminating activity:


1. 360 Hockey

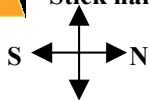
# 360 Hockey



 - Stick handle “goals”

 - Passing “goals”

 - Player to receive pass  
\*\*\* this player returns to play after receiving pass



**Aim:** To score the most “goals” by either stick handling through the east and west gates; or completing a pass to a teammate through the north and south gates

## Rules:

1. To start and restart after a goal, use a faceoff
2. Stick handle and stop the ball on the outside of the east/west gates to score; complete a pass to a teammate within 2 feet of the goal through the north/south gates to score
3. No hooking or slashing; guilty team loses possession (first pass into play is free)

## Tactical Problems

How do you create space for yourself and others?

When should you stick handle when you are trying to score on the north/south gates? When should you pass when you are trying to score on the east/west goals? What indicates a good time to attempt to score on the intended “goal”

What are the space constraints that lead to passing or stick handling?

What role will you primarily play – offense or defence or change positions with flow of game?

## Skills to address these problems

Off-the-ball Movements	On-the-ball Skills
Defensive base position	Move to outsides with ball and pull defenders wide
Move to open space and to position to receive pass to score a goal	Change of speed and direction
Anticipate pass and run direction/positioning	Stick checking
Communication	Passing

**Questions to help learner read tactical problems**

Space: What kinds of moves are useful in tight spaces and open spaces? How can you use the boards to your advantage when you are stick handling?
Time: How do you increase the time you have with the ball? As a defender how do you decrease the time the opponent has to make choices while stick handling?
Force: When is it appropriate to have the ball in front of you and off the stick? How much force is required to keep the ball controlled and on the stick?

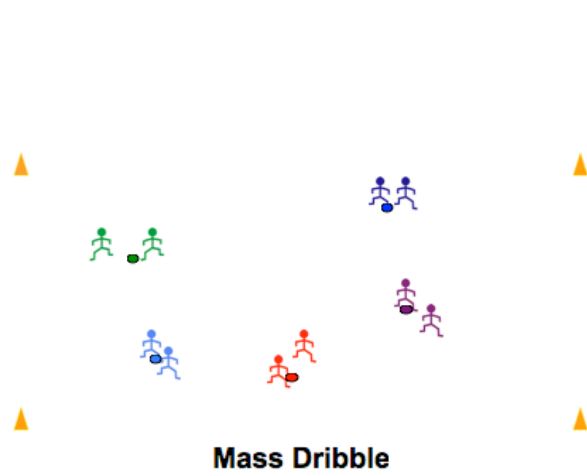
**Skill Phases for Deking**

Preparatory phase	Wind-up phase
<ul style="list-style-type: none"> <li>⇒ Knees bent</li> <li>⇒ Low to ground</li> <li>⇒ Balls of feet</li> <li>⇒ Stutter Step</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Arms take you in direction (swing to opposite side you want to go)</li> <li>⇒ Transfer weight to opposite leg of intended direction</li> </ul>
Force phase	Recovery phase
<ul style="list-style-type: none"> <li>⇒ Push of leg with weight transferred</li> <li>⇒ Move arms in intended direction</li> <li>⇒ Change speed</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Continue to move until perform skill again</li> <li>⇒</li> </ul>

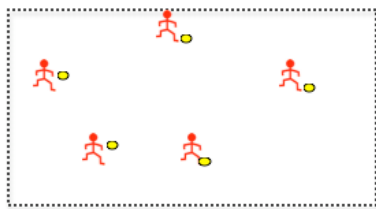
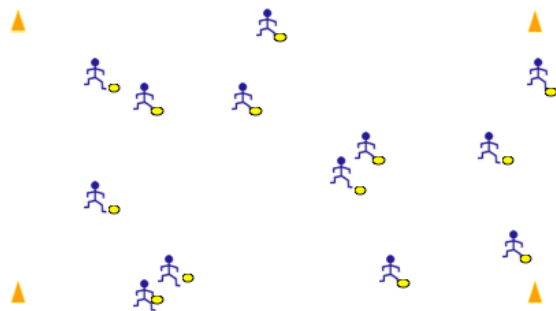
## Outline Task Progression

TASK PROGRESSION	REFINEMENTS - Cues	Extensions/ Simplifications
<p><b>1. Mass Dribble</b></p> <ul style="list-style-type: none"> <li>- In pairs, follow your partner around inside the designated areas</li> <li>- P1 - no ball, the route leader; P2 - follow P1 with a ball that is under control</li> <li>- The ball cannot be taken by other teams or by the partner. When the whistle blows, switch the partner in the front.</li> </ul>	<ul style="list-style-type: none"> <li>Head up</li> <li>Blade on ground</li> <li>Contact center of blade</li> <li>Change speed</li> <li>Change direction</li> </ul>	<p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>- add cones inside rect. to perform a “dangle” at</li> <li>- add defenders</li> </ul> <p><b>Simplification:</b></p> <ul style="list-style-type: none"> <li>- less number of students</li> <li>- no stick handling inside rectangle; weave through outside cones</li> <li>- make area larger</li> </ul>
<p><b>2. Red Rover</b></p> <ul style="list-style-type: none"> <li>- Designate 1 student as “Rover”</li> <li>- Rest of students line up 15ft away</li> <li>- Call “Red Rover” and “Rover” tries to remove ball from other students</li> <li>- If ball taken away, student becomes a “Rover”</li> <li>- Continue until one student remains</li> </ul>	<ul style="list-style-type: none"> <li>Head up</li> <li>Keep ball close</li> <li>Change speed</li> <li>Change direction</li> <li>Consider offensive strategy (when/where to run)</li> <li>Defence mirror offense movements</li> </ul>	<p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>- start with even number of “offensive” and “defensive” players</li> </ul> <p><b>Simplification:</b></p> <ul style="list-style-type: none"> <li>- ball must leave playing area to be considered a “dead ball”</li> </ul>
<p><b>3. Piranha</b></p> <ul style="list-style-type: none"> <li>- Similar to mass dribble</li> <li>- Stick handle around other players</li> <li>- When “PIRANHA” is exclaimed, can try to get others balls out of playing area (but remember to protect own ball)</li> <li>- If ball is removed from playing area, go to a designated area and continue with a mass dribble</li> </ul>	<ul style="list-style-type: none"> <li>Head up</li> <li>Protect ball with stick and body</li> <li>Stay low to ground</li> <li>Keep blade on ground</li> </ul>	<p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>- make area smaller</li> <li>- if no area to do mass dribble – students that are out can try and get active balls from sidelines by reaching into piranha rectangle</li> </ul> <p><b>Simplification:</b></p> <ul style="list-style-type: none"> <li>- only 1 piranha</li> </ul>

# Game Diagrams:

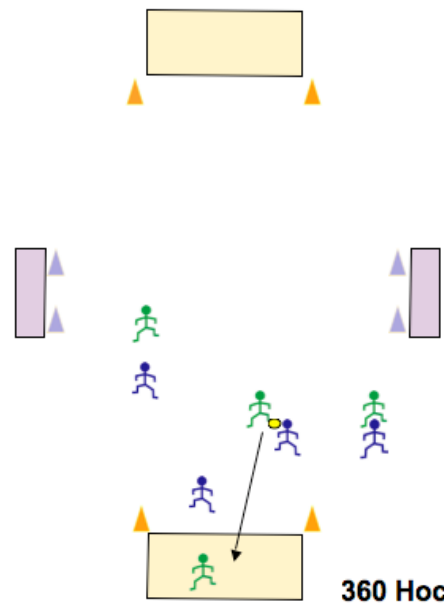


safe zone    
  - defensive zone



■ - "out" player    
 ■ - "in" player

**Piranha**



- North/South Gates (blue defend)

- East/West Gates (green defend)

**360 Hockey**