PE Wings Floor Hockey Unit

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Course Outline

Day 1:

* Skills assessment; full court game

Day 2:

* Passing Drill with partner
* Puck handling through cones
* Dumping, passing and shooting drill

Day 3:

* Pass and shoot drill (St. Louis) w/ goalie?
* 1-on-1, 2-on-1 and 2-on-2 drill (offensive rush) w/ goalie?
* Full court game w/ goalies

Day 4:

* Dump and chase with defense (no goalie)
* Game with positions