

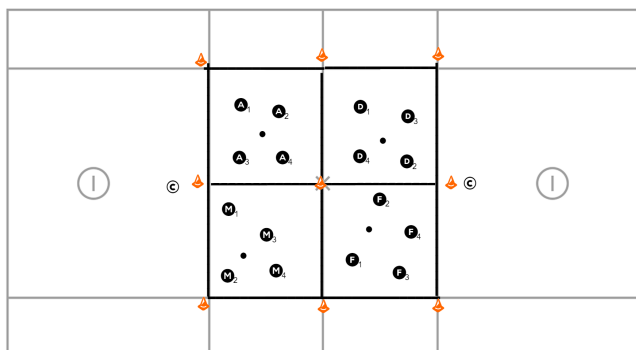


School Curriculum - Games

Duration: 70 mins

Ice Cream Shop

10 mins



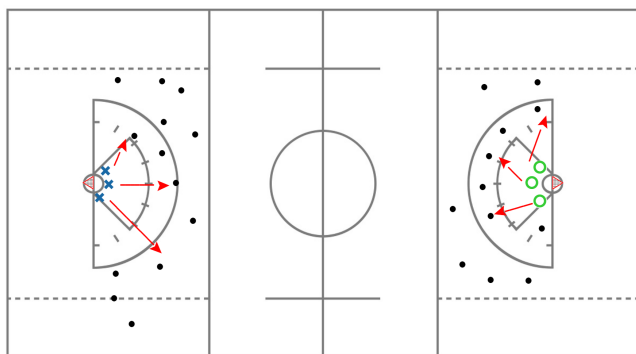
- Split into multiple teams of max 5 players
- One ball per group. All get their own little area and crowd around each other
- On whistle players take turns scooping ball, bringing to cradle, then dropping. Stick must go above shoulder with ball to count as scoop
- Players can not scoop a second time until everyone has scooped once, and so on
- Teams count scoops out loud. Most scoops win

Key Points

- Poop, scoop, protect
- Players should have active bodies and be in ready position to be efficient in scooping. Move feet to position, bend at waist and knees
- Be a good teammate. Cheer on teammates in triumph, and defeat

Clean Your Room

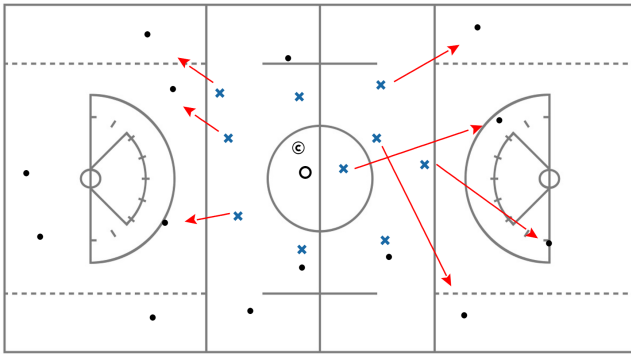
10 mins



- Split the field in half, with a net at each end.
- Spread same number of balls on each side. Players start touching their net.
- On whistle, players sprint around and throw all the balls from their side into their net.
- Only throw one ball at a time, and the team with all the balls in their net first, wins.

Key Points

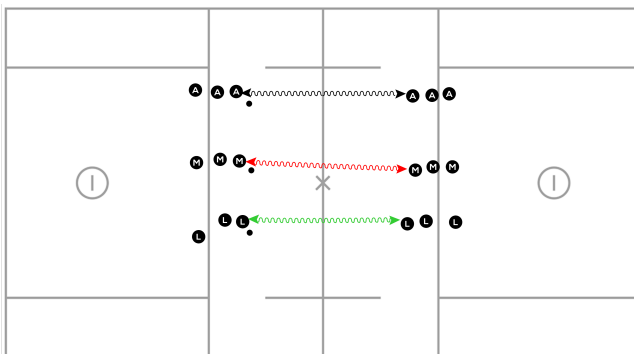
- Poop, scoop, protect ground ball fundamentals
- Do not shoot the ball if you have a teammate between you and the net
- Make passes for easier goals



- Have teams or everyone for themselves. Coach spreads balls out all over the field
- On whistle, players sprint to a single ball, scoop it up, and sprint it back to the bucket (if teams have multiple buckets)
- Once a player gets to a ball, it is theirs, they can not be checked
- Team or player who gets most in the bucket, wins

Key Points

- Teaching and emphasizing poop, scoop, protect method
- Two hands on the stick at all times
- For older groups, you can use the net instead of ball bucket
- Easy way to get the players to quickly pick up the balls



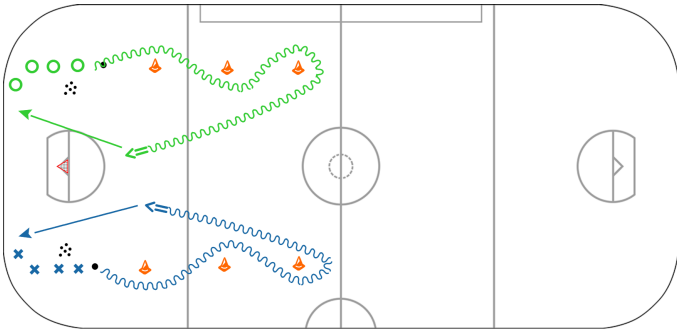
- Split into multiple teams dependant on numbers. Try to have teams under 10 people.
- Split half and half across form each other. About 15–20-foot spread (shuttle setup).
- One ball per team. Ball starts on ground. Player 1 scoops and sprints to opposite line then drops ball, next player scoops and sprints back across. Once finished players sit to let coach know they have gone, and cheer on teammates.
- Team with everyone sitting first is the winner. Do multiple rounds.

Key Points

- It is a race, players should be sprinting
- Players sit when complete so coach knows who has gone
- Multiple rounds for a fun punishment ie. losing team picks up balls after drill/practice
- Proper fundamentals will lead to more success (poop, scoop, protect)

Obstacle Course Relay

10 mins



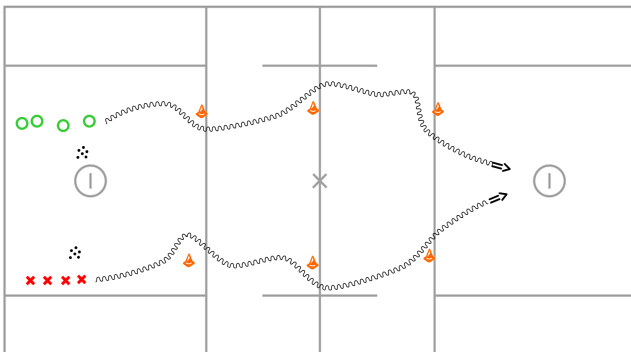
- Split into teams (no more than 10 per team)
- Set out cones for each team to run around. Every player needs a ball around.
- Ball must start on the ground for every player.
- On whistle, first player scoops ball, sprints around all cones while cradling, then back down to net and shoots ball in
- Next player goes once their team has scored into the net
- Once you score, return to line and sit and cheer. First team sitting, wins

Key Points

- If numbers are not even, have team with less nominate a player to go twice
- Be a good teammate, cheer on your team to victory
- Once players get around the last cone they can shoot whenever they want, but if they miss they have to chase the ball and score

Full Floor Relay - Dodge & Shoot

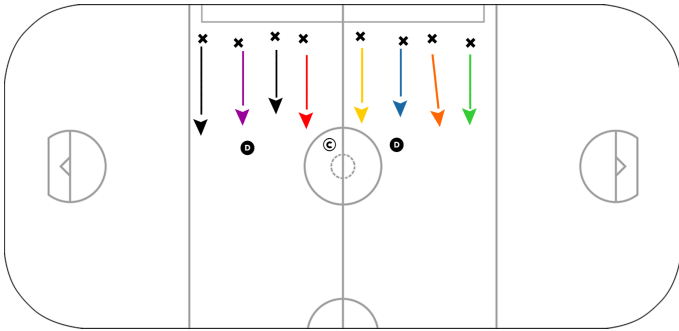
10 mins



- Players start in one end and 3 cones are set up equal distance for the whole length of the floor.
- Start with the player picking up a loose ball (poop, scoop, protect)
- At the first cone do a split dodge, second cone roll dodge, third cone face dodge. Once the ball goes into the net the next player in line goes.
- IT IS A RACE. Cheer teammates after you finish!

Key Points

- Make the dodges believable, it is a race to make us learn to dodge at full speed
- Dodges should involve jab steps, stick protection, and speed coming out
- Split dodge keeps stick away from cone
- Roll dodge keeps stick away from cone using body to protect
- Face dodge brings stick across face to keep protected beside body



- Line up all players on one sideline. Coaches are sharks
- On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark
- Sharks can only check head of stick (aim for mesh)
- We keep going until we get every minnow or one remains and is the winner

Key Points

- We are teaching stick protection skills, players will want to cheat with one hand on stick, do not allow
- Two hands on stick cradling at all times, move stick to each side of head and use dodges to protect