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Based on the Play Practice book by Alan Launder, Human Kinetics
20 tasks and progressions to teach beginning- Floor Hockey

Hockey Middle/High School

Dribbling in open space and for close control.

Task 1

- Progression 1: 2 v 1 with soft defense

The offensive player that has the puck will dribble in open space from one baseline to another. The off-the-puck offensive player will move wide and deep at the same time. The defensive player stayed with the off-the-puck offensive player, positioning between the two offensive players and will move accordingly. This set play emphasizes open space dribble when there is an advantage of 2 to 1.

Task 2

- Progression 2: 1 v 1 with soft defense

The offensive player that has the puck will dribble in open space from one baseline towards the other baseline. The defender will stand approximately 5 yards from the beginning of the baseline and as the offensive player approaches, the defender moves backward, keeping 2 arm lengths away from the offensive player. The offensive player will keep their eyes on the defense, and not the puck.

Task 3

- Progression 3: 1 v 1 with active defense

The offensive player that has the puck will dribble from one baseline toward the other while using close control. The defender will play pressure defense, without stealing or taking the puck away from the offensive players. The offensive player will keep their eyes on the defender, and not on the puck.

Forcing the offense to change direction

Task 4

- Progression 1: 1 v 1

The offensive player will be starting on one baseline. He/she can move anywhere toward the other baseline. The defender will start approximately 3 yards away and then remain just about 2 arm lengths away from the offensive player and try to block the offense once they start dribbling. The offense must dribble away from the defender to get to the far

baseline. The defender will then have to move to block again. This formation will repeat until the offensive player reaches the far baseline.

Passing

Task 5

- Progression 1: Give and Go with walking defense-half field.

One offensive player with a soft defender dribbles the puck with one or two touches and then passes the puck to the other offensive player, and then moves forward to open space and to receive the puck. The defensive player who is two arm lengths away, walks to defend by positioning himself or herself between the puck and the other offensive player.

Task 6

- Progression 2: Give and Go with running defense-full field

One offensive player with a soft defender dribbles the puck with one or two touches and then passes the puck to the other offensive player, and then moves forward to open space and receives the puck. The defensive player who is two arm lengths away runs to defend by positioning himself or herself between the puck and the other offensive player.

Passing for depth, width and support. 2 v 1 passing with soft defense.

Task 7

Depth

- Progression 1: Walking defense

The on the puck offensive player dribbles away from the defender to a designated line, passes the puck to his or her teammate, and walks to open space. The defensive player who is 3 meters away from the offensive player with the puck walks to defend and positions himself or herself between the puck and the off the puck offensive player to defend. The other off the puck offensive player goes long to create a passing lane and receive the puck.

Task 8

- Progression 2: Running Defense

The on the puck offensive player dribbles away from the defender to a designated line, passes the puck to his or her teammate, and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck runs to defend and positions himself or herself between the puck and the off the puck offensive player to defend. The other off the puck offensive player goes long to create a passing lane and receive the puck.

Task 9

- Progression 3: Students change positions

The students will change positions, each one taking a turn at all three of the positions available. The on the puck offensive player dribbles away from the defender to a designated line, passes the puck to his or her teammate, and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck runs to defend and positions himself or herself between the puck and the off the puck offensive player to defend. The other off the puck offensive player goes long to create a passing lane and receive the puck.

Width

Task 10

- Progression 1: Walking Defense

The on the puck offensive player dribbles away from the defender to a designated line, passes the puck to his or her teammate, and walks to open space. The defensive player who is 3 meters away from the offensive player with the puck, walks to defend by positioning himself or herself between the puck and the off the puck offensive player. The other off the puck offensive player goes wide to create a passing lane and to receive the puck.

Task 11

- Progression 2: Running Defense

The on the puck offensive player dribbles away from the defender to a designated line, passes the puck to his or her teammate, and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck, runs to defend by positioning himself or herself between the puck and the off the puck offensive player. The other off the puck offensive player goes wide to create a passing lane and to receive the puck.

Task 12

- Progression 3: Students Change Positions

The students will change position, each one of them taking a turn at all three of the positions available. The on the puck offensive player dribbles away from the defender to a designated line, passes the puck to his or her teammate, and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck, runs to defend by positioning himself or herself between the puck and the off the puck offensive player. The other off the puck offensive player goes wide to create a passing lane and to receive the puck.

Support

Task 13

- Progression 1: Walking Defense

The on the puck offensive player will dribble away from the defender to a designated line, pass the puck to his or her teammate and walks to open space. The defensive player who is 3 meters away from the offensive player with the puck, walks to defend and positions himself or herself between the puck and the off the puck offensive player. The other off the puck offensive player drops back for support to create a passing lane to receive the puck.

Task 14

- Progression 2: Running Defense

The on the puck offensive player will dribble away from the defender to a designated line, pass the puck to his or her teammate and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck, runs to defend and positions himself or herself between the puck and the off the puck offensive player. The other off the puck offensive player drops back for support to create a passing lane to receive the puck.

Task 15

- Progression 3: Students change positions

The students will change positions, each one of them getting a chance to play all three of the available positions. The on the puck offensive player will dribble away from the defender to a designated line, pass the puck to his or her teammate and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck, runs to defend and positions himself or herself between the puck and the off the puck offensive player. The other off the puck offensive player drops back for support to create a passing lane to receive the puck.

Passing for Depth, Width and support in a 3 v 2 setting

Task 16

- Progression 1: Walking Defense

The offensive player with the puck dribbles away from the defender to a designated line, passes the puck to his or her teammate, and walks to open space. The defensive player who is 3 meters away from the offensive player with the puck walks to defend and positions himself or herself between the puck and the offensive player with the puck. The off the puck offensive player goes long to create a passing lane and receive the puck. The other off the puck offensive player moves to open space or drops back for support to create a passing lane to receive the puck. The off the puck defensive player walks to position himself to defend the next pass.

Task 17

- Progression 2: Running Defense

The offensive player with the puck dribbles away from the defender to a designated line, passes the puck to his or her teammate, and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck runs to defend and positions himself or herself between the puck and the offensive player with the puck. The off the puck offensive player goes long to create a passing lane and receive the puck. The other off the puck offensive player moves to open space or drops back for support to create a passing lane to receive the puck. The off the puck defensive player runs to position himself to defend the next pass.

Task 18

- Progression 3: Students Change Position

The students will change positions, each one getting a chance to rotate through all 5 positions that are available. The offensive player with the puck dribbles away from the defender to a designated line, passes the puck to his or her teammate, and runs to open space. The defensive player who is 3 meters away from the offensive player with the puck runs to defend and positions himself or herself between the puck and the offensive player with the puck. The off the puck offensive player goes long to create a passing lane and receive the puck. The other off the puck offensive player moves to open space or drops back for support to create a passing lane to receive the puck. The off the puck defensive player runs to position himself to defend the next pass.

Diamond Formation

Task 19

- Progression 1: Walking 4 v 3

The four offensive players will set up in a diamond formation with 3 players defending them. The forward will pass the puck to either the right center or left center offensive player. Depend on which side the puck goes too, the offensive players will move to fill the positions of the diamond formation. The on the puck defensive player will rotate back once the puck is passed off. The off the puck defensive players are in the position to defend the offensive player who receives that puck advancing down the floor. The defensive players will rotate around depending on where the puck is passed. This will all be at walking pace to learn the rotation.

Task 20

- Progression 2: Running 4 v 3

The four offensive players will set up in a diamond formation with 3 players defending them. The forward will pass the puck to either the right center or left center offensive player. Depend on which side the puck goes too, the offensive players will move to fill the positions of the diamond formation. The on the puck defensive player will rotate back once the puck is passed off. The off the puck defensive players are in the position to defend the offensive player who receives that puck advancing down the floor. The

defensive players will rotate around depending on where the puck is passed. This will all be at walking pace to learn the rotation.