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| **Subject:** | Physical Education |
| **Title:** | Controlled & Loose Stick Handling |
| **Grade Level:** | 5 |
| **Purpose:** | * Students will work on ‘controlled’ and ‘loose’ stick handling skills by combining them in a pylon drill.
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| **Curricular****Connections:** | * Consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance.
* Select, perform and refine more challenging nonlocomotor sequences.
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| **Materials:** | * Floor hockey sticks.
* Floor hockey pucks/balls.
* 4 Pylons per group (Approximately 20 in total).
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| **Activity:** | 1. Review controlled and loose stick handling skills. The focus is on keeping their heads up, moving under control, and being aware of the space they have.
* **Controlled:** This consists of a series of soft taps on the forehand and backhand. The puck/ball should be kept far enough away from the feet but less than one stride ahead.
* **Loose:** This is when there’s an opening, the player pushes the puck ahead (approximately 7 to 10 feet) and chases after it.
1. Divide students into five equal groups. Each group has a set of four or five pylons spread out. Every player has a stick, and there is one floor hockey puck or ball per group.
2. The first player in line carries the ball while weaving through the pylons (controlled stick handling is the focus).
3. After weaving through the pylons, the player turns around and runs as quickly as possible back to the line (loose stick handling is the focus).
4. Give puck/ball to next player. Repeat.
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| **Extension:** | * Can add a defender attempting to poke or steal the puck away (in place of a pylon or two). Defenders should remain stationary.
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| **Assessment:** | * Observe students’ effort and participation during class.
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