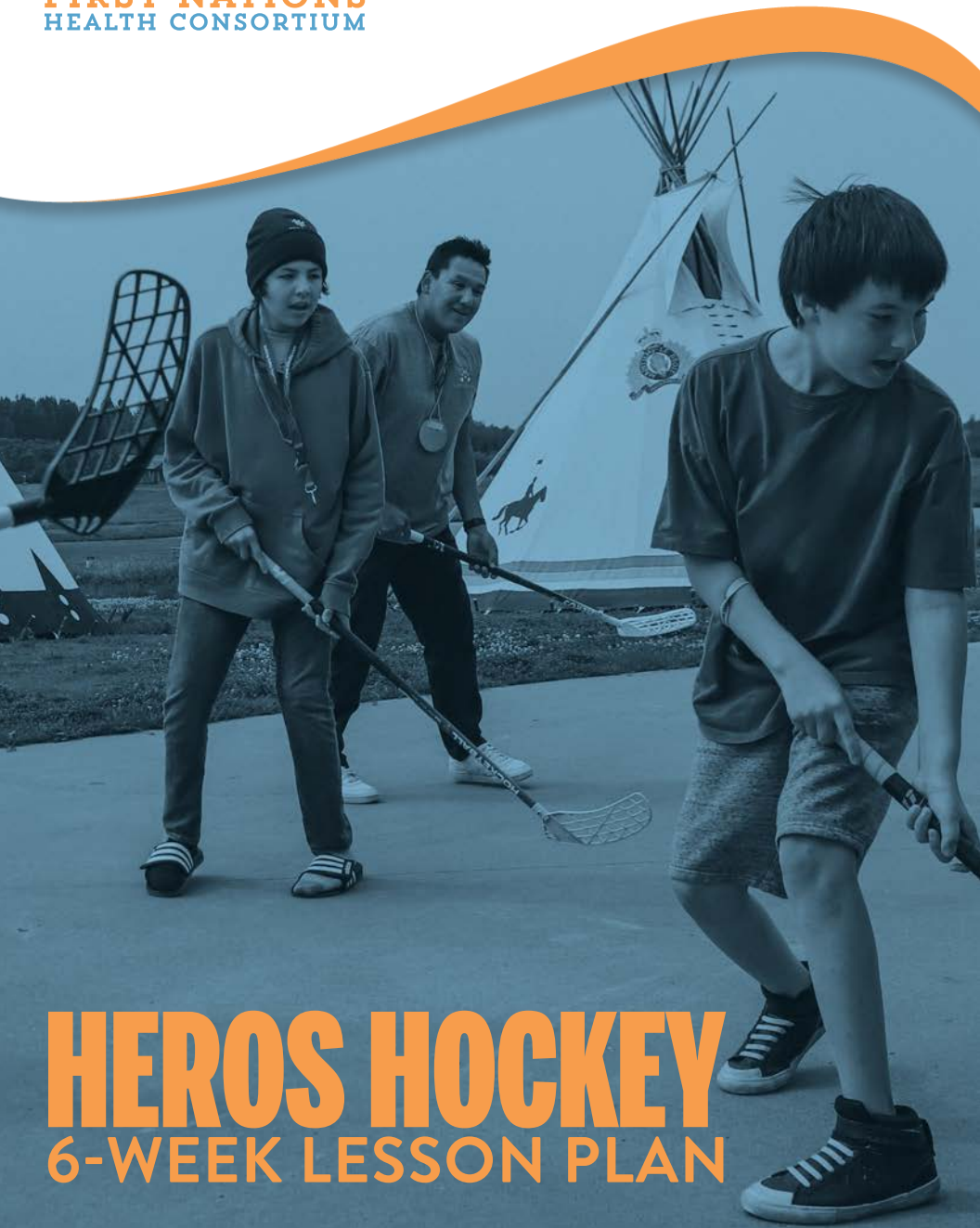




FIRST NATIONS
HEALTH CONSORTIUM



HEROS HOCKEY

6-WEEK LESSON PLAN



First Nations Health Consortium Sports & Recreation Pilot Project

In August 2023 the First Nations Health Consortium (FNHC) launched a Sports & Recreation Pilot Project to bring physical activity opportunities to First Nations throughout Alberta in partnership with communities and supporting organizations.

Heros Hockey combines elements of floor, street and ball hockey, and can be played on indoor and outdoor playing surfaces. It offers an accessible, skill-enhancing, safe, and cost-effective alternative to traditional hockey. It's a fast-paced game that kids of all skill levels can learn and play. Heros Hockey gets young people moving, working together and teaches teamwork, creativity and resilience.

www.heroshockey.com



Welcome to Heros Hockey where we teach the fundamentals of hockey with lightweight sticks and hockey balls on a dry-floor surface. The six-session program will teach the fundamentals of Heros Hockey in a fun and practical way.

Each weekly session is one hour in length and will be broken down into three key parts:

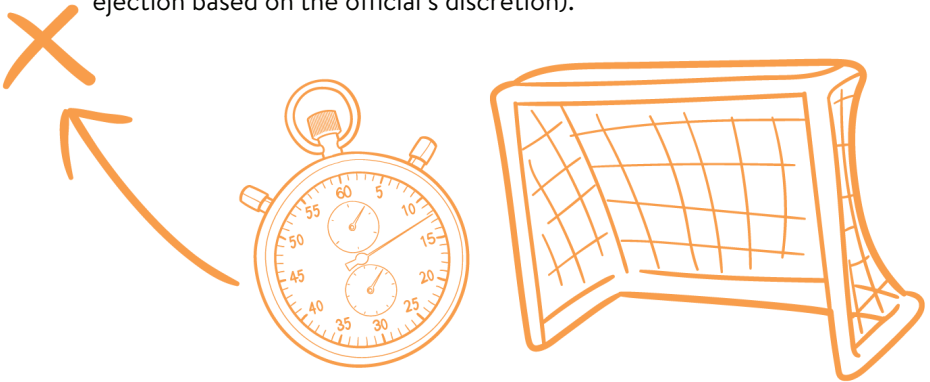
1. WARM UP & INTRO - 5-10 MINS
2. SKILLS & DRILLS - 15-25 MINS
3. GAMES & ACTIVITIES - 25-30 MINS

HEROS HOCKEY RULES SIMPLIFIED

Rules of the Game

SOME OF THE RULES THAT DISTINGUISH HEROS HOCKEY FROM OTHER SPORTS AND SHAPE THE CULTURE OF THE GAME ARE AS FOLLOWS:

- The ball must be struck below knee level.
- After an infraction, possession is given to the opposition, where a “free-hit” occurs.
- Players must keep the stick below the waist at all times.
- Players must refrain from intentionally hitting an opposing player’s stick and must play the ball.
- Players must refrain from player obstruction or body checking.
- Players, with the exception of goalies, must refrain from playing the ball with their hands or their heads.
- There are no offside or icings.
- There is zero-tolerance for aggressive behaviour.
- The captain is the only player permitted to communicate with officials (any other player that breaks this rule will receive a penalty and/or ejection based on the official’s discretion).



TIPS FOR POSITIVE & INCLUSIVE COACHING

Healthy Language vs. Unhealthy Language

Developing process thinking begins with the type of language you choose to use when encouraging and leading participants. The difference between healthy language and unhealthy language is illustrated in the examples below.

Healthy Language

Thank you so much for your help!

Great work!

Well done!

You have really improved!

Great job!

Awesome work!

I can see you have put a ton of effort into this.

Tell me what you're thinking.

Unhealthy Language

Let's win!

You're the best!

Go out there and score!

You're number 1!

You suck!

Perfect!

What's wrong with you?!

TIPS FOR CREATING A FUN AND EDUCATIONAL SPORTS AND RECREATION PROGRAM

Collaborate with Parents and the Athlete

Learn what you can about the athlete: why the individual is participating in your program, their interests, what coaching style works best for the athlete. This can help ensure that as a coach, you are adapting your practice as required to meet the needs of the individual athlete.

Have a Team Code of Conduct

Ensure that values such as inclusion, respect, and the right to play are highlighted in your organization's website and in materials for parents and participants. Reference these values as required with athletes and parents to make sure that individuals with different abilities are welcomed and supported in your program.

Build in Social Supports

Some individuals might struggle with social interactions. They may wish to make friends with teammates but find it difficult to connect with others. Ensure all athletes are included by diversifying groups and partners during practices. Address bullying immediately if it occurs. Coach all athletes consistently, no matter what their skill level might be.

Use Short, Clear Instructions and Visual Cues

Some athletes may struggle with lengthy verbal instructions. Coaches should adapt their communication style to use short, clear directions to introduce drills, skills, and rules. In addition, some athletes will benefit greatly from visual cues such as targets that show where to aim or marks on the floor that show where to start/stop.

Provide Lots of Predictability and Clear Expectations

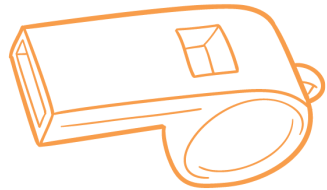
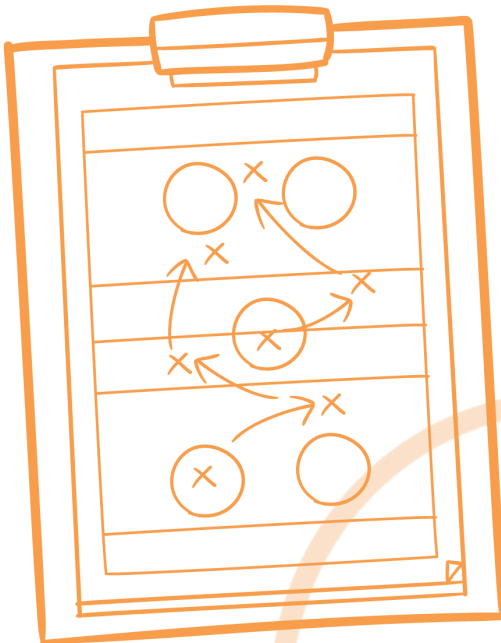
Some individuals thrive in routine. Provide a written schedule for your practice and review it with the group at the start and between activities. Give the group transition cues (e.g. "Two more minutes, then we move on to scrimmaging.").

Allow for Individualized Skill Development

Athletes within your group may have varying levels of physical abilities. Behaviour issues are more likely if activities are too hard or too easy, so try to ensure that each athlete is appropriately challenged.

Motivation Strategies/Behaviour with the Entire Group

Many individuals will be more engaged when there are motivation tools in place, such as point systems. These tools can be implemented with the entire group.



WEEK 1: GRIP & STANCE

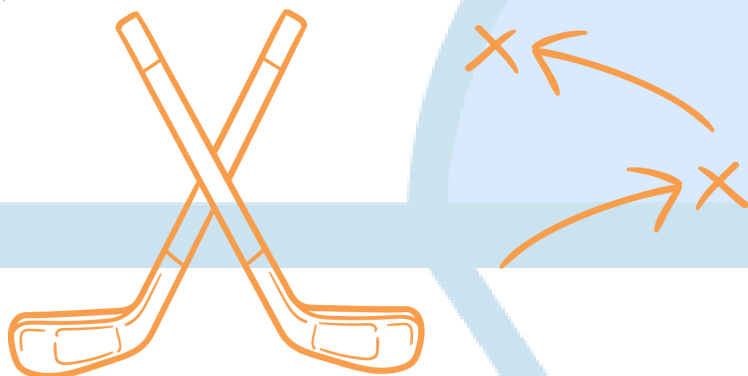
1. Warm Up & Intro

This first session will begin with a round of introductions (suggestions: names/ answer a fun question like who is your sports hero) and an icebreaker exercise. Examples of quick and fun icebreakers include two truths and a lie or organizing themselves in alphabetical order by the first letter of their name.

The instructor will then introduce what to expect from the lesson.

Warm Up Ideas

- Walking and stick handling out front
- Jogging in place
- Hopping on one foot
- Walking backwards
- Jogging backwards
- Weight transfer from one foot to the other
- Lateral bounding (45 degrees forward from left to right foot, knee bend and slight jump, “land quietly”)
- Lunges
- High Knees
- Butt Kicks
- Skipping



2. Skills & Drills

With just the steering hand on the stick, stickhandle the ball back and forth 10/20/30 times. Pay close attention to grip pressure, which should be loose to medium, but refrain from having a tight/firm pressure grip.

Steer the ball, with the backside of the blade in a 360 spinorama direction 2-3 times, and then do the same with the front side of the blade. Start with eyes on the ball, knees bent, back straight, loose grip and aim for a tight turn. As the student progresses and technique is improved, ask for eyes forward and repeat. The contact point for the blade and ball should be towards the heel of the blade.

Once a comfort level is established, add the second hand and try with both hands on the grip and repeat the reverse spinorama and then the forward spinorama.

Here are some suggested stickhandling progressions:

- Out in front (no wider than feet)
- Out in front (very wide)
- Forehand side (try to bring ball back behind heels)
- Toe drag (flip stick over and pull ball back with the toe of the blade down to the ground)
- Pull ball towards feet, kick back to stick
- The student has now learned a significant amount of ball control, leading to more stick-handling proficiency.

3. Games & Activities

Now that we're starting to learn some basic Heros Hockey skills, it's time to put them into action.

Split up the group evenly into well-balanced teams and utilize the basic rules of Heros Hockey. Games are typically a win-by-two format, played up to five goals. It's important to emphasize the spirit of play, fairness, camaraderie, and teamwork.

WEEK 2: PASSING

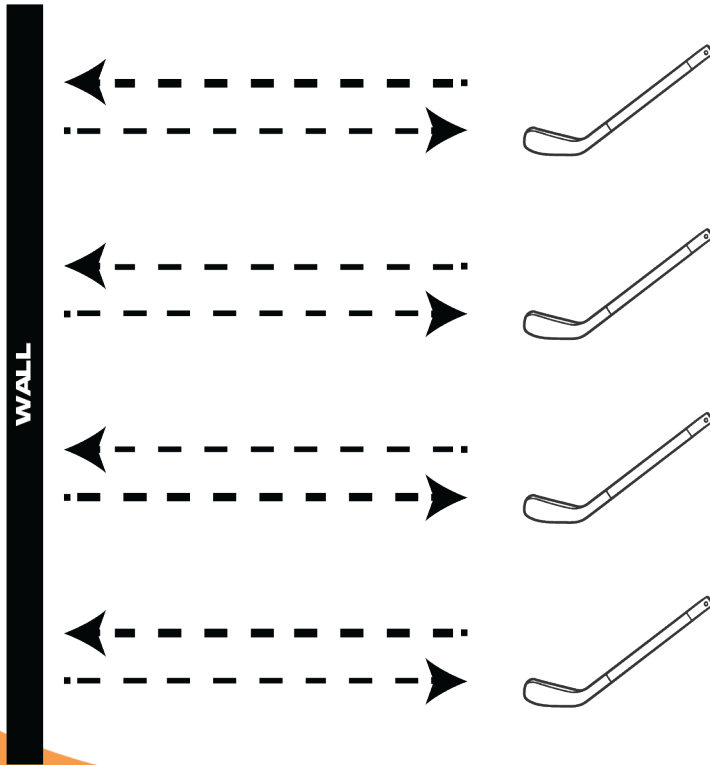
1. Warm Up & Intro

Each session begins with a warm up and intro.

2. Skills & Drills

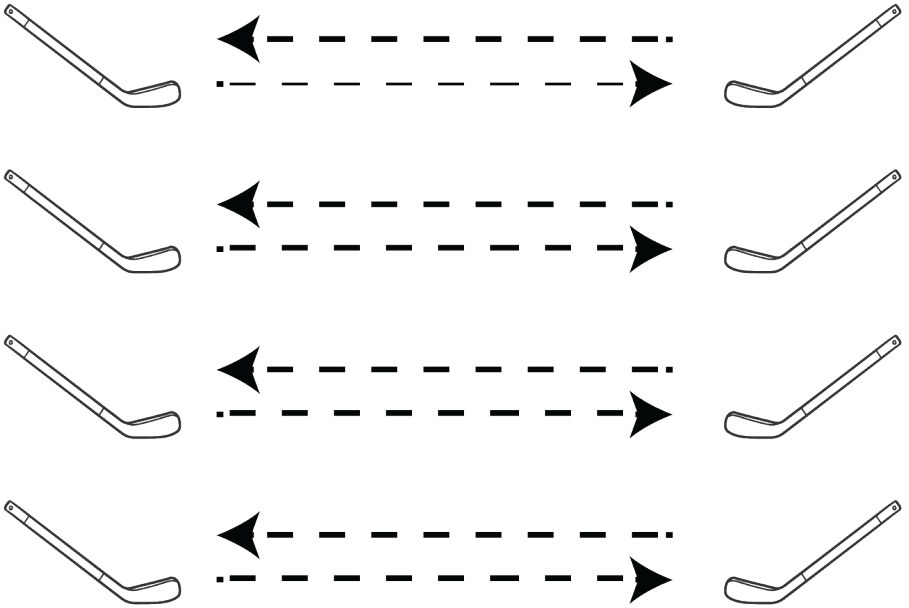
a) Wall Passing

Pass the ball to different heights on the wall, aim for a consistent tempo and rhythm, back and forth. Learn the unique characteristic of the bounce off the wall and adjust your receiving hands and control the pace of pass delivery.



b) Pair Up Passing

Make two lines, pair up with a teammate. Practice flat passes, backhand passes, airborne passes and give and go passes.



3. Games & Activities

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WEEK 3: SHOOTING

1. Warm Up & Intro

Each session begins with a warm up and intro.

2. Skills & Drills

Hand Placement When Shooting:

- **Top hand** - Grip the stick halfway down its length, or slightly higher with your top hand. Ensure your fingers are wrapped around the stick, and your thumb points down.
- **Bottom hand** - Position your bottom hand lower on the stick than your top hand. Generally, you want about 12-14 inches between your hands. Keeping your hands close together offers more control and accuracy as you execute your wrist shot.

a) The Wrist Shot

- **Start ball on blade of stick.** Place the ball near the heel-to-middle part of your blade to start taking your wrist shot. Starting in this position means you'll have better control over the direction and lift as you release your shot.
- **As you shoot, transfer weight from back to front foot.** To generate the most intense power, shift your weight from your back foot to your front as you move through the shooting motion.
- **Let your hands follow through.** Follow-through is critical for accuracy and power when using a wrist shot. As you release the ball, let your hands move forward and upward, pointing toward your target. This motion helps guide the ball while adding extra force behind it.

b) The Sweep Shot

- Place the stick in line with your back foot and the ball in the middle of the blade.
- The bottom hand of stick can push downwards to generate power and gain traction on the ball.
- Maintain a loose grip for flexibility.
- Smoothly sweep the stick around the body while planting the front foot and finish with the blade of stick pointing at target.

• Goalie Stance - Traditional Style

Goalie pads, blocker, catcher, chest protector, jersey, facemask and stick are the key components of the stand-up goalie most often seen in traditional ball hockey and street hockey.

3. Games & Activities

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WEEK 4: PLAYMAKING

1. Warm Up & Intro

Each session begins with a warm up and intro.

2. Skills & Drills

A great drill to teach the concepts of passing, shooting and teamwork is Handball. It is a fun warmup that is easier without hockey equipment to start. Use a small NERF football or basketball. Do not use sticks.

The player holding the ball cannot move. Teammates must get open around them to receive a pass. Emphasize close and short passes.

Can easily introduce sticks and balls and continue with the same rules.

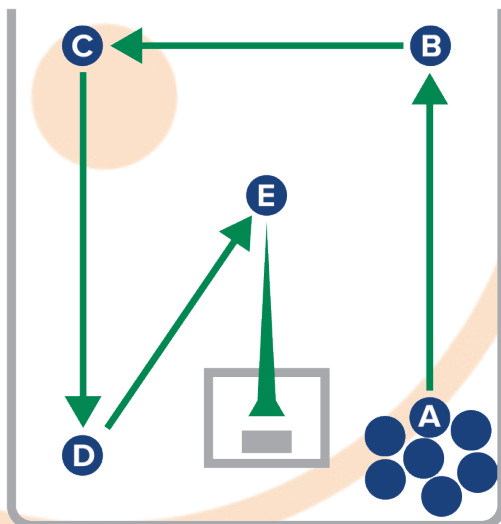
3. Games & Activities

Split up the group evenly into well-balanced teams and utilize the basic rules of Heros Hockey. Games are typically a win-by-two format, played up to five goals. It's important to emphasize the spirit of play, fairness, camaraderie, and teamwork.

DRILL SHEET

Pass, Go, Shoot.

Five players set up at the star positions. Player 'A' makes pass to Player 'B' then runs to that position. Player 'B' makes a pass to Player 'C' then runs to that position. 'C' to 'D', then 'D' to 'E'. Player 'E' makes a shot on net and then takes a spot in the corner.





WEEK 5: OBSTACLE COURSE

1. Warm Up & Intro

Each session begins with a warm up and intro.

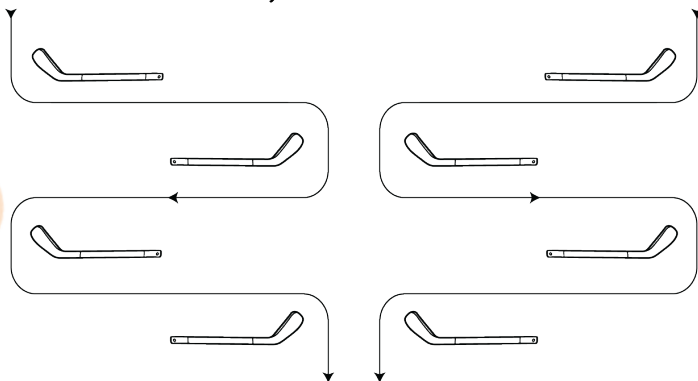
2. Skills & Drills

Obstacle Course Setup

- Materials to consider for your obstacle course:
- Hockey Sticks
- Cones
- Modular Heros Hockey Boards (dismantled)
- Balls
- Sidewalk Chalk
- Rope
- Pool Noodles
- Hula Hoops

Forming two lines, and sometimes four, place objects and cones in a line and ask the players to stickhandle around the obstacles. Start slow and increase the speed each go through.

Hockey Stick Obstacle Course



WEEK 6: GAME TIME



1. Warm Up & Intro



Each session begins with a warm up and intro.

2. Make Teams and Play!



A quick and easy way to get everyone involved in a game is to split sticks:

- All players put their sticks into a pile (sticks should be taped with initials beforehand).
- Instructors pull the sticks from the pile making a pile of sticks on the left and right.
- The players with sticks on the left will form one team, and the players with stick on the right form the other team.
- Now all you have to do is have fun and play a game!
- You can play a game up to five or ten and then create new teams using the same method.


3. Games & Activities

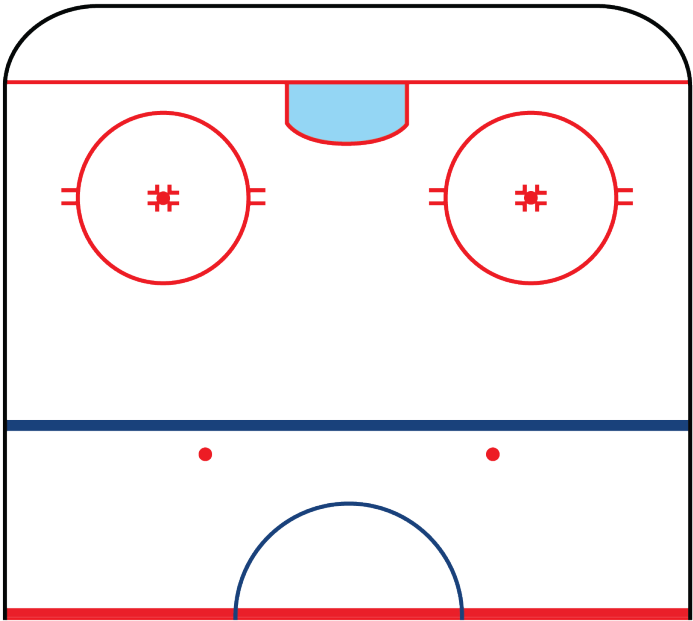
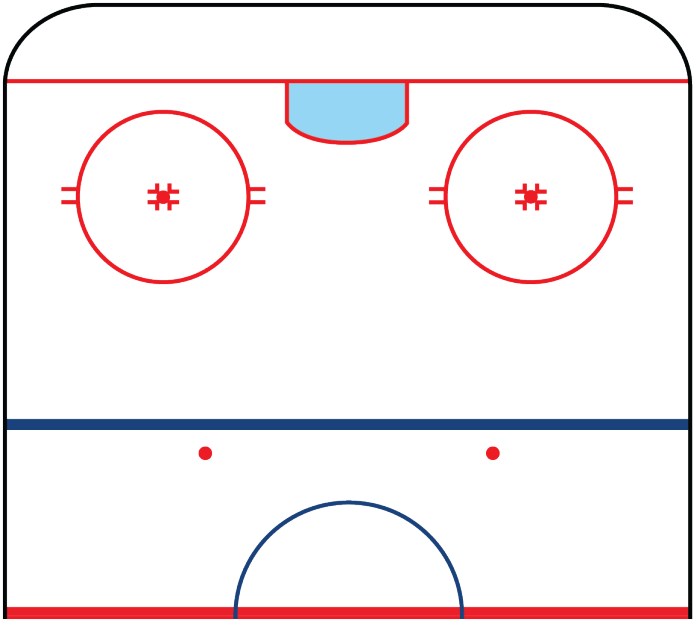


The final session is all about putting the skills and training into action. It's important to emphasize fair play, teamwork and passing as key components of the games.

One method of making teams fair and equitable is through a game called Points Master where all players are assigned a number, and everyone switches teams throughout the session to play with different players.

Through a series of three-to-five minute games, the winner gets two points, and in a tie both teams get one point each. If there is a three goal difference when the match ends, the winner gets three points.







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