



Hockey Manitoba Floorball Program

Hockey Manitoba, in conjunction with Hockey Canada, has a new Grow the Game initiative that utilizes the game of Floorball in elementary school gym classes as an introduction to hockey and recreation. Hockey Canada, and by proxy Hockey Manitoba, is partnered with Floorball Canada and FloorballPro on the development of Floorball: An Introduction to Hockey. It is based off a 10-lesson curriculum and can be a resource for elementary school teachers in the Canadian school system working with students in Grades 3-6.

Floorball is a fast and exciting game that promotes end-to-end plays with quick transitions and fluid game play. The rules stress the importance of safety and sportsmanship and are designed to limit the chance of injury without decreasing the speed or skill of the game. Although similar in vein to floor hockey, the rules and general gameplay are different, and one does not require hockey skills in order to compete. The playing field is levelled and more inclusive for all participants.

The 10-lesson curriculum includes lesson plans focusing on:

- Floorball basics
- Stickhandling
- Passing
- Shooting
- Game play



Each lesson plan has three components: **Getting Ready**, **FUNDamentals** and **Learn to Play**. Sample rubrics and tests can be provided. The lesson plan for floorball is relevant to both the “activity-specific movement” and “basic movement” strands of the Manitoba Phys-Ed Curriculum, encompassing learning aspects such as:

- Rules and terminologies
- Game strategies, both offensive and defensive
- Decision making and critical thinking
- Teamwork and fair play
- Manipulation and striking skills
- Personal and social management skills

We have developed a Hockey Manitoba school equipment package that includes everything you need to get started. For a **rental fee of \$25**, the package includes:

- 13 Hockey Canada X3M Campus 36 sticks (various sizes available)
- One Hockey Canada Salming Matrix 96cm stick (for an adult instructor)
- 13 Salming Aero floorball balls
- Hockey Canada X3M Campus stick bag
- Hockey Canada floorball curriculum
 - The curriculum may be purchased separately for \$40 from Hockey Canada



The equipment is engineered for superior stickhandling, ball control and shooting. They are lightweight, inexpensive, durable and **non-marking**. Please note that schools can order more than one kit, and it is recommended that enough be rented to serve all students in a class. A floorball stick should reach about two centimeters above the belly button of the player. The official ball is 72 mm in diameter, weighs 23 g and is made of hard plastic with 26 evenly distributed holes, similar to a whiffle ball.

Interested Phys-Ed instructors and community centre recreation coordinators are welcome to rent out floorball equipment for blocks of time at a rental cost of \$25 per kit. Likewise, we can organize having Hockey Manitoba staff come out to your school/organization to provide a floorball tutorial for instructors and students. The equipment will otherwise be stored on-site at Hockey Manitoba and will be signed out on a first-come-first-served basis. Schools can also purchase their own sets through Hockey Canada.

Floorball in a COVID environment:

With the uncertainty surrounding the COVID health crisis and its subsequent impact on physical activity, there are several ways one can participate in floorball with low-to-no risk of contact. Hockey Manitoba has access to the Hockey Canada Floorball Curriculum, which includes all rules, development modules and drills, as well as fun games to do in-class. The lesson plan for floorball is relevant to both the “activity-specific movement” and “basic movement” strands of the Manitoba Phys-Ed Curriculum, encompassing learning aspects such as:

- Rules and terminologies
- Game strategies, both offensive and defensive
- Personal and social management skills
- Decision making and critical thinking
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COVID-19 Safety Measures: Floorball sticks to be sanitized after each session. Floorball players do not wear any protective equipment – only a t-shirt, shorts and athletic shoes are required, but players may wear protective eyewear and/or a mask for increased safety.

Floorball is a limited-contact game as it is – but it can be limited to a full no-contact activity with social distancing measures in effect.

Helpful Resources:

floorballcanada.org/media/leagues/5431/graphics/File/Floorball%20Canada%20Brochure-V1-Juha-13_09_01.pdf

youtube.com/watch?v=wuLIMzJps8I

floorballplanet.com/Merchant2/downloads/Floorball_Lesson_Guide_Intro.pdf

hockeycanada.ca/en-ca/hockey-programs/schools/floorball/what-is-floorball

For more questions about Hockey Manitoba's Floorball program, please contact **Saxon Miller**, Coordinator, Grow the Game (smiller@hockeymanitoba.ca, 204-926-8358) or **Jessica Horton**, Manager, Operations (jhorton@hockeymanitoba.ca, 204-925-5756).

