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## Low to no risk games and activities for PHEs: Hockey Manitoba

### Floorball

Floorball is similar in vein to floor hockey, but with non-marking equipment and a unique rule set. It is becoming increasingly popular in Canada with similarities to both hockey and soccer.

Below is a brief summary of the rules of floorball:

- Stick must remain below waist
- Ball is played below knee level at all times
- **No body contact**, no blocking/screening of opposing players
- Stick-on-body contact or stick-on-stick contact is not permitted
- No hitting, lifting or pinning of opponents' stick
- Free hits similar to a free kick in soccer are given for minor rule infractions
- Game is played with five players and one goalie per team on the court at a time



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
- Decision making and critical thinking
- Teamwork and fair play
- Manipulation and striking skills
- Personal and social management skills

Floorball sticks are engineered for superior stickhandling, ball control and shooting. They are lightweight, inexpensive, durable and **non-marking**. 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.

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.

Below are some helpful Floorball links to help you get started!

[floorballcanada.org/media/leagues/5431/graphics/File/Floorball%20Canada%20Brochure-V1-Juha-13\\_09\\_01.pdf](http://floorballcanada.org/media/leagues/5431/graphics/File/Floorball%20Canada%20Brochure-V1-Juha-13_09_01.pdf)

[youtube.com/watch?v=wuLlMzJps8I](https://youtube.com/watch?v=wuLlMzJps8I)

[floorballplanet.com/Merchant2/downloads/Floorball\\_Lesson\\_Guide\\_Intro.pdf](http://floorballplanet.com/Merchant2/downloads/Floorball_Lesson_Guide_Intro.pdf)

Hockey Manitoba will rent out Floorball kits for \$25/kit. Each kit comes with 13 sticks (including one for the instructor), 13 balls, a stick bag, and a curriculum that includes lesson plans.

Please contact Saxon Miller ([smiller@hockeymanitoba.ca](mailto:smiller@hockeymanitoba.ca)) to order or to set up a program in your school.

### **Hockey Canada School Program**

This program focuses on fun, hockey-themed activities to keep the kids (K-6) learning at home and in the class room.

The goal of the lesson plans is to provide curriculum with a focus on hockey to engage students, get them invested in a recreational activity and enhance their knowledge of and appreciation for hockey. There are activities for the following subjects:

- Phys-Ed
- Math
- Social studies
- Language Arts
- Science
- Music

The link to the Hockey Canada School Program, with all activities, is here: [hockeycanada.ca/en-ca/hockey-programs/schools/school-program](http://hockeycanada.ca/en-ca/hockey-programs/schools/school-program)

### **In class presentations and/or visits by Hockey Manitoba staff**

From our Grow the Game Coordinator who focuses on recruitment and retention of players through grassroots programming and community engagement, to our Coaching Coordinator who organizes clinics for prospective coaches and mentors, there are several ways we can engage with PHEs in a safe and inclusive way.



For additional information on other programming and this document, please contact **Saxon Miller**, Grow the Game Coordinator ([smiller@hockeymanitoba.ca](mailto:smiller@hockeymanitoba.ca))

