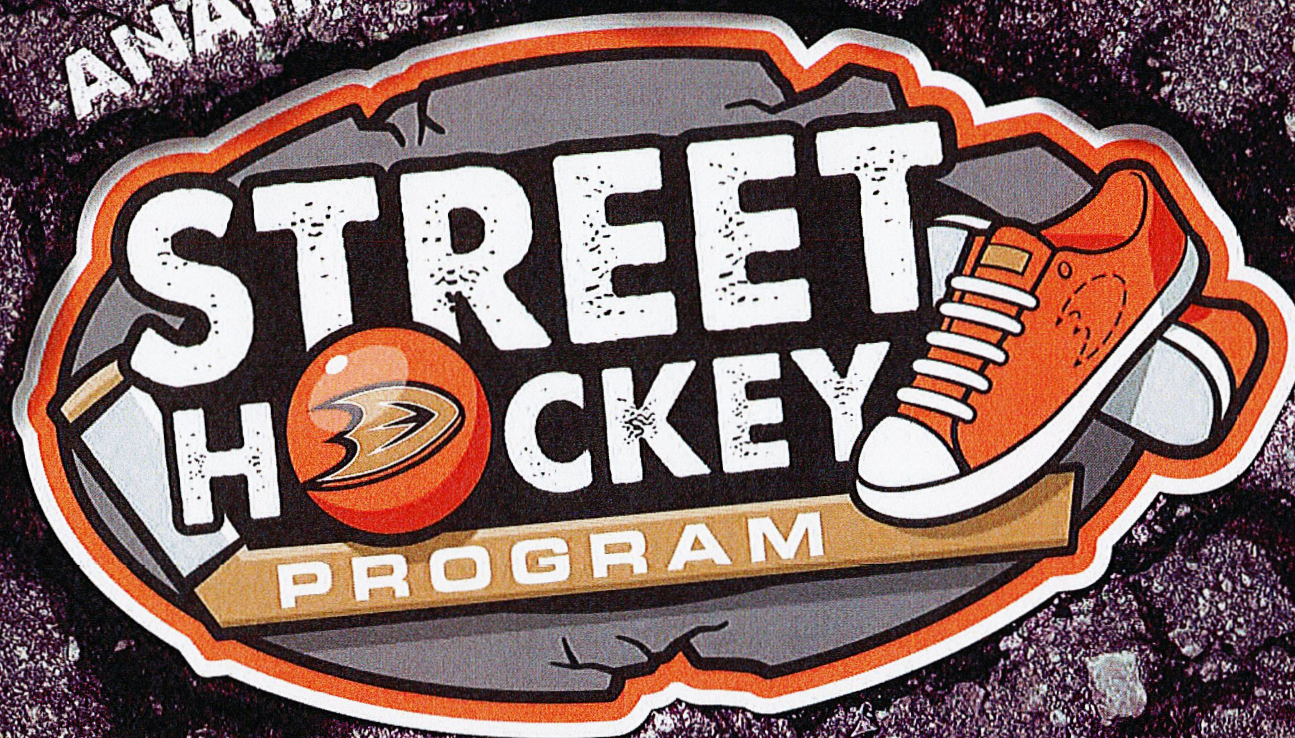


ANAHEIM DUCKS



INSTRUCTION MANUAL

Dear Instructor,

The Anaheim Ducks Hockey Club is pleased to present your school with our award-winning and state recognized education program entitled, **Anaheim Ducks S.C.O.R.E.** Funded by the Anaheim Ducks Foundation, **Ducks S.C.O.R.E.** began in 2005 as a free educational program for the children of Southern California to address healthy living habits, academic excellence, and to promote the importance of balancing these two practices into their daily routine. After years of executing this program, it now inspires over 50,000 students annually.

Your school has been selected to execute the street hockey initiative of the **Ducks S.C.O.R.E.** program. The 10-day physical education curriculum in this manual will introduce your students to street hockey, a team sport that combines speed, athleticism, sportsmanship, and most of all, teamwork. Thanks to the contributions from the Orange County Department of Education and National Hockey League (NHL) Alumnus Brian Hayward, students will be taught proper hockey fundamentals with a curriculum that meets California's physical education requirements. By the end of the street hockey module, your students should be proficient with key hockey skills such as stickhandling, passing, and shooting.

The Anaheim Ducks and the NHL are grateful for the opportunity to work with you, the PE staff, the administration, and the students at your school. Thank you for joining us to enrich the lives of students in Southern California. We hope that by the end of the school year, your students will live healthier, find success in their classrooms, and most of all, have fun!

Sincerely,



Jason Cooper
Manager of Fan Development Marketing
Anaheim Ducks S.C.O.R.E.
jcooper@anaheimducks.com
www.ducksscore.com



DUCKS S.C.O.R.E. STREET HOCKEY CURRICULUM OVERVIEW

The Ducks S.C.O.R.E. Street Hockey curriculum teaches the fundamental skills of the sport of street hockey, explains the basic rules of the game, and encourages the development of sportsmanship and social skills inherent in team sports.

BACKGROUND

The sport of Street Hockey (also known as Ball Hockey) is a developmentally and age appropriate physical education unit for students in grades 1-6. Strength and coordination are developed while learning to stickhandle, pass and shoot a ball while stationary or in motion. Street hockey promotes physical activity, fitness, balance, development of motor skills, and knowledge of movement concepts listed in the California Physical Education Standards. Safety and responsibility for proper handling of the stick is the focus of the rules and is reinforced throughout the curriculum.



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December 12, 2005

Anaheim Ducks

Re: SCORE Street Hockey Curriculum

I have reviewed the Ducks Street Hockey curriculum and made recommendations on a variety of instructional management tools and techniques to improve teacher and student understanding and use of the lessons, safety equipment, sound instructional practices. With the implementation of these revisions and recommendations, Street Hockey can be a challenging, yet age appropriate curriculum unit suitable for use in Grade Four Physical Education programs.

Street Hockey is an excellent school activity when combined with trained supervision, safe, clean facilities, adoption and safe use of equipment and proper playing techniques. Street Hockey can contribute to development of student health, fitness and motor skills, knowledge and understanding of movement concepts, sportsmanship and other beneficial social skills inherent in team sports.

I look forward to hearing more about the implementation of the SCORE project.

Sincerely,

Christopher E. Corliss, MA
Coordinator of Physical Education Services
Standards and Curriculum
Orange County Department of Education



DAY TWO

INTRODUCTION TO STICKHANDLING

DAY TWO

TEACHING POINTS

WARM-UP

Select three warm-up exercises from page 10.

TALKING POINTS

- Ask students the purpose of stickhandling.
 - Stickhandling in hockey is similar to dribbling in basketball or soccer and is used to protect the ball from opponents.
- Students are always responsible for their own ball.

DEMONSTRATION & SKILL PRACTICE: STATIONARY STICKHANDLING

- Go over proper hand positioning, technique, and ball control.

Set Up


- Begin with feet shoulder width apart.
- Keep head up. Only look down to figure out where the ball is on the stick.
- Place stick and ball as shown in *Position A*.

Execution

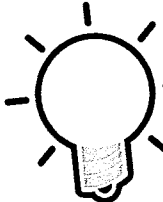
- Sweep the ball to the other side of the body. While the ball is rolling, pick up the stick blade and “catch” the ball with the back of the stick blade as shown in *Position B*.
- Using the same sweeping motion, bring the ball back to *Position A* and repeat.

After demonstration, allow students to spread out and practice stationary stickhandling.

- Stickhandle back and forth across their body.
- Stickhandle on the left side of the body only.
- Stickhandle on the right side of the body only.



GOAL OF THE DAY!
Students should be able to control a ball while stationary stickhandling and when moving at a slow pace.

TEACHER'S TIP!
Challenge advanced students to stickhandle while balancing on one foot!

DRILLS

DRILL: OPEN FLOOR CARRY PROGRESSION



MODIFICATIONS
ON PAGE 41

Students line up in groups on one end of the playing surface, each with their own stick and ball. The first student in each line leaves on the whistle. Each whistle will start the next group of students. Increase speed while maintaining control of body and ball.

Two Hand Forehand Drag

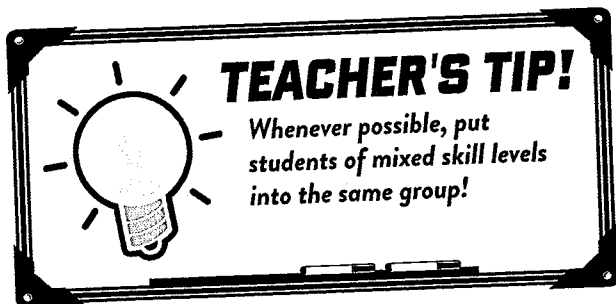
- Students will move up the rink while keeping the ball on their forehand at all times. Students with a right curve will carry the ball on the right side of their body. Students with a left curve will carry the ball on the left side of their body.
- The ball should always be in contact with their stick blade.
- Students will have two hands on the stick at all times.

DRILL: FOLLOW THE LEADER

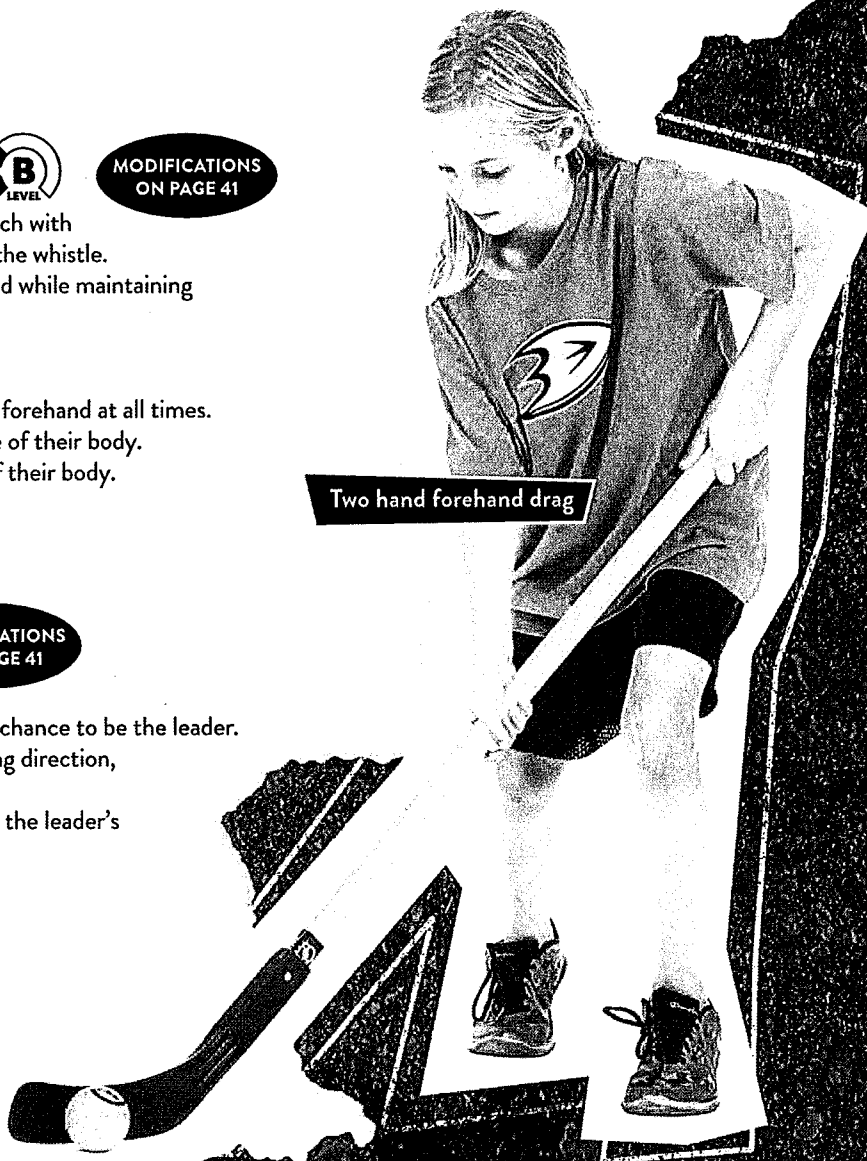


MODIFICATIONS
ON PAGE 41

- Split students into groups of 3-6 and assign each group a designated area. Each student will have a chance to be the leader.
- Students should focus on stickhandling while moving, changing direction, and avoiding other students.
- Each student behind the leader should do their best to mimic the leader's movements while controlling their own ball.



Two hand forehand drag



GAME & REVIEW

GAME: CONE SLALOM RELAY

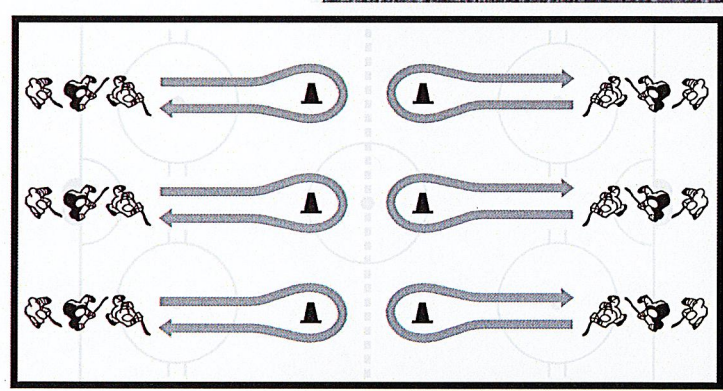


MODIFICATIONS
ON PAGE 42

Split Rink Format

Students line up in groups on one end of the playing surface. The first student in each line has a ball for their group. Set a cone 15ft in front of each line.

- On the whistle, the first student in each line must carry the ball on their stick up and around the cone before returning to line, leaving the ball with the next student to begin the course.
- The team who has all of its members complete the course first wins!



REVIEW / CLEAN UP / HANDSHAKE

Potential Questions:

- Why is it important to keep your head up while stickhandling?
- Is it better to move slowly and control the ball or fast but lose the ball?
- Is it easier to run with the ball on your forehand or backhand?
 - How can you use that knowledge while playing?

Review the different parts of the stick and stick blade.

Introduce the concept of passing and how it builds off of the skills they learned today.