

Dear Jr. Canucks Floor Hockey Participant,

We're excited to welcome your school to our Jr. Canucks Floor Hockey program. We're thrilled to have your school on board and can't wait to hear how your students enjoy this inclusive and rewarding activity.

This program is generously supported by the Canucks for Kids Fund (CFKF). The CFKF grants to children's and family centred charities in BC that support health and wellness, education and grassroots hockey and lacrosse programming. We believe that kids and youth deserve every opportunity to thrive, unencumbered by barriers such as illness, injuries or financial hardships. There should be no limits for kids in BC, only possibilities, and the CFKF wants to do our part to ensure that every child and youth in British Columbia has the opportunity to thrive!

Our Jr. Canucks Floor Hockey program is all about building skills, promoting physical activity, and encouraging positive sportsmanship in a supportive and engaging environment. Whether your students are brand new to floor hockey or seasoned players, there's something for everyone to enjoy and learn.

We look forward to working closely with your staff and students to make this a memorable experience for all. If you have any questions or need support along the way, don't hesitate to reach out—we're here to help every step of the way.

Thank you for being part of the program. Let's make it a great season!

Sincerely,

Alex Oxenham

Vice President, Community Relations
Executive Director, Canucks For Kids Fund



Dear Jr. Canucks Floor Hockey Participant,

We are excited to welcome your school to our Jr. Canucks Floor Hockey program! I can't wait to see how much your students enjoy this inclusive and fun activity.

Your Jr. Canucks Floor Hockey kit will include a equipment bag, 36 light weight sticks, 50 light weight balls, information including rules, lesson plans and video's to help support your program.

Supported by the Canucks for Kids Fund (CFKF), this program benefits children's charities in British Columbia that focus on health, education, and grassroots hockey.

With your support the Jr. Canucks Floor Hockey program will encourage skill development, physical activity, and teamwork in a safe and fun environment. It will also provide every student with the opportunity to experience the game of hockey, even if it's not on the ice.

Working together, I'm confident that this experience will be something your students embrace, encouraging them to have fun, stay active, and make new friends.

I look forward to seeing you and your students sometime throughout the season!

Sincerely,

Rod Brathwaite
Manager, Hockey Development
Vancouver Canucks





Junior Canucks Floor Hockey Rule Book

Designed for Schools and Youth Programs – Simplified and Safe

Welcome to Junior Canucks Floor Hockey Rule Book

History of Floor Hockey

- **Origins:** Floor hockey traces its roots to the 1930s in Canada and the U.S., developed as a gym-friendly alternative to ice hockey.
 - **Purpose:** Created to let players enjoy hockey-style gameplay indoors without the need for skates or a rink.
 - **Evolution:** Variants emerged over time (like ball hockey and cosom hockey), each using slightly different rules, equipment, and ball types depending on age and region.
 - **Schools & Recreation:** It became a staple activity in North American schools, youth programs, and community centers thanks to its accessibility and low equipment cost.
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History of Floorball

- **Origins:** Developed in Sweden in the 1970s as a more standardized and organized version of floor hockey. Floorball is often referred to as the Olympic Pathway 'sportification' of floor hockey.
- **Growth:** Quickly spread across Europe, leading to the creation of the International Floorball Federation (IFF) in 1986.
- **Distinct Features:** Emphasizes non-contact play, skill, speed, and passing. Uses lightweight carbon fiber with plastic blade sticks and a very light performance ball with holes.
- Worldwide, the Sport of Floorball is also known as Innebandy (Sweden), Salibandy (Finland), Unihockey (Switzerland)

The Growth of Floorball

- **Origin:** Floorball was developed in Sweden in the 1970s as a safe, indoor variation of hockey.
- **Global Expansion:** By the 1990s, the sport had spread across Europe, especially in Finland, Switzerland, the Czech Republic, and Sweden, where it is now a top youth sport.



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- **International Organization:** The International Floorball Federation (IFF) was founded in 1986. As of today, over 80 countries are members, with 400,000+ registered players globally. Millions play recreationally and semi-competitive.
- **Major Events:**
 - The Men's and Women's World Floorball Championships are held every two years.
 - Floorball is featured in the World Games, a key stepping stone for Olympic inclusion.
 - Floorball is a medal sport at the Special Olympics, the World University Games and the SEA Games (Southeast Asia Games)

Path to the Olympics

- **IOC Recognition:** Floorball was officially recognized by the International Olympic Committee (IOC) in 2011.
- **World Games Participation:** Floorball was included in the 2017 and 2022 World Games, showcasing the sport to a broader international audience.
- **Olympic Ambitions:** The IFF is actively working toward inclusion in the 2032 Olympics (Brisbane). The sport's youth-friendly, safe, and inclusive nature makes it attractive for future Olympic programs. A variant like 3vs3 with goalies, may be the best chance for getting into the Olympics.

Why It's Growing

- Safe & Non-Contact – ideal for youth and school programs.
- Affordable & Accessible – minimal equipment needed.
- Fast-Paced & Skill-Based – combines hockey, soccer, and basketball-like strategies.
- Electric and Manual Wheelchair athletes are able to control the chair, stick and ball very effectively



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- Special Olympics athletes value the lightweight, safe and friendly spirit of this variant of hockey
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Key Difference

- Floor Hockey is a broad term used in North America, often with more informal or varied rules.
- Floorball is a specific, internationally regulated sport with strict safety and stick-handling rules—closely reflected in the Jr. Canucks Floor Hockey style of play.

Cultural Differences between Hockey and Jr. Canucks Floor Hockey

Floorball is a fast-paced, inclusive, and safe form of indoor hockey played with a lightweight plastic ball and specialized sticks. While it shares some similarities with ice hockey, **the culture and rules of Floorball are built around safety, skill, and respect.**

One of the most important differences is that **Floorball is a non-contact sport.** Unlike ice hockey, **body checking, stick lifting, and stick-on-body contact are not allowed.** The focus is on agility, ball movement, creativity and teamwork—not physical dominance. The ergonomic fit of the sticks and the hyperlight stick and ball promote safety and creativity. Also, heavier sticks from ball hockey and old school floor hockey cause pitting and damage school gymnasium floors whereas the new floorball stick and blade is engineered to be floor safe.

Players must:

- Keep their sticks **below waist level** at all times.
- Avoid any contact with another player's stick, body, or equipment.
- Play with **control, fairness, and good sportsmanship.**

Whether you're a first-time player or a seasoned athlete, Jr. Canucks Floor Hockey is a great way to develop your hockey skills in a safe, supportive environment. Let's play hard, have fun, and respect each other—on and off the floor.

SECTION 1: FACE-OFFS

- Face-offs occur at the center dot:
 - At the start of each period.



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- After a goal.
 - After unclear possession or stoppage (e.g., stuck under equipment).
 - Players must line up with:
 - Blades on the floor, no movement until whistle.
 - Sticks not touching the opponent's stick.
 - Feet behind designated face-off dots.
 - Away team puts their stick down first
 - The ball must be played *cleanly*—no kicking, lifting, or swiping.
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SECTION 2: HIT-INS

- Used instead of throw-ins or puck dumps.
 - Awarded when the ball crosses the sideboards or gym walls.
 - Must be taken from where the ball went out, within **5 seconds**.
 - Ball must be **passed or hit cleanly**—no slapshots.
 - Opposing players must stay **3 meters** (or 10 feet) away.
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SECTION 3: STICK RULES

- Sticks must **stay below waist level** during play.
 - Blades must **stay below the knee** when shooting or passing.
 - **No lifting or slashing** at opponents' sticks.
 - **No stick contact** with hands, body, or face.
 - Intentional stick infractions lead to a free hit or penalty.
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SECTION 4: BODY CONTACT RULES

- **No body checking** allowed.
 - **Incidental contact** (e.g., while battling for the ball) is tolerated.
 - **No pushing, charging, or blocking** an opponent's path with the body.
 - **No stick checking** or holding an opponent with hands or arms.
 - All contact must be **controlled and safe**.
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SECTION 5: GOALTENDING

- Goalies may use:
 - **Hands, arms, chest, or stick** to block the ball.
 - **Goalies cannot throw** the ball past half without one bounce before half line (floorball rule).
 - **No player may enter the crease** (semi-circle or box around goal).
 - Goalie has **3 seconds** to play the ball after making a save.
 - Goalies do **not use full gear**—typically wear gloves and a helmet only.
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SECTION 6: GENERAL GAME PLAY

- 5 vs. 5 (4 players + 1 goalie) is standard. Adaptable based on gym size.
- Games begin with a **face-off** and are played in **2 or 3 periods**.
- Substitutions are **on the fly** (no stoppage needed).
- **No offside** or icing in school-level games.
- Games prioritize **skill, teamwork, and sportsmanship**.



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- Players are permitted to use their feet to kick the ball, kicking the ball to score is not allowed
 - One foot is always safely on the ground, this prevents sliding and jumping for ball
 - Players must refrain from using their hands and or head to contact the ball
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SECTION 7: SCORING & WINNING

- Goals count when the entire ball crosses the line under the crossbar.
 - The ball must be played with the **stick or a clean deflection** (no feet or hands).
 - Final score is determined after the set number of periods or time ends.
 - Tied games may end in a draw or go to a **shootout**, depending on format.
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SECTION 8: SPORTSMANSHIP & SAFETY

- **No swearing, taunting, or unsportsmanlike behavior.**
- Respect all players, coaches, refs, and school property.
- Equipment (e.g., goggles, mouthguards) is encouraged for safety.
- Any **dangerous behavior** = warning or removal from the game.
- When time permits, after a game, it's customary that captains' have their teams line up facing one another, and honour the opposing teams, coaches, refs, volunteers and spectators. It's important to show gratitude and respect in order to build a fair play environment.

OBJECTIVE Intro to Junior Canucks floor hockey (JCFH), Stick Sizing, Grip and Stance, Basic Dribbling and basic rules

EQUIPMENT 1 stick & ball per student

Kit contains 50 balls, 20 right-handed sticks, 10 left-handed, plus straight sticks

LESSON 1 Introduction to Floor Hockey: Safety, History, Equipment, Rules

FOCUS Introduction, grip, stance, rules of play, unit objectives (social and physical), fundamentals of ball handling

VIDEO <https://cse.directus.app/assets/770ab958-93e3-4648-ba9f-49f4d02e8211>

COMPONENT	ACTIVITY	DESCRIPTION	MINUTES
Introduction	History, equipment, goals of the unit	The stick is not only shorter than a hockey stick, it also has a plastic blade that is much rounder than a hockey stick blade and permits a player to handle and control the ball a lot better. The stick is shorter than a hockey stick, to accommodate for no ice skates, and is also lighter and easier to control	In class
Warmup Drills	Arm Circles	Swing arms in clockwise direction, then counterclockwise	6
	Bear Hugs	Students reach and give themselves a hug	
	Forward Swimmers	Extend arm as in swimming stroke	
	Backward Swimmers	Extend arm as in backwards swimming stroke	

	High Knees- alternate	Bring Knees up to Chest	
	Butt Kicks	Bring foot to Glute alternate kick	
	Hip rotations	Lift Knee up to hip and rotate	
	Lunges	Touch alt knee down to the ground	
	Jog Forward and Backward	Facing stick run up the length and transition to Backwards	
	Jog in a Box	Run around stick stop and return with shuffle across top	
	Bunny Hops over stick	Small Hops back and forth over stick	
	Lateral Lunge	Single Leg stride over stick to opposite foot	
	Lateral Lunge with floor tap	Leg Lunge with a reach to tap the floor with hand	
Skills and Drills	Grip and Stance then Roll the wrists	<p>Top Hand moderate grip pressure, explain steering hand, explain knees bent, feet shoulder width apart, relaxed arms, be loose, not tense or tight. Bottom hand light grip pressure, try to sit back with Spine straight, not hunched, like the athletic position of a free throw shot in basketball.</p> <p>Key Teaching Point:</p> <p>Start by teaching to step on the ball and to listen stance. The best stickhandlers are the quiet ones. we use the word cradle to explain the feathering motion.</p>	5
	Forehand/backhand Dribbling	<p>Start with only Top Hand/Steering Hand on stick, getting used to using that top hand to steer the ball and control the stick handling motion. Try and reach on FH side only dribbling - then work across to BH side the blade over the ball and feather the forehand and backhand so as to be a quiet dribble, not chopping onions.</p> <p>Key Teaching Point:</p> <p>Try and extend back and reach to create larger range of motion</p>	6
	Around the World	<p>Dribble on Forehand, Dribble in front, then Backhand side</p> <p>Key Teaching Point:</p> <p>Try and Keep head up as players get comfortable with ball</p>	8

Games and Activities	Free Play	Sticks are Blue and White blades - you can separate teams by Stick Colors - Black blade is straight	10
CLEAN UP		Stack the sticks by blade colour	
TOTAL MINUTES			35

LESSON 2

Movement and Ball Control

FOCUS

Keeping head up and learning to use the hands, arms in a manner that allows ball control and head up

VIDEO

<https://cse.directus.app/assets/06711990-90ea-4de5-bed5-5225de44be0a>

COMPONENT	ACTIVITY	DESCRIPTION	MINUTES
Introduction	Control your Stick	Talk about keeping sticks down below the waist and always controlling stick in a manner that is safe.	In class
Warmup Drills	Arm Circles	Swig arms in clockwise direction, then counterclockwise	6
	Bear Hugs	Students reach and give themselves a hug	
	Forward Swimmers	Extend arm as in swimming stroke	
	Backward Swimmers	Extend arm as in backwards swimming stroke	
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	Butt Kicks	Bring foot to Glute alternate kick	
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	Lunges	Touch alt knee down to the ground	
	Jog Forward and Backward	Facing stick run up the length and transition to Backwards	
	Jog in a Box	Run around stick stop and return with shuffle across top	
	Bunny Hops over stick	Small Hops back and forth over stick	
	Lateral Lunge	Single Leg stride over stick to opposite foot	
	Lateral Lunge with floor tap	Leg Lunge with a reach to tap the floor with hand	
Skills and Drills	Wall Ball Self Passing	Call all the players in and teach in a confined area - show them proper Forehand Pass	8

		Key Teaching Point: Players spread out and are keeping a ball alive about 5-8 feet out from the wall, bouncing the ball using a forehand sweeping motion to bounce the ball back to their stick.	
	Wall Ball Self Passing	Backhand Passing more of a hit than a sweep Key Teaching Point: Players execute on the wall doing a similar drill with a slight hit on the ball in a backhand passing motion.	5
	Pair Up Forehand Passing	Players now pair up and pass with a partner working on FH passing techniques with shoulders parallel to each other Key Teaching Point: Players pair up and should stand about 8-10 feet apart as they pass to each other. Head up, focus on the accuracy, follow through and showing the smile.	10
	Pair Up Backhand Passing	Players now pass on the Back Hand and introduce the element of hitting the ball across to their partner. Players should also work on showing the stick to receive the back hand pass - receiving on the Back hand. Key Teaching Point: Teaches hand eye coordination while advancing and object (ball) with an implement (stick)	6
	Receive and Trap with the Foot	Variation for Fun to encourage players to use their feet to trap the ball as it comes over Key Teaching Point: Toe over ball, is like a soccer move, where you can pass ball from your own foot to your own blade.	
	Alternative to Receive and Trap with the Foot: Aerial Pass - Lob to Partner	Teaches the importance of body position to prevent a ball from going past the player receiving the aerial pass. We learn to not swing the stick to catch the ball, and we learn to not use the hands to grab the ball.	

Games and Activities	Pass Go Shoot	<p>From the 5-person formation. follow your pass, think about passing the ball and moving to the next spot in the rotation...the final spot is the shooter, pick up ball and move to the next spot. This is a good small area drill for smaller classes - half floor type.</p> <p>Key Teaching Point:</p> <p>follow your pass, think about passing the ball and moving to the next spot in the rotation...the final spot is the shooter, pick up ball and move to the next spot.</p>	10
	<p>Alternative to Pass Go Shoot:</p> <p>2 on 0 Full Length Passing</p>	Pair up and pass with a partner the length of the floor	
CLEAN UP		Stack the sticks by blade colour	
TOTAL MINUTES			44

LESSON 3

Passing intro for Forehand and Back Hand Passing

FOCUS

Keeping head up and learning to use the hands, arms in a manner that allows ball control and head up

VIDEO

<https://cse.directus.app/assets/1392b76a-7423-48c5-901b-67099222cddb>

COMPONENT	ACTIVITY	DESCRIPTION	MINUTES
Introduction	Control your Stick	Talk about keeping sticks down below the waist and always controlling stick in a manner that is safe.	In class
Warmup Drills	Arm Circles	Swig arms in clockwise direction, then counterclockwise	6
	Bear Hugs	Students reach and give themselves a hug	
	Forward Swimmers	Extend arm as in swimming stroke	
	Backward Swimmers	Extend arm as in backwards swimming stroke	
	High Knees- alternate	Bring Knees up to Chest	
	Butt Kicks	Bring foot to Glute alternate kick	
	Hip rotations	Lift Knee up to hip and rotate	
	Lunges	Touch alt knee down to the ground	
	Jog Forward and Backward	Facing stick run up the length and transition to Backwards	
	Jog in a Box	Run around stick stop and return with shuffle across top	
	Bunny Hops over stick	Small Hops back and forth over stick	
	Lateral Lunge	Single Leg stride over stick to opposite foot	
	Lateral Lunge with floor tap	Leg Lunge with a reach to tap the floor with hand	
Skills and Drills	Dribbling Static Toe to Toe	Try and add speed - head up dribbling Key Teaching Point: Teach Toe Teach Heel Teach Mid Blade, control on Mid Blade, then Tip, Then Heel if advanced	5

	Around the World	<p>Add a full 360 Around the World, try and test the students to reach farther</p> <p>Key Teaching Point:</p> <p>On BH side your bottom hand can slide up to be closer to the top hand and allow longer dribble reach</p>	3
	Cone Line Up	<p>Set up 5 Cones in a line - spread out so that players are facing a row of 5 cones - try and limit the lines to 5-1 ration (20 kids 4 lines, 25 kids 5 lines, etc.). Have them complete dribbling through cones.</p> <p>Key Teaching Point:</p> <p>Try and Keep head up as players get comfortable with ball</p>	10
	<p>Alternative to Cone Lineup:</p> <p>Figure 8 dribbling</p>	<p>Alternative course where players do a full turn around 2 cones or sticks to roll wrists</p> <p>Key Teaching Point:</p> <p>Teaches hand eye coordination while advancing and object (ball) with an implement (stick)</p>	
Games and Activities	Aliens and Frogs	<p>Players dribble in open space and a few teachers or students act as Aliens and try and steal the ball - put it in the net and convert that player to an alien.</p> <p>Key Teaching Point:</p> <p>Big energy, lots of kinetic motion, smiles and laughter, play and learn to move safely and freely with a stick and ball in traffic</p>	10
CLEAN UP		Stack the sticks by blade colour	
TOTAL MINUTES			45

LESSON 4

Movement and Passing

FOCUS

Keeping head up and learning to use the hands, arms in a manner that allows ball control and head up

VIDEO

<https://cse.directus.app/assets/f3edec29-37d9-4aa0-88ba-5ff07d3d5580>

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	Bunny Hops over stick	Small Hops back and forth over stick	
	Lateral Lunge	Single Leg stride over stick to opposite foot	
	Lateral Lunge with floor tap	Leg Lunge with a reach to tap the floor with hand	
Skills and Drills	Pair Up Passing Warm Up	Call all the players in and teach in a confined area - show them proper Forehand Pass	5
	Movement and Passing 3 Man 5 Passes	Using a trio of players, two players pass back and forth 5 times, then switch in the next player of that trio and one player's steps	3

		away, those two players take five passes together, and then switch out player, and new player comes in, repeat. ball is constantly moving and being passed. a trio is in motion with two passers in action at all times.	
	2 on 0 Full Length passing with partner	<p>Best when a lefty is paired with a righty. two players make small, tight passes while moving up the court towards the goal until the goal is right there for a player to take the pass and shoot. Count 3 Passes, 5 passes, 10 passes in the progression of the drill</p> <p>Key Teaching Point:</p> <p>have the pairs focus on setting up the partner for success, a good pass will help their mate to send back a nice crisp pass or make a nice shot to the goal. The key is teamwork, sharing and helping each other succeed with thoughtful and focused passing.</p>	10
Games and Activities	Break away, 2-0, 3 on 0 race	<p>Two Teams in opposite sides of the floor - you can start from the corners or midway. Player 1 on each team races 1-0 on empty net trying to score. If they miss, they run back past a line or cone to release Player 2 who must now also go Breakaway. If they score - they race back over the line and the next 2 players can pass the ball 2 on 0 down the floor to score. If they score - they race back to release 3 players 3 on 0. The game is called 1-2-3 and it's a race between 2 teams. Any miss and teams must start over. If they score on the 3-0 before the other team has scored - they cheer and get 1 point.</p> <p>Key Teaching Point:</p> <p>Better to make a good pass and work with your team mate then make them chase the ball. Players on 2-0 and 3-0 must using passing to advance the ball, no carrying it. Add teachers as goalies...makes it more fun and challenging.</p>	10
CLEAN UP		Stack the sticks by blade colour	
TOTAL MINUTES			34

LESSON 5

Shooting and learning basics of shot

FOCUS

Key to learning the proper technique is to understand the stick cannot travel above the waist

VIDEO

<https://cse.directus.app/assets/029a6f25-b087-4c37-a780-df2fc3d67bdf>

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Format for Skills & Drills		<p>Start by calling all students into the net area to demonstrate the keys to the shot. Have the players mimic the shooting without a ball in open space. Then have them shoot on the wall</p> <p>Key Teaching Point:</p> <p>teaches hand eye coordination while advancing and object (ball) with an implement (stick)</p>	
Skills and Drills	Sweep Shot into Wrist Shot	the sweep shot creates a blind spot for goalies as the shooter is deceptive with the sweep shot release, the idea of every shot is to hit the net and to aim to score. The toe of the blade rolls	5
	Snapshot	with a snapshot a quick flick of the wrists will generate some pop and power to the shot. The stick will flex to create more power. the release is quick and snappy	3
	Backhand	Hands move closer together than a forehand shot and then a hinge and hit motion is utilized. Back hand slappers can be a powerful scoring technique when shooters are on their opposite sides of the ball.	10
Games and Activities	Moon Shot	<p>The long-distance shooting drill is safe and creates added emphasis on proper technique.</p> <p>Players line up at opposite ends of the gym and try and shoot the length of the floor. Balls go back and forth.</p>	
CLEAN UP		Stack the sticks by blade colour	
TOTAL MINUTES			34



EQUIPMENT STORAGE AND CARE INSTRUCTIONS

Congratulations,

Your new Junior Canucks Floor Hockey Kit includes the following:

- 36 Assorted Lengths and Hands
- 50 Floor Hockey Balls
- 1 Carry-All Bag

Each Kit contains a balance of different hands and lengths to help each student obtain the proper ergonomic fit for learning. Kits are split between Blue Blades, White Blades and Black(straight) Blades so that teams and groups can be sorted by blade colour.

Any plastic protection on the grip is to be removed and recycled.

It is recommended to keep the Kits all together in the Bag for easy storage and portability. The Grips shall remain dry and the blades are designed for indoor use only. Some smooth tennis courts or sport court surfaces are ok for wear and tear, however, it is recommended that the blades come in contact with smooth surfaces only and not asphalt or roads,

The Sticks will last for 3-10 years with proper care. Blades can be replaced if worn down after 2-3 seasons.

STICK SIZING CHART

Stick Length	Size in Centimeters	Height of Player	Size Order Code
Youth	70 cm	Under 4 ft	7.0
Junior	80 cm	4' - 4'9"	8.0
Medium	90 cm	4'7" - 5'7"	9.0
Large	100 cm	5'5" - 5'2"	10.0

