

WHAT IS COSOM HOCKEY?

Since its invention in 1875, hockey has been played in different ways outdoors (field hockey and deck hockey), but it has also been adapted for indoor play. **COSOM hockey** (ball hockey) is the Canadian version of floor hockey. It is played with sticks and one ball (either solid orange or dimpled white). The game consists of **2 teams** trying to put the **ball in their opponent's net** (despite the presence of the **opposing goalie**). Using a stick to **control the ball** while moving requires a certain level of skill. To excel at it, players must know how to **walk, run, handle the ball, pass** and **shoot**. For young boys and girls, hockey is a complex and complete sport when it comes to decision-making. Very popular at many schools, hockey can be played in a large or **small court or gym**. The game can be adjusted for maximum motor engagement of an entire group.

EQUIPMENT

 1 COSOM hockey stick per player

 1 pair of goggles per player

 Gymnastic benches  Cones

 Mini-goals

 Targets

 Balls (orange and dimpled)

 Numbered jerseys (or t-shirts in the same colours)

HOW TO MAKE THIS ACTIVITY A SUCCESS



Use all-plastic **sticks** and **goggles** (safety).



Control the **strength of the shot** (place targets in the mini-goals to increase precision).



Keep the **stick blade** on the floor and do not lift it any higher than your knees.



Do not **dive down** to block a pass or an opponent.



Maintain **eye contact** with your partner before passing.



Use **empty goals without goalies**, so everyone gets a chance to handle the ball.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:

 Elementary school level

 High school level

 Outdoors

 No equipment

 Distancing

 Solo

 To practice **outdoors**, choose a grassy, asphalt or hard-packed snow surface that allows the ball to roll easily. Be careful! Asphalt can damage the blades of your sticks very quickly.

WARM-UP

THE DRAFT



EQUIPMENT: 1 and 1 per player, 2 , some , 1 mini-goal and 1 low hurdle per team

OBJECTIVE: Holding the stick properly.

In **teams of 4**, players stand in a square and pass **2 balls** to each other. If the 2 balls touch, or if a player misses the ball or passes it to a player who already has one, the players at fault must go out of the square to do **6 sideways jumps** over a low hurdle. Players can score 1 point if their team does not make any mistakes over a 30-second period. When the coach shouts "SHOOT," players with a ball must try to score in a mini-goal – players without a ball must try to stop them (spearing the ball).



To minimize mistakes, **call out the name** of the player receiving the pass.

WARM-UP

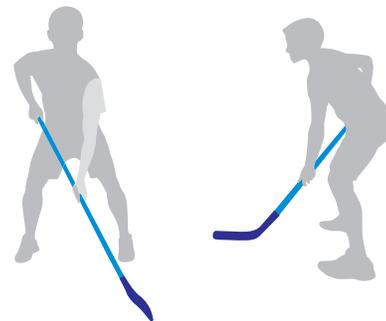
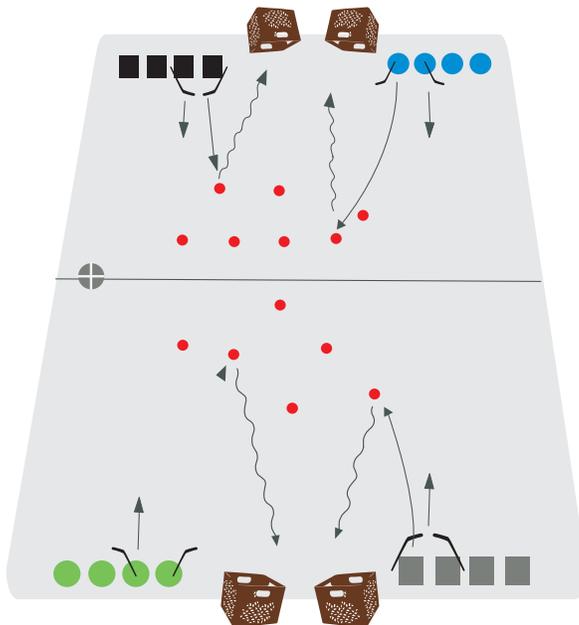
PICK-UP DRILL



EQUIPMENT: 1 and 1 per player, 2 , some and 1 mini-goal per team

OBJECTIVES: Holding the stick and handling the ball properly.

In **teams of 4** with **2 sticks**, spread out around the gym. Place the balls on the floor. At the signal, bring back as many balls as possible (**1 at a time**) and use the stick to get them into your team's box (lying on its side). Do not use your hands to pick up the ball. After each ball is "frozen" in the box, pass the stick to a teammate.



VARIATION:

- **Pass** the ball to a teammate who must freeze it in the box (1 stick per player).

Hold your stick with **2 hands**. Leave one forearm length between them, with the palm of your lower hand facing upwards (palm up) and the palm near the knob facing downwards (palm down). Stand on the soles of your feet, bending your knees and body. Keep the blade on the floor, release your elbows and raise your head.

WARM-UP

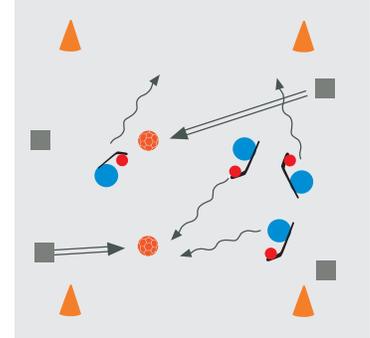
BOWLING-HOCKEY DRILL



EQUIPMENT: 1 , 1 and 1 per player, balls and 4

OBJECTIVES: Running, pivoting, and stopping to avoid hurdles while handling the ball with your stick.

Set up a volleyball court (with cones) and divide the group into 2 teams: **stick handlers** (players with sticks) in the middle (offense) and **players without sticks** on the sidelines (defense). The stick handlers can move with their ball while the defense tries to **touch their legs, ball or feet** by rolling a ball on the floor. When any stick handlers or their ball is tagged, they must switch positions with the defensive player. **Roll the ball from under your shoulder** (like bowling). Play **3-minute games**. If necessary, reduce the playing area and give 1 shot on goal to dribblers who can go 30 seconds without getting tagged.



TECHNICAL ACTIVITY

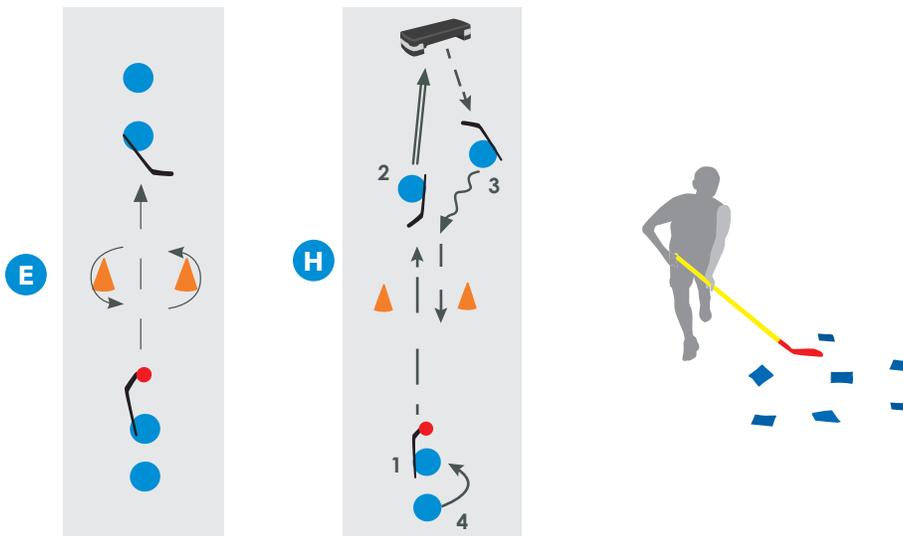
PASSING DRILL



EQUIPMENT: 1 per player, 2 , 1 , 2 , 1 mini-goal and some per team

OBJECTIVES: Passing the ball to a stationary partner and maintaining control when handling the ball.

In **teams of 4**, position pairs of players on either side of a **gate (formed by 2 cones)**. Taking turns, each player **handles the ball** and passes it to the other one on the other side of the cones. You can score **1 point** if you pass the ball to the player on the other side of the gate. After the pass, give the stick to the player behind you, then move behind him/her, and so on. If you want, you can take a shot at a mini-goal after receiving a pass.



VARIATIONS:

- Make a **forehand pass**, then a **backhand pass**.
- **Alternate** between forehand and backhand passes (receive a forehand pass and make a backhand pass).
- Handle the ball with your stick between **sandbags** without touching them..

Keep your eyes on the target when passing and **tilt the blade towards the ball** when you make the pass.

TECHNICAL ACTIVITY

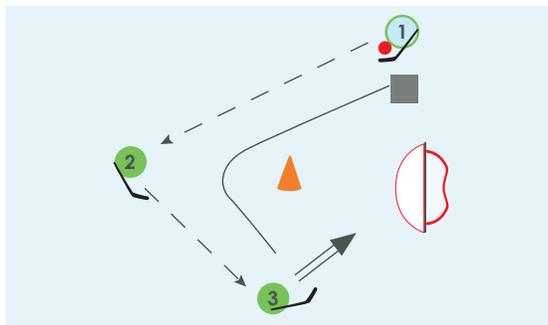
BASEBALL-HOCKEY DRILL



EQUIPMENT: 1 and 1 per player, 1 , 1 and 1 mini-goal per team

OBJECTIVES: Passing and receiving the ball properly and quickly in a game situation.

In **teams of 4**, place **3 offensive players** in a triangle and **1 defensive player** in the center. Player (1) starts with the ball. The defensive player must try to **intercept the ball** that player (1) on the offensive team passes before player (3) shoots the goal. As soon as the defensive player touches the ball (with his stick or foot), the game stops. In this case, player (3) becomes a defensive player, the defensive player becomes player (1) and player (1) becomes player (2). Place targets in the goal (bowling pins or other objects).



Use your foot or the blade of your stick to **cross the pass line**. Hold the stick in 1 hand and stretch out your arm if necessary.

MODIFIED GAME SITUATION

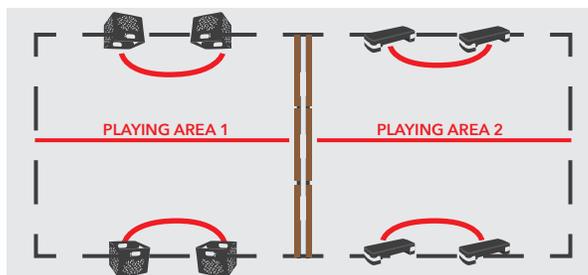
COSOM HOCKEY



EQUIPMENT: 1 , 1 and 1 per player, 1 4 mini-goals and some per half-court

OBJECTIVE: Scoring as many goals as possible in the allotted time (despite the other team trying to stop you).

Play **2 to 3 minutes "3-on-3" games**, with or without goalies, in a **half-court** with **mini-goals**. Place gymnastic benches on their sides to form a "border" between the 2 playing areas. Start with a face-off at center. Make the players pass the ball across the center line. If the ball goes out of bounds, the team that is not at fault puts the ball back into play from the sidelines. A successful shot on goal is worth **1 point**. Require a **minimum number of passes** before shooting if necessary.



VARIATIONS :

- Play **"2-on-2" games** (suitable for younger players).
- **OFFENSIVE POWER PLAY**. Play a **"3-on-2" game** to make it easier to pass and play offense.
- **PROGRESSIVE GAME**. Add **1 defensive player** after each shot on goal: 3-on-1, 3-on-2 and 3-on-3.

For more details on **COSOM hockey (ball hockey)**, **ice hockey** and **deck hockey** leagues in your area, please visit the RSEQ website.

RSEQ.CA