

**Program Purpose:**

Students will learn to play a game that can be played outdoors or indoors throughout the year. While playing students will develop and practice teamwork and sportsmanship skills.

**Length of Program:** 1-1½ hours

**Age:** All Ages

**Maximum Number of Participants:**

12 players on the court at a time—unlimited number of substitute players

**Objectives:**

While playing broomball students will:

- Develop and practice teamwork skills
- Develop and practice good sportsmanship skills
- Understand and demonstrate rules to a game

**Wisconsin Standards:**

**A.8.3** Explore personal interests in a variety of new physical activities both in and out of the physical education class

**A.12.1** Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements

**D.8.2** Recognize the social benefits of participation in physical activity such as the joy of participating with a team and sensing team fulfillment

**Background Information:**

Broomball originated in Canada in the early 1900's. It is played with rules and strategies similar to hockey. Typically, brooms are used and it is played on an ice rink. We modified the game for Upham Woods and use sticks with foam heads and play it outside on a playing field (instead of ice!).

**Preparation:**

Gather materials and bring out to playing field. If desired, recruit adults to be referees. If playing field is covered in snow it should be packed down. A good option would be to outfit all players with snowshoes prior to playing and pack it down fast!

**Materials:**

Sticks with foam heads "brooms"  
Rubber or foam ball(s)  
Helmets  
Nets

Playing Field (size of small gym, length is twice the width)

**Lesson Outline:**

- I. Introduction
- II. Rules and Safety
- III. Playing the Game
- IV. Conclusion

**Introduction:**

Broomball is a sport that originated in Canada in the early 1900's. Since then the sport has grown and is now played all over North America, Scandinavia, Australia, Japan, Hong Kong, Germany, Italy, and the Soviet Union. In the 2008 World Olympics broomball is scheduled to be played as a spectator sport for the first time.

The rules and strategies of the game are very similar to those of hockey. Typically, broomball is played on a hockey rink (without skates!) and players use special brooms with a rubber head. They also wear special shoes that are not as slippery on the ice as regular shoes.

**Rules and Safety:**

1. Players **MUST** wear a helmet
2. The playing stick is used to hit the ball only—not each other
3. No high sticking (swinging stick above waist level)
4. No checking (slamming another player out of the way using your body)
5. No tripping
6. No player can use their hands to pick up the ball except the goalie and a player throwing the ball back into play on an out of bounds
7. No player can kick the ball (including the goalie)
8. No jewelry should be worn (bracelets, watches, earrings)

**Playing the Game**Positions

## Goalie

- May stop ball with stick, hands or feet (cannot kick the ball)
- Can throw ball back into play using hands
- Responsible for throwing ball into play after goal is scored against their team
- Should stay on feet to avoid getting a ball or stick in face

## Center

- Responsible for face offs
- Scores goals
- Moves full court and leads offensive play

### Two Wings

- Scores goals

### Two Defensive Players

- Responsible for defending team's goal

### Face-off

- Clock starts and the game begins when the ball is dropped between the opposing centers at center of the court

### Competition

- Play continues until a foul is committed, ball goes out of bounds, or a goal is scored
- If a ball goes out of bounds the team that last touched it loses possession—the team in possession will throw the ball back into play (the only time players, besides the goalie, can use their hands!)
- If desired, playing time can be split into two periods of 18 minutes each and a rest time between periods

### Fouls

- A player touches the ball with hands (except the goalie)
- A player kicks the ball (including the goalie)
- Players make physical contact with goalie inside goal
- Players kick or grab sticks from opponent
- High sticking (swinging stick above waist level)
- Tripping
- Throwing sticks
- Checking
- Players are rough or fight

### Penalties for Fouls

- A player who committed a foul will sit out of the game for one minute
- If a player accumulates 5 fouls they are dismissed from the game
- Penalty shots (shots attempted with only the goalie on defense and 20 feet from goal) are given to affected players for the following fouls:
  - High sticking
  - Tripping
  - Throwing a stick
  - Checking
  - Rough Play

### Scoring

- After each point scored the goalie will throw the ball out and the play will continue

### Substitutions

- Players can be substituted in and out of the game to accommodate groups of more than 12 (to ensure that all players get the same amount of playing time)
- Substitutions can be made during a stop in play or in between periods

### Optional Rules for Play

*\*To implement and enforce the following rules a center line on the playing field would have to be designated*

- Fouls can be called for the following:
  - Defensive players cross the center line to the offensive side
  - Offensive players cross the center line to the defensive side
  - Ball crosses center line on the throw in (after going out of bounds)
  - Goalie throws or shoots ball across the center line (to their team's side)
- The ball switches possession for the following violations:
  - Icing (when the defending team clears the ball from inside their zone and across the opposing team's goal line—play is stopped when a member of the opposing team touches the ball—if the goalie of the opposing team or a member of the defending team touches the ball after it has crossed the goal line, icing is not called)
  - Off Sides (when a player from the team in possession of the ball enters the offensive zone before the ball)
- The defensive and offensive players remain on their respective sides of the court

### **Conclusion:**

Stop game with a few minutes to spare to ask students questions about sportsmanship and teamwork. Questions could include, but are not limited to: Was it hard for you to pass the ball to other players? What did your team do well together? What could your team improve upon? What strategies did you find that worked well? Why did you enjoy playing offense (defense, or goalie) more than the other positions?

### **Resources:**

“Broomball” Wikipedia. [www.en.wikipedia.org](http://www.en.wikipedia.org) (2007)