



Broomball

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

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.

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. Normally 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. The playing stick is used to hit the ball only—not each other
2. No high sticking (swinging stick above waist level)
3. No checking (slamming another player out of the way using your body)
4. No tripping
5. 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
6. No player can kick the ball
7. No jewelry should be worn (bracelets, watches, earrings)

Playing the GamePositions**Goalie**

- May stop ball with stick or hands
- Can throw ball back into play using hands
- Responsible for throwing ball into play after goal is scored against their team

Center

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

Two Wings

- Stays on offensive side of playing field
- Scores goals

Two Defensive Players

- Responsible for defending team's goal
- Does not cross over to the offensive side of the playing field

Face-off

- Clock starts and the game begins when the ball is dropped between the opposing centers

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 can use their hands!)—If the ball crosses the center line during this throw then it is considered a foul
- 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
- High sticking (swinging stick above waist level)
- Throwing sticks
- Players make physical contact with goalie inside goal
- Players kick or grab sticks from opponent
- Players are rough or fight
- Defense or Wings cross over center line
- Ball crosses center line on the throw in (after going out of bounds)

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

Scoring

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

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 (2007)