

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Ice hockey is a physically demanding sport that often seems brutal and violent from the spectator's point of view. In fact, ice hockey is often referred to as a combination of blood, sweat and beauty. The game demands athletes who are in top physical condition and can maintain nonstop motion at high speed.

HISTORY OF THE GAME

Ice hockey originated in Canada in the 19th century. The first formal game was played in Kingston, Ontario in 1855. McGill University started playing ice hockey in the 1870s. W. L. Robertson, a student at McGill, wrote the first set of rules for ice hockey. Canada's Governor General, Lord Stanley of Preston, offered a trophy to the winner of the 1893 ice hockey games. This was the origin of the now-famed Stanley Cup.

Ice hockey was first played in the U. S. in 1893 at Johns Hopkins and Yale universities, respectively. The Boston Bruins was America's first NHL hockey team. Ice hockey achieved Olympic Games status in 1922.



Through the years, ice hockey has spawned numerous trophies, including the following:

NHL TROPHIES AND AWARDS

Art Ross Trophy: First awarded in 1947, this award goes to the National Hockey League player who leads the league in scoring points at the end of the regular hockey season.

Bill Masterson Trophy: An award given to the player who participates in at least 50 games and best demonstrates the qualities of perseverance, sportsmanship and dedication.

Calder Trophy: An annual award given to the player who becomes the most proficient in his/her first year of competition.

James Norris Trophy: A \$1,500 award which goes to the defense player demonstrating the best all-around ability during the season.

Lady Byng Memorial Trophy: First presented in 1925, this award goes to the player who has exhibited a high standard of playing ability along with good sportsmanship and “gentlemanly” (or presumably, “ladylike”) conduct.

Lester Patrick Trophy: An award which can be presented to a coach, a referee or a player for outstanding service to hockey in the United States.

Stanley Cup: A prestigious annual award given to the team winning the National Hockey League’s final playoffs.

Vezina Trophy: An award given in honor of Canadian George Vezina to the year’s top goaltender.



HOW THE GAME IS PLAYED

Ice hockey requires players to be in outstanding condition, both mentally and physically. Upper body strength is important in hockey. The player’s hands and arms **MUST** move quickly in order to pass and shoot well. A feel for “precision passing” is essential for passing while skating fast.

A well-developed lower body is necessary for ice hockey players. A strong lower back and legs are musts for balance and skating performance.

BASIC CONCEPTS

The object of ice hockey, simply put, is for one team to score points by hitting the puck into the opposition's goal cage. In order to score, the puck must go across the goal line, a two-inch red line placed between the goalposts. The goals are located at each end of the ice rink. The puck, which is made of black rubber and weighs six ounces, can move up to 100 miles an hour. The hockey stick, which is used to push the puck, is made of wood. For professional-level games, the hockey stick cannot exceed 55 inches in length.



The ice rink is divided into three sections: two end zones and a center zone. The zone line, or blue line, is placed 60 feet from each goal across the width of the rink. The red line, or center line, is placed exactly in the middle of the rink, between the two blue lines. The area between the blue lines is called the neutral zone.

The ice rink also contains nine face-off circles. The face-off spot is used to restart play after it has been stopped. One player from each team face each other in an attempt to hit the puck to another team member. The largest face-off circle is in the neutral zone and is 30 feet in diameter.



ICE HOCKEY RULES

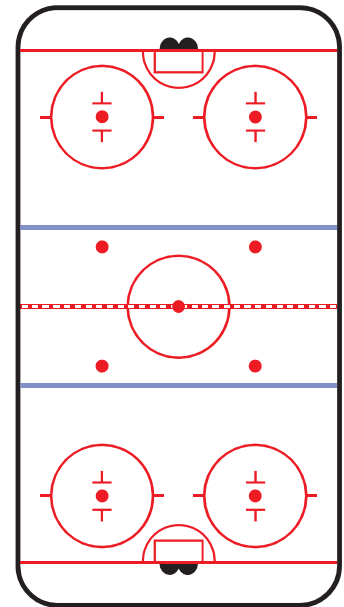
The game is divided into three play periods of twenty minutes each. Eighteen to twenty players make up a team, including up to four forward lines, three pairs of defensemen and two goalkeepers (“goalies”).

Ice hockey is unique among team sports because a player can be replaced at any time during the game. Changing players “on the fly” can sometimes cause problems, however. A team can end up receiving a penalty if it has too many players on the ice at any time.

Two of the most important rules in hockey concern offside and icing. Each of these situations can stop play and cause a face-off.

Offside can occur in two different ways: (1) if a puck does not precede the player into the attack zone, or the area between the blue line and the opposite team’s goal and (2) if a puck crosses over any two lines on the ice as a pass from one player to another.

Icing occurs when a team shoots a puck from between the red center line and its own goal all the way to the other team’s end of the rink. If the puck passes the other team’s red line and is touched by the opposition team, “icing the puck” is ruled. A face-off then occurs nearest to the goalie of the team that iced the puck.



THE POSITIONS

The **goalkeeper** or “goalie” has to keep the puck from entering his/her team’s goal cage. The goalie has to be a versatile player in order to field every type of shot. Also, he or she must keep an eye on the puck at all times. This can be especially difficult if there is a group of players in front of the goal cage. The most difficult areas to defend are the top and bottom corners.

The goalie can block with any part of his/her equipment and may grab the puck with the glove. The goalie is the only player allowed to do so. Goalies wear extra padding and special safety equipment during play.

The **defensemen** are the two players situated on either side of the goalie. They are there to assist him or her.

The three **forwards** start the game by lining up near the center of the rink. They are considered the team’s offense. Actually, one of the forwards is called “a center” while

the other two are called “the left winger” and “the right winger.”

The three forwards are responsible for moving into the offensive zone and scoring goals. While concentrating on the offense, they also check and guard the opposition. The two types of checking are back checking (done in the defensive zone) and forechecking (done in the offensive zone).

PENALTIES

The two-minute minor penalty is one of the most common penalties in ice hockey. It is given for holding, tripping, charging, elbowing, hooking and/or general interference. A player who engages in any one of these types of behavior is pulled off the ice by the referee and is made to sit in the penalty box.

A major penalty involves serving up to five minutes in the penalty box. It occurs when a player fights with or injures an opponent. Ten minutes in the penalty box is recommended for players who are combative with the game’s officials, especially if they use abusive language. Players are sometimes expelled from the game if they join a fight in progress.



The goalie is exempt from serving penalties. If a goalie commits an act punishable by penalty, another team member will serve that penalty instead of the goalie.

PLAYING TECHNIQUES AND DEFINITIONS

Although ice hockey is a fairly easy game to understand, many of the terms associated with the game may be confusing to the spectator. For example, the term “hat trick” means that an individual scores three goals in one game. Below are some definitions that will enable anyone, player or non-player, to better appreciate the game of ice hockey:

ASSIST

A player passes the puck to a teammate, who scores a goal. Only two players can be credited with assists on any single goal.

ATTACK ZONE	The area between each team's blue line and the goal line.
CROSS-CHECK	An opponent is hit with the stick while the other player's hands are on the stick and no part of the stick is on the ice. This move is considered illegal.
FOLLOW-IN	After a shot has been made, the player should move toward the goal so that he or she is in a position to handle a rebound.
FORECHECK	An opponent is checked in his or her own defensive zone and is prevented from starting an offensive rush.
FREEZE THE PUCK	The puck is hidden from the referee's view when it is pressed against the boards by a player's stick or skates.
GOAL CREASE	The four-foot by six-foot area in front of the goal which is marked with red lines. An offensive player without a puck may not stay inside the goal crease; when the player passes the puck, he or she may skate inside the crease.
HIGH STICK	An illegal move that can cost a player a penalty, including \$25.00 in fines. "High stick" means carrying the hockey stick above the shoulders.
MATCH PENALTY	Any penalty/series of penalties that cause(s) a player to be prohibited from playing for the remainder of the game.
PENALTY SHOT	A shot awarded to a player who has the puck and is about to shoot but is tripped or fouled from behind.
SHORT HANDED	A condition that exists when a team must play with one less player because of a penalty.



SLAP SHOT

A hard stroke in which the stick hits the ice behind the puck and causes the puck to leave the ice.

SLASHING

An illegal move in which a player swings the stick at an opponent.

WRIST SHOT

A pass which is not as fast as the slap shot but still forces the puck to skim over the ice with great speed.

EQUIPMENT AND CLOTHING



Basic equipment includes a puck, a stick, a goalcage, sturdy iceskates and a variety of protective gear such as gloves, helmets, face guards, shin guards, and other padding. Some players wear safety goggles, especially if they ordinarily wear glasses.

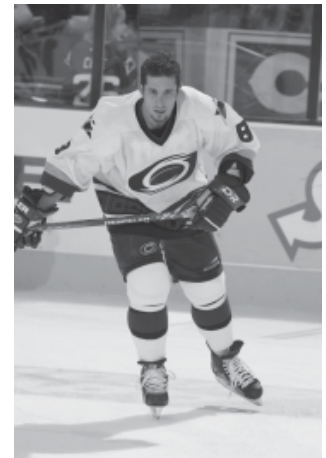
Uniforms include insulated sweatshirt-like or sweater-like upper garments worn under team colors and numbers, insulated undergarments and shorts that fit over insulated pants and legwear.

HOCKEY NOTES AND NEWS

Ice hockey in the United States and Canada is played under the auspices of the National Hockey League. Each year, the NHL oversees the Stanley Cup Playoffs, which are the backbone of NHL hockey. Like the NFL, the NHL has two conferences, with an elimination process that leads to the Stanley Cup.

The Carolina Hurricanes took a page out of the Edmonton Oilers' playbook in the last game of the 2006 Finals to win their first Stanley Cup. While they were thoroughly dominated and embarrassed by the more physical Oiler, the Hurricanes turned the tables in Game 7 to beat Edmonton 3-1 in Raleigh, North Carolina..

Defenseman Frantisek Kaberle scored the game-winning goal at 4:18 in the second period as the Hurricanes won the best-of-seven series 4-3.



Hurricanes goaltender Cam Ward made 22 saves, including a key stop late in the third period and was named the Conn Smythe Trophy winner as the playoff MVP. Edmonton blew a golden opportunity to get back into the game in the second period with Carolina leading 2-0. “They bounced back after what was a sub-par game for them in Game 6,” Oilers coach Craig MacTavish said. “We were a little tight early and it cost us a goal and ultimately it cost us the game.”



Ice hockey is also an Olympic sport. Sweden won the 2006 Olympic gold medal; erasing a recent history of deflating losses and occasional embarrassment in international hockey.

This game was considered among the best hockey games played this season. Nicklas Lidstrom scored the winning goal early in the third period, and the Swedes held off a furious rush in the closing seconds to defeat Finland 3-2 in the gold medal game.

It is Sweden’s second Olympic title, the first coming in 1994. Finland previously won the silver medal in 1988, but has never won gold at the Olympics.

On the Women’s ice, the Swedes were unable to sustain the magic, as Canada cruised to a 4-1 win in the gold medal game. Goaltender Kim Martin, the hero of Sweden’s semifinal win against the U.S., stopped 22 of 26 shots. But her team mates managed only eight shots on the Canadian goaltender.



Canada repeats as Olympic champions, and finished the tournament with just two goals allowed in five games. Sweden and the rest of Europe still have a lot of catching up to do. By the next Olympics in 2010, they need to be good enough to make a win against Canada or the U.S. more than just a freak occurrence.

Keep updated on hockey events on the web at these sites:

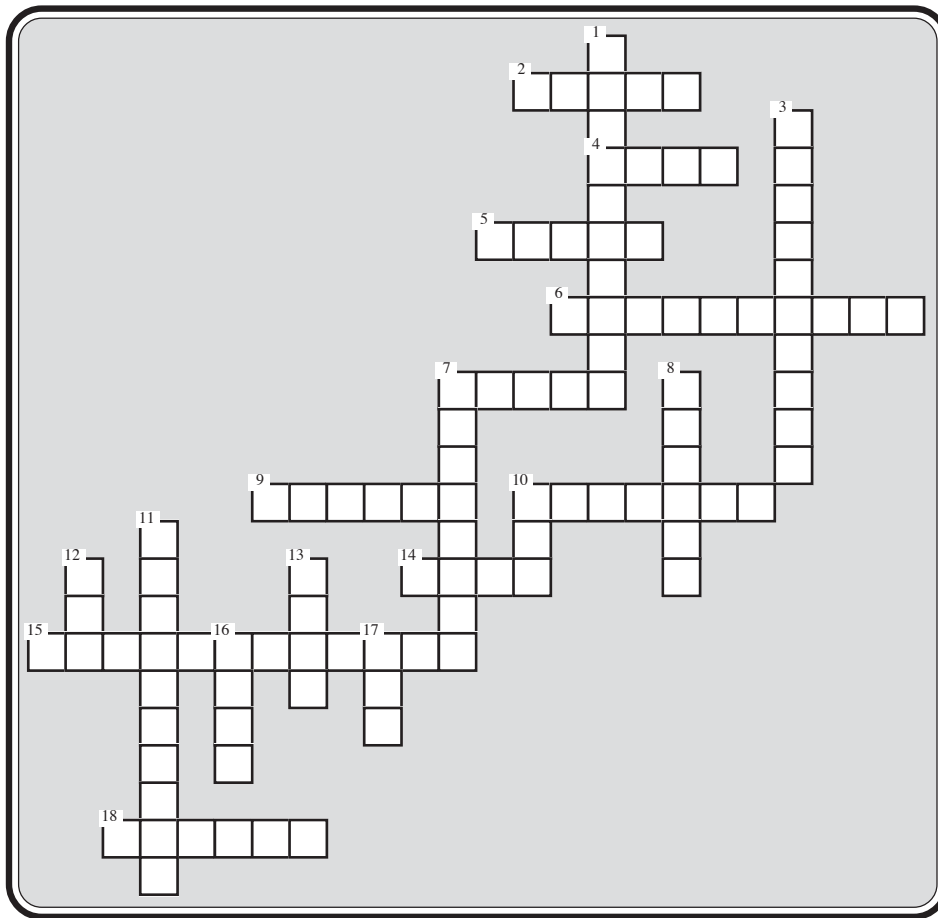
<http://nhl.com/>

<http://sportsillustrated.cnn.com/hockey/nhl/>

Name: _____

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Physical Education 23 Crossword



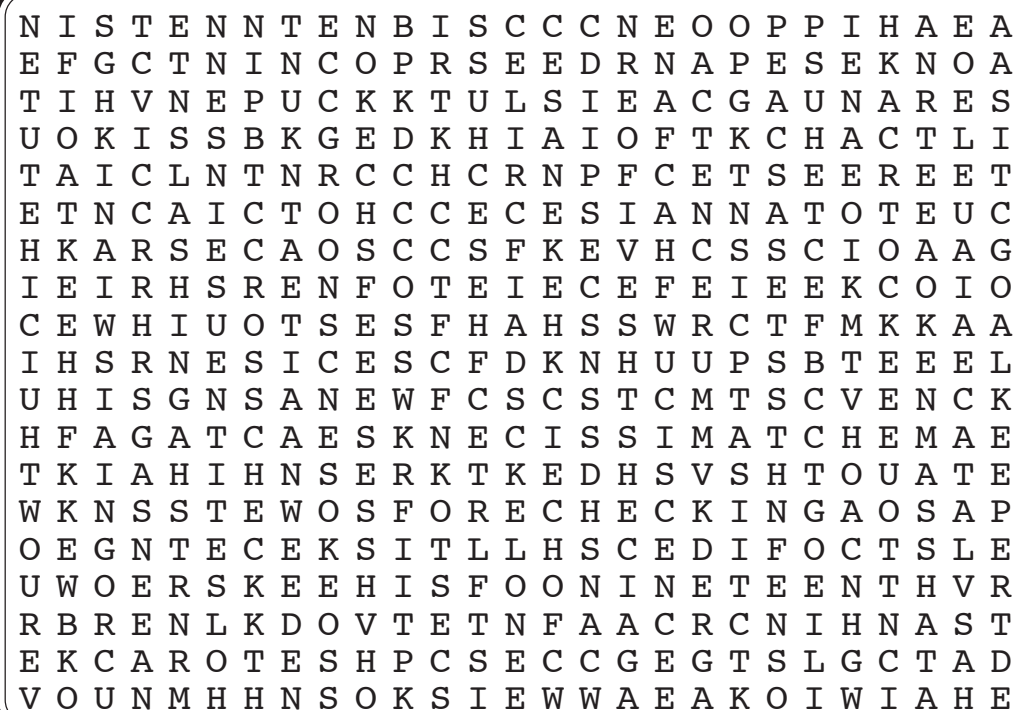
Across:

2. Number of sections in an ice hockey rink
4. This shot causes the puck to leave the ice
5. This penalty prevents a player from finishing the game
6. These players play closest to their own goal
7. The main tool of the hockey player
9. The first US NHL team
10. What happens when the player crosses the blue line before the puck
14. Number of minutes for a major penalty
15. A type of checking
18. Zone between each team's blue line and goal line

Down:

1. This check involves the stick
3. This player guards the cage
7. When a player swings a stick at an opponent
8. Passing the puck to a teammate who scores the goal
10. Number of center zones
11. Century in which Canadians invented ice hockey
12. Number of end zones
13. To score, one needs to get this into the goal
16. If one carries the stick above the shoulders the ref might call a _____ stick-ing penalty
17. Hockey is played on it

Name: _____ Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

- Zone between each team's blue line and goal line
- This player guards the cage
- Number of center zones
- What happens when the player crosses the blue line before the puck
- A type of checking
- When a player swings a stick at an opponent
- The main tool of the hockey player
- If one carries the stick above the shoulders the ref might call a _____ sticking penalty
- Century in which Canadians invented ice hockey
- This shot causes the puck to leave the ice
- To score, one needs to get this into the goal
- Passing the puck to a teammate who scores the goal
- Number of sections in an ice hockey rink
- These players play closest to their own goal
- This check involves the stick
- Number of end zones
- Number of minutes for a major penalty
- Hockey is played on it
- The first US NHL team
- This penalty prevents a player from finishing the game