

FLOOR HOCKEY STUDY GUIDE

THE GAME:

1. Official game consists of three (3), ten (10) minute periods running time. The clock runs continuously throughout each period. There is a two (2) minute break between each period. Goals are changed after each period.
2. Face-offs begin each period with the referee dropping the puck between two centers. Face-offs also occur after a goal is scored or if there is another type of stoppage of play.
3. A goal crossing the goal line (imaginary line between two goal posts) = 1 pt.
4. A goal will be disallowed if there is an offensive player in the crease (goalie designated area) or a foul/penalty occurs during the shot.

TEAMS/POSITIONS:

1 *GOALIE/GOALKEEPER* – Player allowed to stop the puck with his/her hands, feet, stick, or glove.

3 *FORWARDS* = 1 Center, 1 Left Wing, 1 Right Wing – Job is to score on opponents goal, center helps defensemen at times

2 *DEFENSEMEN* = 1 Right Defensemen, 1 Left Defensemen – Job is to help get puck to Forwards, help goalie defend own goal, and keep the puck in opposing teams end.

SKILLS:

Stick Handling (Dribbling): Moving the puck forward out in front of you with short taps or pushes. The blade should be slightly tilted over the puck for better control while keeping the puck in the middle of the blade.

Passing: Keep the blade of the stick upright and use a smooth, sweeping motion. Do not raise the stick above your waist in the back swing or follow-through.

Pass Receiving: Keep your eye on the puck; tilt the blade of your stick over the puck to trap it in. Cushion the pass by allowing the blade of your stick to “give” at the moment of impact (pretend that you are trying to catch an egg).

Wrist shot: The blade of the stick and the puck are in contact before shooting.

Forehand: non-hitting shoulder faces the desired target. *Backhand:* your hitting shoulder faces the target. Snap your wrists and point your stick blade at the target with a follow through.

Slap Shot: Drop your lower hand down the stick a little for better control. Take a back swing and then swing the stick forward quickly and hit through the puck with a follow through.

*(SHOT MUST BE BELOW WAIST LEVEL)

PENALTIES:

- A violation of the rules may cause an injury to another player.

- A penalty results in serving 2-5 minutes in the penalty box depending of the severity of the penalty

PENALTIES INCLUDE:

1. Pushing, Tripping, Hooking, Unnecessary Roughness
2. Slashing- player hits an opponent with their stick
3. High Sticking- any stick that is raised above waist level
4. Checking- deliberately pushing or running into someone
5. Unsportsmanlike behavior (conduct, bad language, etc.)
6. Flip Sticking- Cannot use own stick to lift another players stick up off the ground to steal the puck

HOCKEY TERMS:

Power play- *An attack by a full strength team (six members) against a shorthanded team (due to one or more penalties).*

Offside- *Player crosses blue line of attacking zone before the puck enters the attacking zone (Player with puck or puck itself must be inside attack zone first).*

Icing- *When the puck is shot or passed from the defensive end, past the other team's goal line, and is touched by a player on the opposing team. It is not icing if the puck enters the goal net and scores or when a team is playing shorthanded as a result of a penalty.*

Hat Trick- *Three or more goals by a player in a single game.*

Assist- *A pass that sets up a goal. In scoring statistics it is worth one point for the player.*

Attacking Zone- *The area between the opponent's blue line and the opponent's goal.*

Freezing the Puck- *When the goaltender/goalie gains control of the puck and covers or maintains possession of the puck to stop play.*

Goal- *A point in the game of hockey.*

Breakaway- *When a player takes over the puck and quickly gets by the defense for an open shot at the net with only the goalie left to prevent a goal.*

Back Checking- *When a player tries to regain the puck on his/her way back to the defensive zone by stealing from an opponent.*

Passing- *When a player shoots the puck to a teammate.*

Pulling the Goalie- *An offensive strategy where the goalie is replaced with another player (Forward/Defenseemen) to improve an offensive attack.*

Screen Shot- *A shot on goal where the goalie's view is fully or partially blocked by another player.*

Defensive Zone- *Opposite of attacking zone; when a team is trying to get the puck out of their own end of the court, away from their own goal.*

Neutral Zone- *Area between blue lines on the court, not attack zone or defensive zone, where the Center Face-Off circle and center red line reside.*

HOCKEY COURT/RINK

