

Floor Hockey Study Guide

HISTORY AND FUN FACTS OF HOCKEY

- First people to play the game of Hockey were the North American Indians. They used field tools with curved ends.
- W.F. Robertson organized the first recorded game in 1865 in Montreal, Canada.
- The National Hockey Association was formed in 1909
- The Stanley Cup was created in 1893.
- Hockey became an Olympic event in 1920.
- The first indoor floor hockey games were introduced and organized in Battle Creek, Michigan in 1962.

Safety Rules

1. Do NOT bend the blades
2. Blade below the waist at all times
3. Pucks remain on the floor
4. No slap shots
5. Play the puck or ball – not the opponent.
6. No checking or body contact is allowed.
7. Players should anticipate the movement of the puck or ball.
8. Play is continuous. Players should be constantly moving.
9. Puck must not be caught or held in the hand, except by the goalie. It may be stopped, but cannot be held, passed or advanced with the hand.

The Game

1. Play begins with a face-off at mid-court in the center circle.
2. Play is continuous and stops only when the whistle is blown or goal is scored.
3. A team must pass four times and twice to a female before a shot on goal

The Playing Area

1. Game is played on the basketball court using the centerline as the mid-court line.
2. Play starts at the mid-court line in the jump circle with a face-off.

Scoring

1. A goal is scored when a player hits, sweeps, or pushes the puck into the net with the stick directly, or deflects it off one of his teammates or a defensive player into the goal.
2. A player may advance the puck with his feet but cannot kick it directly into the net to score.
3. A player kicking the puck and it deflecting off a defenseman into the goal area shall be awarded a goal.
4. The puck may not be thrown into the net to score a goal.
5. In cases where the goalie has kicked the net or the net has moved, the goal will be counted if the puck goes into the net, regardless of the nets position.

Positions:

- **Center:** Player allowed to move the length of the floor in a full game. This player also leads the offensive play.
- **Wings or Forwards** (right and left): Players who cannot go past the center line into the defensive area. Their responsibility is to work with the center on offensive play.
- **Defenders:** Players who cannot go past the center line into the offensive area. Their responsibility is to keep the puck out of their defensive half of the floor.
- **Goalie:** Player who is allowed to stop the puck with hands, feet, or stick. This player attempts to block all shots on the goal and works with the defenders to prevent the other team from scoring.

Techniques for Play:

- Keep your eye on the puck.
- Pass to a teammate if they are in better position.
- Passing is faster than dribbling or handling the puck.
- When passing to a teammate, be sure to pass just ahead of them.
- Follow all shots on goal and use a deflected puck to shoot again.
- Always play in a safe manner & use good stick and body control.
- Defense players should never attempt to "clear" a puck in front of their goal.
- Defensive players should "clear" the puck out to the side.
- Offensive players should position themselves in front of the goal to receive a pass.
- Offensive players should "center" the puck (pass to a teammate in front of the goal).

Terms:

- **Centering the Puck:** Passing to a teammate who is in front of your opponent's goal
- **Forehand:** When a player shoots or passes with the bottom hand pushing the stick forward
- **Backhand:** When a player shoots or passes with the bottom hand pulling the stick forward
- **Clear the Puck:** Getting the puck out of your zone to prevent your opponents from scoring
- **Dribble:** (also known as stick handling or puck handling) Using both sides of the blade to control & move the puck
- **Face-off:** Games begin with a face-off between centers where the puck is dropped between them. All other players must begin outside the center circle. The object of a face-off is to pull the puck back to your side. Both players' sticks must start on their side and remain in contact with the floor until the puck is dropped. Face-offs may also occur in a team's zone.
- **Goal:** Each score is worth one point. A goal counts when a puck crosses the goal line. A puck kicked or hit by the hand into the goal is not a score.
- **High sticking:** Penalty called when a player lifts the blade above the waist, winds up, or follows through when attempting an illegal shot (slap-shot)
- **Hooking:** Illegal use of the hockey stick to "hook" another player (This is a penalty.)

- **Icing:** When a player on the defensive side of the floor sends the puck down the length of the floor and it crosses the designated line without being touched by a teammate
- **Penalty:** Consequence given for roughing, high sticking, hooking, or other misconduct fouls that are illegal (The player charged with the penalty will sit out of the game for a designated period of time - usually two minutes in official hockey. Any player who accumulates five penalties during a game will be disqualified from playing.)
- **Roughing:** Play that endangers resulting in a penalty (Examples of roughing may be slashing, contact with the goalie, pushing, blocking with the body, or tripping.)
- **Slap shot:** An illegal shot in floor hockey (A slap shot involves the swinging of the stick behind, slapping the puck, and the follow through which brings the stick high.)
- **Wrist shot:** When a player uses a flicking motion to move the puck (The stick remains in contact with the floor. There should be no back swing or high follow through. This is the best shot for speed and accuracy in floor hockey)