

FLOOR HOCKEY STUDY GUIDE

OBJECT OF THE GAME

The object of floor hockey is to hit the puck into the opponent's goal.

- Play game begins with a face-off at the centerline, and a face-off begins play after a goal is scored.
- Players can advance the puck with the feet but cannot kick it into the goal with the feet to score.
- The goalie is permitted to roll the puck to the side but not across the center line of the playing area.
- Penalties result in the offending player being removed from the game for 2 minutes if it's their first penalty, 3 minutes for their second penalty, and removal from game if it's their third penalty. His/her team will play **short handed** (fewer players than the opposing team)
- **Examples of penalties:**
 - Slashing
 - High Sticking
 - Tripping
 - Roughing

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.

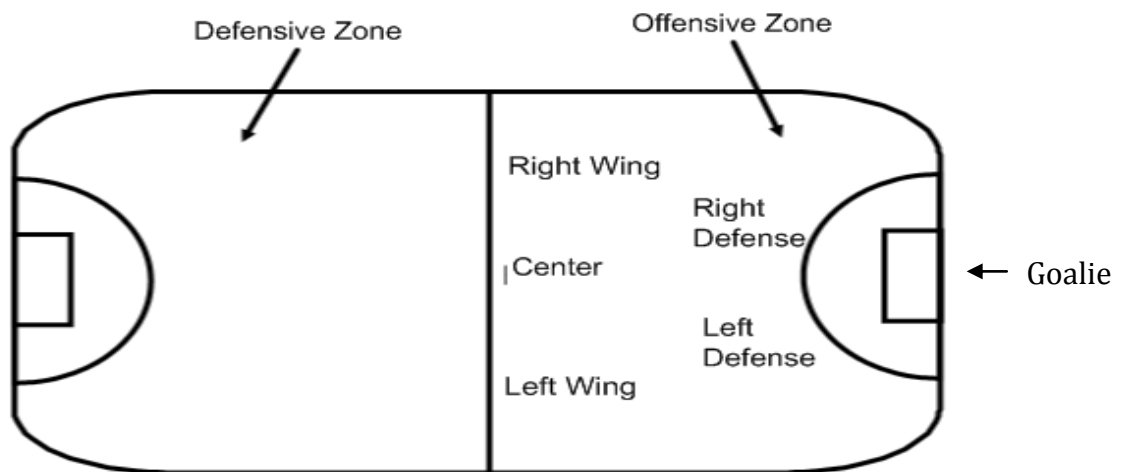
Safety Rules

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.

Techniques for Play:

- Keep your eye on the puck.
- Pass to a teammate if they are in better position.
- Passing is the fastest way to move the puck from one end of the ice the other.
- 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.
- 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).

POSITIONS:



TERMS

Assist – a pass from a teammate that leads to a goal.

Blade – the curved end of the stick, front and back, used to hit the puck.

Centering the puck – to pass to a spot (the point) in front of the opponents goal.

Defensive Zone – the end of the floor your team defends. This is where your goalie plays.

Goalie Crease – the area where no player, except for the goalie, is allowed during play. (This area is designated by the teacher.)

Face-Off – starts play by students tapping sticks 3 times and then beginning play.

Offensive Zone – the end of the floor where your team is trying to score.

Power Play – a one player advantage due to a penalty (i.e. high sticking) deemed by the teacher. The player leaves the floor for a specific time and may not reenter until notified.

Shaft – the main part of the stick, used to hold and stickhandle.

Slap Shot - a hard, fast shot executed with a backswing, powerful downward swing, and with the blade of the stick brushing firmly against the floor prior to striking the puck.

Short Handed - playing with one less player due to a penalty.

Wrist Shot – quick snap of the wrist, used for quickness and accuracy. The puck should stay in contact with the blade of the stick throughout the execution. There should not be a back swing and you shouldn't hear the puck make contact with the stick. Used as a pass or a shot on goal.