**FLOOR HOCKEY STUDY GUIDE HOCKEY**

**PURPOSE:**

Floor hockey is an activity that can become highly competitive but, with proper emphasis on teamwork and sportsmanship, can be effective as a coeducational activity. Floor hockey can be easily taught because the skills are not very specialized and the rules are simple. Good sportsmanship and teamwork are essential for having a safe and competitive activity..

**HISTORY:**

Floor hockey originally evolved as an adaptation of ice hockey for play on the streets. In

1963 a few sports equipment companies began developing plastic sticks and pucks for both indoor and outdoor use. The original floor hockey rules were an adaptation of National Hockey League rules. The development of in-line skates is adding another dimension to street hockey and eventually floor hockey.

**RULES:**

The object of the game is to hit the puck into the opponent’s goal.

* A typical team consists of six players: one goalie, one center, two forwards and two guards.
* A regulation game consists of three 8 minute periods with five minutes of rest between each period.
* The game begins with a face-off at the centerline and a face-off begins play after a goal is scored.
* Play should be continuous, with the players moving constantly. Keeping the stick below the waist and avoiding body contact with opponents are essential factors in good play.

The basic guidelines for floor hockey include the following:

* When a puck or ball goes out of bounds, that last team to touch it loses possession.
* Players can advance the puck with their feet but cannot kick it into the goal with their feet to score. If a team kicks the puck into the goal they lose possession of it.
* Any player can stop the puck with their hand but cannot hold, pass or throw the puck.
* The goalie is permitted to catch or throw the puck to the side but not toward the opponents goal.
* The puck must proceed the offensive players across the off-side line.

**PENALTIES:**

The following are penalties in floor hockey that result in removing the offending player from

the game for 3 minutes (for unintentional violations) or 10 minutes (for an intentional violation):

* interference and charging
* elbowing
* cross-checking and slashing
* butt ending
* high sticking
* tripping and hooking

**FOUR BASIC RULES OF CORRECT STICK HANDLING:**

* Goalie plays in a crouched position, using stick blade to block shots on the floor keeping other hand free to knock shots out of the air.
* Keep hands 10 to 12 inches apart on the stick; lower hand controlling stick at all times.
* Keep your Eye on the puck!
* Dribble puck with alternate taps of both sides of blade. Pass or shoot with sudden flicking motion of blade for speed and accuracy.
* Carry stick below waist height at all times. Never swing above waist height. Keep hands well separated.
* Both hands on stick at all times.
* Pass to a teammate if they are in a 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.
* Wrist action is very important to floor hockey.
* Always play in a safe manner & use good stick and body control.
* Defensive player should never attempt to “clear” a puck in front of their goal.
* Defensive player should “clear” the puck to the outside.
* 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).

**POSTIONS:**

* **Center:** Player allowed to move entire length of the floor in a game. This player also leads the offensive play. And usually take the face off.
* **Wings or Forwards** (right and left)**:** Players who cannot go past the center line into the defensive area. Their responsibility is to score..
* **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.

**Guards (Defense):** can only pass centerline into offensive area. They must keep on same side as their own goalie. Their job is to work together with the goalie to stop the other team from scoring.

**Terms:**

* **Centering the puck:** Passing to a teammate who is in front of your opponents goal.
* **Forehand:** When a player shoots or passes with the bottom hand pushing the stick forward.
* **Backhand:** When a player shoots or passeswith the bottom hand pulling the stick backward.
* **Clear The Puck:** Getting the puck out of your zone to prevent your opponent from scoring.
* **Cutting Down the Angle:** when the goalie comes out to force a player to shoot farther away from the goal (if the goalie comes too early or too far the offensive player may go around them to score an easy goal).
* **Dribble:** (also known as stick handling or the 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 objective 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 count when a puck crosses a goal line. A puck kicked or hit by the hand into the goals 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.
* **Offside**: When players move or cross out of the designated areas assigned to their position
* **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.)
* **Power play**: When the team with all their players (full strength) has an advantage over the team charged with a penalty that now must play with less players (short-handed)
* **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.)
* **Short handed**: When a team must continue playing with fewer players because of a player serving a penalty
* **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.)
* **Stick handling**: Using alternating taps of both sides of the blade to move the puck, also known as dribbling or puck handling
* **Sudden death**: When two teams are tied at the end of a game and the next team to score wins and ends the game
* **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.)