

# 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 League (NHL) was formed in 1909.
- The Stanley Cup, or NHL championship trophy, was created in 1893.
- The first floor hockey games were introduced and organized in Battle Creek, Michigan in 1962.
- Professional teams in our area: the Blackhawks and Wolves in Chicago and the Admirals in Milwaukee

## Safety Rules

1. Do NOT bend the blades
2. Blade below the waist at all times
3. Pucks or balls 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 violating safety rules will be placed in penalty box.
8. Play is continuous. Players should be constantly moving.
9. Puck or ball 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 pass or dribble at the mid-court line.
2. Play is continuous and stops only when the whistle is blown or goal is scored.
3. Sideline players may not pick up ball and throw it.
4. Floor players must HAND stick to sideline players on all rotations.

## 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

<u>Centering the Puck:</u>	Passing to a teammate who is in front of your opponent's goal
<u>Penalty box:</u>	Area where players go when infractions (penalties) occur. Usually 2-5 minutes
<u>Clear the Puck:</u>	Getting the puck out of your zone to prevent your opponents from scoring
<u>Dribble: (stick handling)</u>	Using both sides of the blade to control & move the puck
<u>Power play:</u>	When the team with all their players has an advantage over the team charged with a penalty that now must play with less players
<u>High sticking:</u>	Penalty called when a player lifts the blade above the waist, winds up, or follows through when attempting an illegal shot (slap-shot)
<u>Hooking:</u>	Illegal use of the hockey stick to "hook" another player (This is a penalty.)
<u>Penalty:</u>	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 several penalties during a game may be disqualified from playing.)
<u>Roughing:</u>	Play that endangers safety, resulting in a penalty (Examples of roughing may be slashing, contact with the goalie, pushing, blocking with the body, or tripping.)
<u>Wrist shot:</u>	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
<u>Push Shot:</u>	Bringing the stick back slightly, then moving the puck with a shoving motion. Follow through after shot with stick blade facing target and remaining below waist
<u>Goal crease:</u>	Area in front of goal where the offensive team is not allowed. The goalie may leave this spot at any time, but must follow rules of floor players.
<u>Checking:</u>	Using the body to push an opponent out of the way to gain an offensive advantage