Floor Hockey Study Guide

**How to Play:**

* The objective of floor hockey is to hit the puck into the opponent’s net.
* A hockey game starts with a face-off.
* During game play, players should spread out and maintain distance from their teammate with the puck to make themselves available for a pass.
* After each goal is scored or a foul occurs the play stops and the game restarts with a face-off.
* One point is scored each time the puck passes the goal line, front or side.
* A goal can only be scored from inside the shooting circle
* For player safety during a floor hockey game, one should NOT lift his/her hockey stick blade above his/her waist on the follow-through of his/her shot.
* A floor hockey game consist of 3 periods of 12 minutes.

**Vocabulary:**

* High Sticking – raising the blade of the stick up to knock the puck out of the air.
* Face-off – starts play by either an official dropping of the puck or by students tapping sticks

3 times and then beginning play.

* Bully - two players on each other and tap their stick on the ground and then against each other’s stick before competing for the puck.
* Misconduct – a penalty that involves removal of player from the game for a time period.
* Slashing – using the stick to hit an opposing player’s body.

**Positions:**

* Each team consist of 6 players: center, right wing, left wing, right defense, left defense and a goalie.
* Goalkeeper (1) – the player that protects the goal however, the goalkeeper is allow leave the goal to play defense. The goalkeeper cannot use his/her hands when protecting the goal.
* Centers (1) – Players who can run the full length of the court and play both offensive and defensive positions.
* Forward (2) – Players who try to score on the other team’s side of the court. Players only play on the offensive end of the court.
* Guard (2) – Players who guard their team’s goal. Players only play on the defensive end of the court.

**Fouls and Penalties:**

When a player commits a roughing foul or misconduct, they are in the penalty box for 3 minutes.

* High sticking – whistle stops play. Results are a one minute power play for the opposite team. Face off in the defensive zone starts play. The player may not enter the game until notified by the teacher. Three offensives will result in an ejection from the game.
* Roughing Foul – intentional contact that will result in an extended penalty period depending on the severity of the infraction.

**Other infractions:**

1. Hitting another player’s stick or body with any part of their stick or body
2. Use of feet or hands to pass puck or ball to a teammate or shoot a goal.
3. Use of hands to catch the puck or ball.
4. No body checking is allowed.

**Strategies:**

1. Never pass in front of your own goal on defense.
2. Be responsible for covering your area or person. (Make sure everyone is being guarded.)
3. Move to the puck using stick handling to evade defenders rather than just clearing the puck away.
4. If no one is defending you, stick handle and possess the puck or ball towards the opponent’s goal until you become guarded.
5. Keep moving to create passing lanes and open shots.
6. Always look to pass before shooting. Dribble to create space.