



Floor Hockey Unit Study Guide



History of the Game

Ice Hockey first originated as an outdoor sport during the 19th century in Canada. It was first played indoors in 1875 in Montreal. The National Hockey League (NHL) formed in 1917. The NHL plays games on indoor ice rinks. Currently, Ice Hockey is an extremely popular sport in the United States and Canada.

Object of the Game

- Floor Hockey is a fast paced, non-contact game that closely resembles Ice Hockey.
- The object of Floor Hockey is to score a goal by shooting the puck past the opponent's goal line.
- A team wins by scoring more goals than an opponent.

Modified Physical Education Rules



- Timed periods will be played.
- At the end of the period, set your stick on the floor where you are.
- Do not pound your stick on the gym floor or slap it hard against another stick.
- Do not curve/bend the blade.
- Players can kick the puck, but not into the goal.
- Goalies must wear safety equipment at all times. Safety equipment is recommended for all players.
- Use the face off N-H-L to start the game and after a goal is scored. Tap the stick gently on the floor and then against your opponents stick three times before hitting the puck.
- All equipment that is not being used during game play should be put in its appropriate place; goalie gloves, masks, etc.
- When a goal is scored, penalized players may return to the game.
- The defenders must remain on the defensive side of center court.
- Offensive players must remain on the offensive side of center court.

Penalties

When a player is penalized, they sit in the penalty box for one minute and their team plays with one less player than the other team. Penalized players must put their sticks in the equipment box and sit near the box.

- **Tripping** - another player with your body or stick.
- **High Sticking** - lifting the blade of your stick higher than your waist.
- **Delay of Game** - trapping the puck so that others cannot hit it.
- **Checking** - excessive bodily contact with your opponents.
- **Lifting the Puck** - the puck should not come off the floor higher than your shins, unless it is a shot on goal.
- **In the Crease** - stepping into or putting your stick into the goalie crease when you're not the goalie.

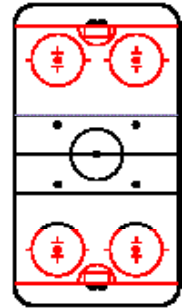


Safety Rules

- Do not use stick in a dangerous manner.
- Keep stick blades below the waist.
- Goalies should be wearing protective equipment.

Physical Education Positions

- **Forward:** There are three forwards on a floor hockey team. Forwards are the players who try to score goals. Forwards play either Right Forward, Left Forward or Center Forward Position. Players and/or sticks cannot enter the crease.
- **Center:** There is one center per team. They are allowed to play on both sides of the court and help both offense and defense. They take the face off.
- **Defenders:** There are two defenders on a team. It is their job to steal the puck from their opponent and help keep the puck away from the goal.
- **Goalie:** The player who tries to stop the puck before it goes into the net. They stay in the crease during a game. Goalie must wear protective equipment. The goalie should hold the blade of the stick flat on the floor in front of their feet. The puck should be passed out to the side of the goal. The goalie cannot pass the puck beyond the centerline.



Floor Hockey Vocabulary

- **Goal:** When the puck completely crosses the goal line. A goal cannot be scored when a teammate is standing in the opponents crease. The puck cannot be kicked into the goal. A goal counts as one point.
- **Crease:** The area surrounding the net. The goalie should remain in the crease during play. Only the goalie is allowed in the crease.
- **Face Off:** A game begins with a face off at the center of the playing area. A face off is used after the team scores a goal.
- **Hat Trick:** When a player scores three goals in a single game.
- **High Sticking:** Penalty when a player raises his stick above the waist. The stick blade should remain on the floor at all times.
- **Power Play:** This is when a team has one more player than their opponent because of a penalty.
- **Rebound:** A puck that bounces off the goalie or goal post.
- **Assist:** A player is awarded an assist when his pass leads to a teammate's goal. A maximum of two assists can be awarded per goal.

Strategies

Offensive

- Triangle strategy, fill a lane.
- Maintain the puck with good stick handling skills.
- Pass to open teammates.

Defensive

- Goalie - cut off the angle.
- Stay between your man and the goal.
- Play your positions
- Use your stick to take away passing lanes.

