

Floor Hockey Study Guide

History

Some believe that floor hockey evolved from ice hockey while others think the game's ancestor is field hockey. Regardless of its origin, floor hockey is a popular game played by all. Floor hockey gained its popularity in Europe during the late 1970s. In the early 1980s, national associations were founded in many countries. These formal organizations created the structure that enabled the young sport to grow faster. The first organized United States floor hockey tournament was held in 1976 in Michigan. The game has really taken hold in many levels of education.

Objective of the Activity (Scoring system)

The objective of the game is to advance the puck down the floor and score a goal in the opponent's goal. The puck is moved by stick handling or passing. Goals are worth one point. A regulation game is divided into three 20-minute periods. The game starts with a face-off in the center circle of the floor. Play restarts with a face-off after each goal. A hat trick is when one player scores three goals in a game.

Equipment/Playing surface

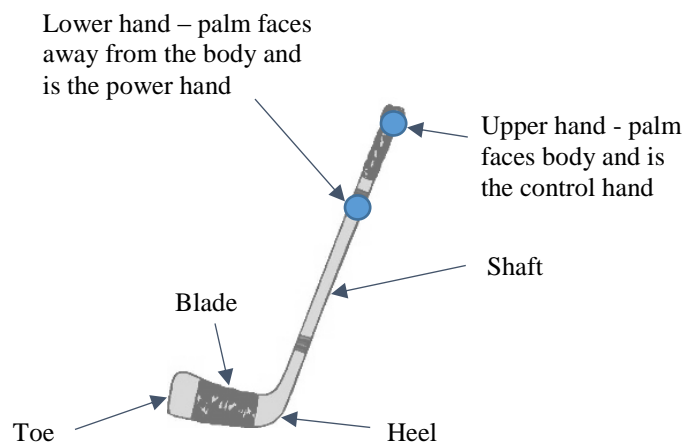
Floor hockey requires each player to have a hockey stick. The game is played with a plastic ball or puck, and two hockey goals. Goals are placed in the gym so that there is playing space behind each goal. The puck is always in play, even when it is behind the goal. Players should wear indoor sports shoes.

Skills

The correct way to hold a hockey stick is to grasp the top part of the stick with the non-dominant hand, palm facing the body. With the dominant hand facing away from the body, grasp the middle part of the stick. Your hands should be wider than shoulder width apart.

Keeping a low stick:

- improves control
- makes it easier to intercept passes
- makes it easier to block shots
- makes it easier to pass faster
- makes it easier to take a shot on the goal

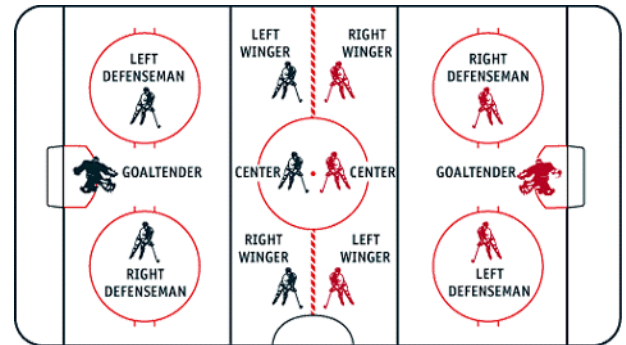


Keep your eye on the PUCK!

To stick handle the puck; tap it with either side of the stick blade for control and direction. Short, rapid passes are the most effective means of moving the puck down the floor.

Positions

- One goalkeeper who stops shots with hands, feet, or stick. Last line of defense. Holding the puck for more than 3 seconds will cause a face-off.
- One center who is the only player allowed to move anywhere in the gym. They initiate offensive play and help defend.
- Two defensemen (left/right) who cannot go past the centerline into opponent's half of the floor. They help the goalie by preventing passes and blocking shots.
- Two wingers (left/right) who work with the center on offensive and cannot go past centerline into their defensive area. Their job is to get open and take shots on the goal.



Rules/Faults

Safety Rules

1. While on the court, students must maintain control of their stick at all times.
2. Students may not raise their stick above the height of their waist on the back swing and not above the knee on the forward swing. The first time a student commits this penalty they will be given a warning; every high sticking penalty after the first will result in a two-minute penalty while playing the game.
3. Students are required to keep both hands on their stick at all times.
4. Body checking, pushing or other rough play is not allowed. Students are reminded to play the puck and any intentional aggressive contact will result in a two-minute penalty.
5. Hooking is using the stick to hold an opponent or their stick back.
6. Tripping is using the stick to intentionally or accidentally cause a player to fall.
7. Slashing is using the stick to hit an opponent or their stick.
8. A power play is when a team has a one-man or two-man advantage because the opposing team has players in the penalty box.

General Rules

1. Only the goalie is allowed inside the crease. The crease is the area immediately in front of the goal where players are not permitted to enter either with their body or stick.
2. A goalie may use their hands to pick up the puck only while inside the crease.
3. A goalie may come out of the crease to play the puck but may not use their hands and is considered a regular player and can be played against as such. Although the goalie may only go as far as the centerline.
4. A goal is scored when the puck completely crosses the goal line.
5. Offside - when defenders or forwards go to the wrong side of the centerline.
6. Face-offs are used to begin the game, after each goal, and at the start of each period.
7. Players may use their feet to move the puck unless they are trying to score a goal.
8. A player may knock the puck down to the floor if it is in the air with the hand, but they are not allowed to grasp the puck in hand.

Components of Fitness

Hockey uses cardiorespiratory endurance and muscular endurance when players are skilled and actively moving around the court.