

Floor Hockey Study Guide

History

Tom Harter, director of Civic Recreation in Battle Creek, Michigan, introduced the new game of floor hockey modified from the original game of ice hockey. Ice hockey began in Canada in the mid 1800's. By 1900, it became the national sport of Canada. Since then, it has become more popular in many other countries, especially Russia, Sweden, and the United States. It is a fast paced game, and the only game allowing player substitutions during play. Now, over 1000 amateur players take part at the community, high school and college levels.

Typically, hockey games are divided into 3-20 minute periods with 2 intermissions between them. The object is to score points by hitting the puck into the goal or net. Floor hockey is a modification of ice hockey with differences in rules and modifications and of course, no use of ice or skates. Balls can be used in replacement for pucks. Use of a ball makes stick handling easier and increases the pace of the game.

Terms

Assist – a pass from a teammate that leads to a goal.

Blade – the curved end of the stick, front and back, used to hit the puck.

Body or Shaft – the main part of the stick, used to hold and stickhandle.

Butt or End – the end knob used for better grip, to keep the hand from sliding off the stick.

Centering the puck – to pass to a spot (the point) in front of the opponents goal.

Goalie Crease – the area where no player's feet or stick, except for the goalie, is allowed during play. (This area is designated by the teacher.)

Hat Trick – when one player scores 3 goals in one game.

High Stick – a foul, when the blade of the stick is higher than the player's knees.

Face-Off – starts play by either an official dropping of the puck or by students tapping sticks 3 times and then beginning play.

Give and Go – used to allow the offensive team to work together to beat the defense. An easy controllable pass is given to a teammate; they receive it and pass it back to their teammate, out in front and on an angle.

Off – Sides – having a defensive player in the offensive zone and/or an offensive player in the defensive zone.

Power Play – a one man advantage due to a foul (i.e. high sticking) deemed by the teacher. The player leaves the floor for a specific time and may not reenter until notified.

V-Cut – (getting open) move away from the ball and then cut back fast and hard. If it doesn't work the first time, try again.

Wrist Shot – quick snap of the wrist, used for quickness and accuracy. The puck should stay in contact with the blade of the stick throughout the execution. There should not be a back swing and you shouldn't hear the ball make contact with the stick. Used as a pass or a shot on goal.

Screen Shot – a shot on goal where the goalkeeper's vision is blocked by another player in front of them.

Rules and Regulations

- Each team consists of 6 players – center, right wing, left wing, right defense, left defense and a goalie.
- Goalies must stay in their crease, the wings must stay in the offensive half and the defensive players must stay in the defensive half.
- Play starts with a face-off at the center circle and after each goal is scored.
- Goals hit off a players body, feet or equipment with the exception of the goalie do not count.
- No player is allowed in the crease except the goalkeeper.

Fouls and Penalties

- **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.
- **Offensive player in the crease** – defense is awarded a free pass from the center line.
- **Defensive player in the crease** – offense is awarded a free corner pass in from the offensive side.
- **Goalie outside the crease** – offense is awarded a free corner pass in from the offensive side.
- **Rough Play** – intentional contact that will result in an extended penalty period depending on the severity of the infraction.
- **Other infractions**
 - Hitting another player's stick or body with any part of their stick or body
 - Hinder the progress of an opponent
 - Use of feet or hands to pass puck or ball to a teammate or shoot a goal.
 - Use of hands to catch the puck or ball.

Strategies

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