

Floor Hockey



Floor Hockey is a sport that does not use physical contact with other players. Floor Hockey requires the use of running and team cooperation in order for a team to successfully play. Students will learn the fundamentals of the game of floor hockey and how to collaborate with other students of varying ability levels during a game setting. Our goal will be to develop good fundamental skills and learn position play rather than disorganized “chase the puck” play.

Basic Skills of the Game

controlled dribble - hitting the ball with taps and keeping it close

loose dribble - pushing the ball ahead of you and running up to it

driving - shooting the ball long and hard

fielding - getting a pass and gently receiving it with the stick

tackling - stealing the ball from the person who has it

Positions (6 players on each team)

Goalie - guards the goal

Guards (2) - helps the goalie keep the puck out of the goal

Forwards (2) - scores the goal on the opposite side

Center (1) - can go everywhere to score

RULES

- Safety first. Goggles on at all times during game play. Play with designated team numbers (usually ≤ 6)
- No stick should ever rise higher than knee-high.
- Run with stick on the floor.
- No pushing, tripping, slamming other players, or releasing your stick during game play.
- Face-off at the center of the court to start game and after every score. A face-off is 3 taps to floor and opponents stick

- All players except the goalie must stay out of the goalie restricted area

VOCAB

- **Centering the Puck**: Passing to a teammate who is in front of your opponent's goal
- **Forehand**: When a player shoots or passes with the bottom hand pushing the stick forward
- **Backhand**: When a player shoots or passes with the bottom hand pulling the stick forward
- **Clear the Puck**: Getting the puck out of your zone to prevent your opponents from scoring
- **Cutting Down the Angle**: When the goalie comes out to force a player to shoot farther away from the goal (If the goalie comes too early or too far the offensive player may go around them to score an easy goal.)
- **Dribble**: (also known as stick handling or puck handling) Using both sides of the blade to control & move the puck
- **Face-off**: Games begin with a face-off between centers where the puck is dropped between them. All other players must begin outside the center circle. The object of a face-off is to pull the puck back to your side. Both players' sticks must start on their side and remain in contact with the floor until the puck is dropped. Face-offs may also occur in a team's zone.
- **Goal**: Each score is worth one point. A goal counts when a puck crosses the goal line. A puck kicked or hit by the hand into the goal is not a score.
- **High sticking**: Penalty called when a player lifts the blade above the waist, winds up, or follows through when attempting an illegal shot (slap-shot)
- **Hooking**: Illegal use of the hockey stick to "hook" another player (This is a penalty.)
- teammate
- **Offside**: When players move or cross out of the designated areas assigned to their position

- **Penalty**: 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 five penalties during a game will be disqualified from playing.)
- **Roughing**: Play that endangers resulting in a penalty (Examples of roughing may be slashing, contact with the goalie, pushing, blocking with the body, or tripping.)
- **Short handed**: When a team must continue playing with fewer players because of a player serving a penalty
- **Slap shot**: An illegal shot in floor hockey (A slap shot involves the swinging of the stick behind, slapping the puck, and the follow through which brings the stick high.)
- **Stick handling**: Using alternating taps of both sides of the blade to move the puck, also known as dribbling or puck handling
- **Sudden death**: When two teams are tied at the end of a game and the next team to score wins and ends the game
- **Wrist shot/ Push Pass**: 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.)