

## FLOOR HOCKEY

Passing: Push pass -- forehand and backhand

Flip pass -- puck is passed in air over opponent's stick

Stickhandling: Controlling the puck by a player in order to move  
Around the floor/ice.

Shooting: 3 basic types - 1. Wrist shot

2. backhand

3. slap shot

6 players are on the ice/floor at a time.

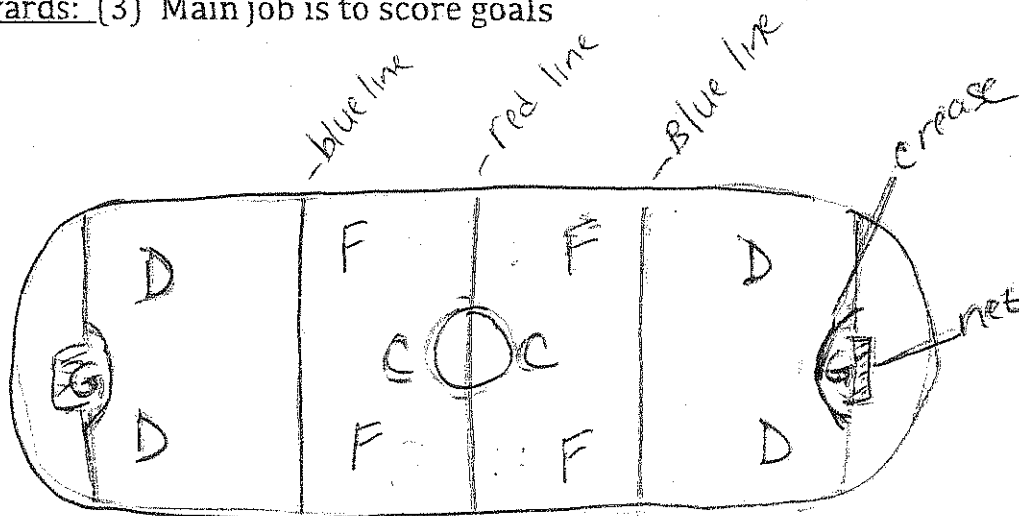
Goaltending: (1) Goalie is responsible for keeping the puck out of the  
Net. Area in front of the goalie is called the crease.

Most important player on the team.

Defense: (2) Main responsibility is to stop the other team from scoring.

Pass the puck to forwards.

Forwards: (3) Main job is to score goals



Hockey Rink Dimensions: 200 feet by 85 feet.

F - Forward  
C - Center  
D - Defense  
G - Goalie

Time: A game consists of 3 periods, each is 20 minutes long. If a game is tied after regulation, a 5 minute overtime period is played.

Face off: Used to start the game, to start each period and after each goal.

We use NHL (National Hockey League)

In regular hockey the referee drops the puck between 2 players.

Scoring: a goal is scored if the entire puck crosses over the goal line.

If the same player scores 3 or more goals in a game it is called a hat trick.

Penalties: High sticking

Slashing

Cross checking

Hooking

Tripping

Roughing

Unsportsmanlike conduct

When a team has more players on the ice because it opponents have a penalty, it is called a power play.

Minor penalties are 2 minutes

Major penalties are 5 minutes

When serving a penalty, the person will sit in the penalty box.

### PARTS OF THE STICK

