**PLEASANT GROVE**

**FLOOR HOCKEY STUDY GUIDE**

**HISTORY**

Floor hockey originally evolved as an adaptation of ice hockey for play in the streets. Street hockey was originally played on pavement using ice hockey equipment minus the skates. However, ice hockey equipment did not hold up on pavement. In 1963 several sport companies began developing plastic sticks, pucks and balls that could be used indoors and outdoors. The original floor hockey rules were adapted from the National Hockey League rules, however, rules have been modified to accommodate participants. The following rules and gameplay are specific to Pleasant Grove PE and may be played differently elsewhere.

**OBJECTIVE**

The object of floor hockey is to score more goals than your opponent by shooting the puck or ball into the opponent’s goal. The team that has scored the most goals when the game ends is declared the winner. Ro-sham-bo will determine all ties.

**RULES**

* A team shall consist of (6) players. Three (3) forwards, two (2) defenseman, and one (1) goalie.
* Play begins with a face-off at center court. Face-off consists of three alternating stick taps to the floor and the opponents stick. Face-offs also occur after every goal.
* A goal is scored when the puck completely crosses the goal line (touches fence between posts).
* Goals will not be counted if; a)the stick blade was above the waist on the shot, b) the ball was kicked in, c) the was batted with hand, d) an offensive player was in the goal crease.
* The goalie may use their hands in the goal box only.
* The goalie may leave the box but may not touch puck with hands and can’t go past center line.
* Goalie may not throw ball overhand, instead must roll it and keep on their side of the court, or drop it and pass it with the stick.
* The puck or ball may only be advanced using the stick. No kicking.
* Hands may be used to catch an airborne ball but it must be dropped immediately to yourself.
* Blade of stick must be kept below waist at all times.
* If ball leaves the playing area it must be tossed in and played closest to where it went out.
* No slap shots allowed

**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 that 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.

**POSITIONS**

* **Center**: Player allowed to move the length of the floor in a full game. This player also leads the offensive play.
* **Wings or Forwards** (right and left): Players who cannot go past the center line into the defensive area. Their responsibility is to work with the center on offensive play.
* **Defenders**: Players who cannot go past the center line into the offensive area. Their responsibility is to keep the puck out of their defensive half of the floor.
* **Goalie**: Player who is allowed to stop the puck with hands, feet, or stick. This player attempts to block all shots on the goal and works with the defenders to prevent the other team from scoring.

**VOCABULARY**

* ***Assist***: a pass that directly leads to a goal by a teammate
* **Checking**: attempting to prevent an opponent from gaining an advantage (stick/body checking)
* **Crease**: this is the half circle/rectangular box in front of the goal (goal box)
* **Clearing**: sending the puck out of the attack zone
* **Puck handling/dribbling**: moving the puck around with a tapping motion and maintaining control
* **Face-off**: a means of starting off the game or after each goal is scored.
* **Goa**l: a puck that is scored inside the goal area
* **Hat trick**: scoring 3 goals in a game play a player
* **High sticking**: when the stick blade is brought higher than the knees. (during the backswing or follow through)
* **Tripping**: illegally using the stick or foot to trip the opponent
* **Slashing**: illegally using the stick to hit downward at the opponents body
* **Sweep shot/pass**: a pushing action that is used to score or pass a short distance
* **Wrist snap shot/pass**: the pass used most often for longer passes or scoring a goal

