

Floor Hockey Study Guide

Game: The game of floor hockey is played by 4 players: 1 **goalie**, 1 **defensive player** and 2 **forwards**. The object of the game is to advance the puck by passing or carrying it down court and shooting it into the goal to score. After a team scores, they must “fall back” until the opponent is across mid-court. The game is started with a **face-off** in the center of the court.

Goalie: Plays in or near the crease. **His/her job is to stop the puck** from going into the goal.

Forward: The forwards play **offense** and their main job is to advance the puck down court by passing or carrying it and try to score goals.

Defense: The defensive players play defense in front of the goal and their job is to stop the opposing forwards before they get to the net to score. **The defense helps the goalie.**

Rules:

1. If an offensive player is in the crease when a goal is scored, the goal does not count.
2. The following **is not** allowed:
 - Slap shots
 - High sticks
 - Roughing
 - Checking
 - Throwing equipment
3. Teams must have 2 passes before they shoot
4. The goalie may leave the crease to play the puck
5. Shift changes (substitutions) occur every two minutes.
6. Players may not score by kicking the puck into the net.

Vocabulary

Crease: The “box” in front of the goal. Offensive players may not be in the crease when a goal is scored.

Roughing: Pushing, tripping or blocking an opponent with the body.

Slap Shot: A shot in which a back swing is used.

Wrist Shot: A shot which uses a “flicking” motion of the wrist. It is legal.

Rebound: When the puck bounces back off the goal area, the goalie or any other player near the goal.

Face-off: Used to begin each game; the puck is dropped between two opposing players at center court.

FORCE PRODUCTION and FORCE ABSORPTION

Force _____ means using _____ together to perform a skill.

-PRODUCTION-

-MUSCLE-

-GROUPS-

Force _____ means to _____ an object to gain control of it.

-ABSORPTION-

-SLOW-

-DOWN-

EXAMPLES

Using arms, hands and stepping while shooting the puck is **force production**.

In hockey, we use arms, hands and legs to pass and shoot the puck – force production!

When receiving the puck, we “give” with the catch to **absorb the force-** This is **force absorption**.

To **ABSORB FORCE** means to **SLOW THE PUCK DOWN SO YOU CAN CATCH IT!**

When receiving a puck, we “give” with the hockey stick to absorb the force – force absorption.