**Floor Hockey Study Guide**

* To correctly hold the hockey stick your dominant hand needs to be placed at or below the middle of the stick; and your non-dominant hand needs to be placed at the upper portion of the stick
* Zone defense requires a defense player to defend a particular area of the court/field
* A “high stick” penalty occurs when a player swings the hockey stick so that the face of the stick is at or above their waist
* The only person allowed to use their feet to stop the ball is the goalie
* The goalie is the only player allowed in the goalie box
* Players on the court may not use their hands or feet to stop the ball

**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.

**Techniques for Play:**

* Keep your eye on the ball
* Passing is faster than dribbling or handling the ball.
* When passing to a teammate, be sure to pass just ahead of them.
* Follow all shots on goal and use a deflected ball to shoot again.
* Always play in a safe manner & use good stick and body control.
* Defense players should never attempt to "clear" a ball in front of their goal.
* Defensive players should "clear" the ball out to the side.
* Offensive players should position themselves in front of the goal to receive a pass.
* Offensive players should "center" the ball (pass to a teammate in front of the goal).

**Terms:**

* **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 ball out of your zone to prevent your opponents from scoring
* **Dribble**: (also known as stick handling or puck handling) Using both sides of the blade to control & move the ball
* **Face-off**: Games begin with a face-off between centers where the ball is dropped between them. All other players must begin outside the center circle. The object of a face-off is to pull the ball back to your side. Both players' sticks must start on their side and remain in contact with the floor until the ball is dropped. Face-offs may also occur in a team's zone.
* **Goal**: Each score is worth one point. A goal counts when a ball crosses the goal line. A ball 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.)
* **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.)
* **Power play**: When the team with all their players (full strength) has an advantage over the team charged with a penalty that now must play with less players (short-handed)
* **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 ball, and the follow through which brings the stick high.)
* **Stick handling**: Using alternating taps of both sides of the blade to move the ball, also known as dribbling or puck handling
* **Wrist shot**: When a player uses a flicking motion to move the ball (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.)