

Floor Hockey Study Guide

- A hockey game starts with a face-off in the center.
- The defense should clear the puck to the sides of the court.
- It is not a goal when the puck is kicked in.
- 2 players are involved in a face-off.
- In PE class, the equipment that we use includes..
 - safety goggles
 - floor hockey puck
 - floor hockey sticks
- There are 3 periods are in a regulation game.
- For safety in PE, your stick blade should never go above your waist.
- All of these are types of penalties (Hooking, Tripping, High sticking) which will result in a given amount of time in the penalty box.
- If team A has the puck and team B makes a steal, then team A is now on defense.
- Hooking is the illegal use of the hockey stick to "hook" another player which results in a penalty.
- The best shot for speed and accuracy in floor hockey is the wrist shot because it allows for you to keep your stick close to the floor and it doesn't involve a back swing.
- The stick CANNOT be raised above the waist.
- A power play is 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).
- The player holds the shaft of the stick.
- When stick handling it is better to use both sides of the blade then to use one side of the blade.
- During game play hooking another player is NOT allowed.
- After each goal there is a center face-off.
- A puck that bounces off the goalie or goal post is called a rebound.
- Passing is an important part of hockey.
- Bringing the stick above your waist is called high-sticking.