

# FLOOR HOCKEY





# Floor Hockey History

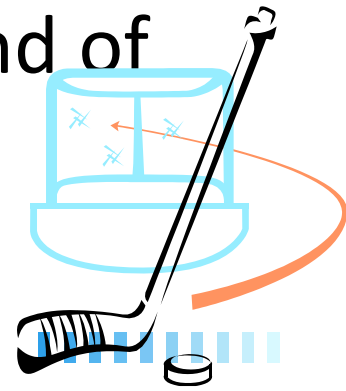
- Floor hockey evolved from ice hockey. British soldiers invented modern ice hockey in the 1950's, while stationed in Canada. The first organized indoor hockey games took place in Battle Creek, Michigan, in 1962. Tim Harter is responsible for refining the rules of the game. The sport is popular among both boys and girls



# Objective

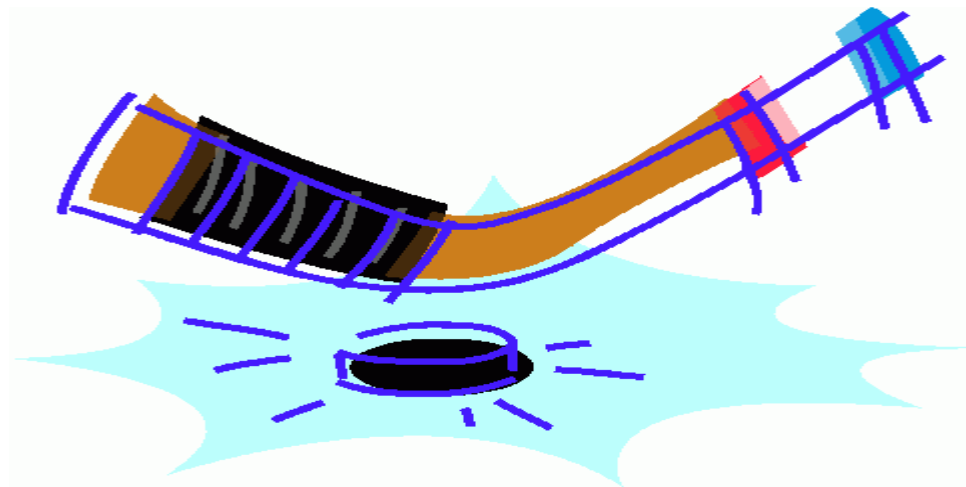


- Floor hockey is played between two teams of six players to a side.
- The object of the game is to score points by hitting the puck or ball into the opponent's goal.
- A floor hockey game consists of three 20 minute periods. Time of the game may vary.
- The team with the most goals at the end of the game wins.



# Position/Boundaries

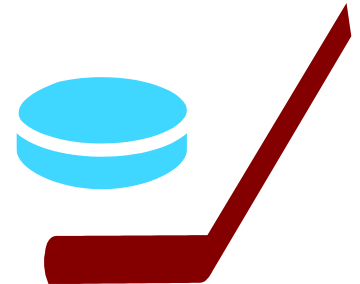
- Each player on the team has a position.
- One player serves as the center, and can play offense and defense.
- Two players serve as forwards, and play offense. They are not allowed to cross the center line into their defensive end.
- Two players serve as defensemen, and work to protect the goal. They are not allowed to cross the center line into their offensive end.
- One player serves as the goalkeeper and can stop the puck using their hands, feet, body, and stick.
- Goalkeepers are not allowed to leave the crease or hold on to the puck for more than three seconds.
- **These violations result in the opposing team gaining possession of the puck at the center line.**



# PENALTIES

Roughing violations result in ***two minutes*** in the penalty box.

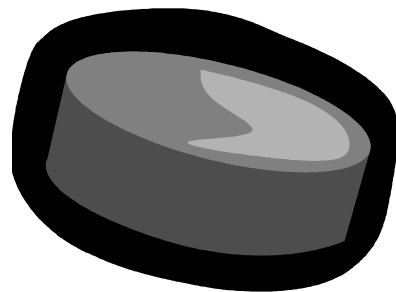
- Roughing violations include:
- Hitting the opponent with a stick when there is not chance of hitting the puck;
- Contacting an opponent with the stick above the waist;
- Contact with the goalkeeper while in the crease;
- Pushing, tripping, hooking, or blocking, an opponent, with the body.





# RULE VIOLATIONS

- The opposing team gains possession of the puck at the half court line for the following misconduct violations.



- A player deliberately kicks the puck;
- A player deliberately stops play by holding, laying, or stepping on the puck;
- A player contacts the puck while laying on the floor;
- Any player other than the goalkeeper enters the crease, or plays a puck in the crease.

# RULE VIOLATIONS

- ALL PLAYERS MUST KEEP THEIR STICK BELOW THE WAIST OR THEY WILL HAVE A 2 MINUTE PENALTY.

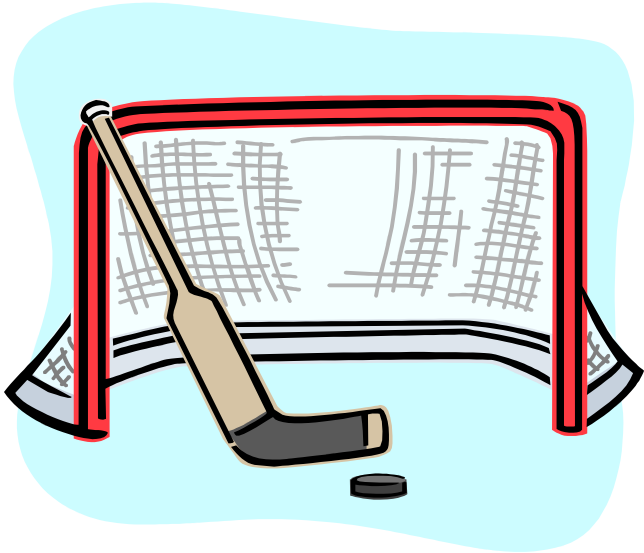
(EVEN IN THE ACT OF SHOOTING)





# Floor Hockey Equipment

- Floor hockey requires each player to have a hockey stick.
- The game is played with a plastic ball or puck, and two hockey goals.





# START OF THE GAME

- The game is started with a faceoff between the centers taken at the center circle.
- Face-offs restart the game after a goal or at the beginning of a period.
- The center cannot score on a face off unless it first touches an offensive player.





# Techniques for Play:



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

# Floor Hockey Diagram

