

FLOOR HOCKEY STUDY GUIDE

Floor Hockey is an **aerobic activity** which involves fitness components such as cardiovascular endurance, agility, balance, and **hand eye coordination**. It is a sport considered by many to build cardiovascular endurance and can be played by men and women alike.

SAFETY

Goggles and **mouthguards** will be worn at ALL times. **Sticks will never come higher than the waist and checking is prohibited. Slap shots are not allowed.** These safety issues are first and foremost when you consider this class.

GUIDELINES

There are **6 total players on the floor at one time per team**. There are **3 forwards, two defensemen/women and one goalie**. There is a right wing, left wing and center (**three forwards**). There is right defense and left defense. Substitutions are allowed “on the fly” (anytime during the game). The forwards score most of the goals while the defense is required to defend as well as get the puck to the forwards. **Games start with a face off.**

STRATEGIES AND RULES

The most efficient way to **handle the puck is to have both hands on the stick with the top hand at the very top of the stick and the bottom hand about half way down the shaft of the stick. The stick should be turned at a quarter turn to make sure the toe of the blade makes contact with the floor.** Use both sides of the blade to handle the puck. You may also use your feet to keep the puck as close to the blade as possible.

When passing or shooting it is best to start with the puck even with your back foot, slide it even with your front foot and snap your wrist. This will ensure a quick crisp pass or shot and also will keep the blade below the waist.

Players are allowed to kick the puck (you cannot kick it into the net for a goal), and catch the puck with their hands as long as they put the puck directly on the ground near the blade of their stick. They cannot throw the puck (the goalie is the only player that can throw the puck).

A good strategy for players is to **clear the puck** away from the goal they are defending making sure the puck goes to the sides of the court.

SHOOTING

Wrist shots – start the puck at your back foot, slide it to your front foot and Snap your wrists.

One timer -Shooting the puck while it is still moving using the wrist shot method.

Slap shot -This shot is **ILLEAGAL!!** Remember, the blade of the stick **must stay below the waist.**

GOALIE

The goalie is the only player that is allowed to pick up the puck and throw it to a teammate (they must be in their crease). Once they are out of their crease, they may not pick up the puck. The goalie must wear a mask.