

History: Ice hockey began in Canada in the mid 1800's. By 1900, it became the national sport of Canada. Since then, it has become more popular in many other countries as well. Hockey is a fast paced game, and one of the only sports that allows player substitution during play. Typically, hockey games are divided into 3 - 20 minute periods with a intermission between each period. The object is to score points by hitting the puck into the goal or net.

Floor hockey is a modification of ice hockey with differences in rules and of course, no ice. Balls can be used in replacement for pucks. Use a ball makes stick handling easier and increases the pace of the game.

Terms:

- Assist:** A pass from a teammate that leads to a goal.
- Blade:** The curved end of the stick, front and back, used to hit the puck.
- Body / Shaft:** The main part of the stick, used to hold the stick.
- Butt / End:** The end knob used for better grip, to keep the hand from sliding off the stick.
- Centering:** Pass to a spot in front of the opponent's goal.
- Clearing:** Sending the puck from the defensive zone to the other end to the other end.
- Face-off:** Starts the play by either an official dropping the puck or by students tapping sticks 3 times and then beginning play.
- Give & Go:** Used to allow the offensive team to work together to beat the defense. An easy controllable pass is given to a teammate; they receive it and pass it back to their teammate, out in front and on an angle.
- Goalie Crease:** The area where no player's feet or stick, except the goalie, is allowed during play.
- Hat trick:** When 1 player scores 3 goals in one game.
- High Stick:** A foul, when the blade of the stick is higher than the player's waist.
- Power-Play:** A 1 player advantage due to a foul (i.e. high sticking, roughing).
- Screen Shot:** A shot on goal where the goalkeeper's vision is blocked by another player.

- Basic Rules:
- Each team plays with 6 players on the floor at a time.
 - Play starts with a face-off at the center circle and after each goal is scored.
 - Goals that are kicked in do not count.
 - No player is allowed in the crease except the goal keeper.

Fouls & Penalties:

- High Sticking - 1 minute power play. Face off in the defensive zone starts play.
- Roughing - 5 minute power play. Second offense = out of the game.
- Hand Pass - Faceoff in defensive zone.

Defensive Strategies:

- Never pass the puck in front of your own goal on defense.
- Be responsible for covering your area or person.
- Time & Space - Take away the space between you and opponent to take away the time they have to make a decision.

Offensive Strategies:

- Move the puck using your stick handling skills to evade defenders rather than just clearing the puck.
- If no one is defending you, stick handle and possess the puck or ball towards the opponent's goal.
- Keep moving to create passing lanes and open shots.
- Always look to pass before shooting. Dribble a create space.
- Time & Space - Create time to make a good pass or shot by creating space, find an open area. Also known as "Getting open".