

FLOOR HOCKEY

Unit Overview & Organization

Floor Hockey is a three week unit for freshman physical education. The game is designed for strenuous activity and continuous play. Emphasis will be on safety, skills and team play.

Safety

- Students should be playing the puck, not the opponents.
- The stick must be carried below waist level at all times.
- Body checking is absolutely forbidden.
- Goalies should wear a mask.
- All players will wear protective goggles

Equipment

- Plastic hockey sticks
- Plastic pucks
- Goalie mask
- Goalie glove
- Protective goggles

History

The first indoor floor hockey games were introduced and organized in Battle Creek, Michigan in 1962. The program was developed and instigated by Tom Harter, Director of Civic Recreation of Battle Creek. He devised the simple rules of the game, instructed athletic directors, physical education teachers and coaches. The program proved so successful that by the end of the year there were 43 teams playing in an organized league.

Techniques

- Stick Handling - Keep hands separated 8 to 12 inches on the stick. Right-handed players keep the right hand in lower position; left-handed players, the left hand. Carry the stick low at all times. Do not make wide swings at the puck, get in close, control the puck. Strive for speed, control and accuracy. Wrist action is most important, a "flicking" motion is best for speed and accuracy. The stick must not be swung above waist high, for accuracy as well as safety. Shots can be made with forehand or backhand.
- Dribbling - To dribble the puck, tap it with either side of the stick blade to keep it in control and to move it in a straight line. Short, rapid taps keep the puck moving and prevent opponents from taking it away.
- Passing - When passing the puck to a teammate, be sure to flick your wrist so the puck has some speed. Make sure you lead your teammates with a pass so they can take it on the run to pass or shoot. Short, rapid passes from one player to another are the most effective means of moving the puck down the floor. Passes can be made with forehand or backhand.
- Wrist Shot - With the puck touching the blade of the stick you use a sharp snap of your wrists to shoot at the goal. This "flicking" action will cause the puck to move with speed. The stick will stay close to the ground.

Playing Area

Any gymnasium that is laid out for basketball may be used. The center line is the half court line of the basketball floor. The center line divides the floor into offensive and defensive ends. Play always starts from the center circle with a face-off. The goals are put at the end lines of the floor underneath the baskets, leaving some room for play behind the goal. The crease area is an area in front of the goal that only the goalie is allowed in. There is no out-of-bounds in floor hockey.

Players

1. Each team consists of six players.
 - a. Center - Each team has one center. The only player that is allowed to move the full length of the floor. This player needs speed, alertness and adeptness in passing, dribbling and stick handling.
 - b. Wings - Each team has two wings that only play on the offensive end of the floor. These players are not allowed to cross into the defensive end of the floor. The wings should be goal scorers, and be able to play offense.
 - c. Defensemen - Each team has two defensemen that only play on the defensive end of the floor. Their job is to protect the goal, doing everything they can to cause problems for the offense. They want to clear the zone, get the puck out of their end of the floor.
 - d. Goalie - Each team has one goal keeper, whose job it is to keep the puck out of the goal. The goalie should stay between the puck and the net, move as the puck moves. Puck should be cleared to the side, keep the puck away from the front of the net. Goalie should play in a crouched position, holding the stick with one hand so the other hand is free to knock down a flying puck. They must learn to use the blade of the stick to block the puck.

Scoring

1. The entire puck has to be over the goal line for a goal to be scored.
2. A goal can be scored by deflecting off a player or equipment as long as the deflection was unintentional. Intentional deflections can only be done with the stick.
3. A goal cannot be scored if an offensive player is in the crease.
4. Kicking or throwing the puck into the net does not count.

Rules

1. Play is initiated by a face-off between the two opposing centers who must have their sticks on the floor.
2. Center-Line-Rule - Only the center can play the entire floor, the wings must stay on their side of the center line, the defensemen and goalie on their side of the center line. A player may not step across the center line and gain possession of the puck. Penalty for this infraction is a two minute penalty.
3. Checking - There is no checking allowed. Penalty for this infraction is a two minute roughing penalty.
4. High Sticking - The hockey stick may not be brought above the waist in the back swing or follow through at any time. Penalty for this infraction is a two minute high-sticking penalty. If an opponent is hit by the high stick the penalty will be a major penalty and will last five minutes.
5. Crease Rule - No offensive player may be in the goal crease. Penalty for this infraction is a two minute interference penalty. A goal scored while a team member is in the crease will be disallowed. A goalie is not restricted to the crease.
6. Holding - Using your hands to intentionally hold someone from going after the puck. Penalty for this infraction is a two minute holding penalty.
7. Hooking - Using your stick to intentionally hold someone from going after the puck. Penalty for this infraction is a two minute hooking penalty.
8. Roughing - Any unnecessary pushing or contact. Penalty for this infraction is a two minute roughing penalty.
9. Slashing - Using your stick to intentionally hit another player. Penalty for this infraction is a five minute major penalty.
10. Tripping - Using your stick to intentionally trip another player. Penalty for this infraction is a two minute tripping penalty.
11. Holding the Puck - Only the goalie may grasp the puck for purpose of possession. The goalie may catch the puck but may not hold it for more than 2 seconds. The goalie may not throw the puck forward. The goalie may place the puck on the floor and hit it forward with the goalie stick. Penalty for this infraction is a face-off at the spot that the infraction occurs. A player besides the goalie may catch a puck in the air but must immediately drop the puck, they cannot run with the puck in their hand.
12. Playing Short-Handed - When a rules infraction occurs and the referee calls a penalty on Team A, Team A will play a man short in the defensive end. Team B will have a 3 on 2 in the offensive end for the length of the penalty. If during the advantage Team B scores, then the player is allowed out of the penalty box. Exception - If the player is in the penalty box for a major penalty they stay in the penalty box for the entire five minutes whether Team B scores or not.

Terminology

- Face-Off - Starts play, between a player from each team whose sticks must be on the floor. The referee drops the puck and the two players work to gain control of the puck for their team. Happens after a goal is scored, when the puck is held, and when the puck goes out of play.
- Rebound - A shot on goal is missed or stopped by the goalie, retrieving the puck gets you a rebound. The puck can be rebounded by the offense or defense.