

# Junior/Senior Physical Education

## Floor Hockey Study Guide

### Vocabulary

**Attackers:** Players who bring the puck into the offensive zone. They can include only one player or all the skaters on a team.

**Attacking zone:** Sometimes also called the offensive zone, the attacking zone is the one third of the rink that contains the defender's goal.

**Back checking:** When the puck changes hand, the offensive team becomes the defensive team. In order to slow the attack of the offensive team, each player on the defensive team is assigned an attacker and must come close to them and either strip them of the puck or intercept a pass intended for them.

**Backhand shot:** A backhand shot is a shot, which originates from the backhand side of the stick. The backhand side of the stick is the side on the outside of the stick curve.

**Breakaway:** When one attacking player manages to get by all defenders and is skating in on the goalie by him or herself.

**Center line:** The center line bisects the middle of the rink.

**Check:** A move used to gain the puck from the opponent in which a defensive player uses his or her stick or body to push the offensive player with the puck. It is an illegal move in physical education floor hockey.

**Defensive player:** Players who are primarily used for defense.

**Defensive zone:** The zone in which a team's goalie is located.

**End zone:** The portion of the rink behind the goal line.

**Face-off:** The mechanism used by the official to restart play. A player from each team lines up facing each other and the official drops the puck between them to start play.

**Fake shot:** A shot executed by bringing the stick back as though to take a slap shot but then quickly bringing the stick back down to the floor and beginning to stick handle. Fake shots can be used to fake out a defender or goalie before executing a different type of shot.

**Forehand shot:** A shot, which comes off of the forehand side of the stick. The forehand side of the stick is the side on the inside of the stick curve.

**Freezing the puck:** When a goalie falls on a puck and play stops.

**Goal line:** The line that crosses in the front of the net. To score a goal the puck must completely cross the goal line inside the net.

**Hat trick:** When a player scores three goals in a game. Three goals in a row is a "pure hat trick."

**High sticking:** An illegal move in which a player's stick is raised over their waist as they contact another player.

**Holding:** An illegal move in which a player impedes (slows down or stops) an opponent's progress with their hands, stick, or in any other way.

**One touch pass:** A pass to a player that is deflected quickly to another player.

**Penalty:** A call against a player for a violation of the rules. The player must go the penalty box and reside there until their penalty time is up.

**Roughing:** A penalty that results from a player using unnecessary roughness.

**Screening the goalie:** When an offensive player stands between the goalie and the puck in order to obstruct the goalie's view.

**Slashing:** A penalty in which a player swings his or her stick at another player.

**Stick handling:** The skill of maneuvering a puck with a stick while moving.

**Zone Coverage:** A strategy in which each defensive player covers an area of the defensive zone.

## **Positions**

There are three positions: *forward*, *defense*, and *goalie*. The three forwards—the *center*, *left wing*, and *right wing*—form a unit called a *line*. The forwards are joined by two defenders and a goalie.

Centers generally stay between the wings and serve as the focal point of the offense. The left and right wings stay on their respective sides of the floor and remain there while playing offense or defense.

Traditionally, centers are good passers who feed the puck to the wings, who are good shooters.

Like the wings, each defender stays on a specific side of the rink. Although some defenders have exceptional offensive skills, their primary responsibility is to prevent opponents from scoring.

The goalie has one primary responsibility: to prevent the puck from entering the net. Good skating and puck-handling skills are advantages, but the ability to react quickly and block shots are the goalie's most important skills. Each blocked shot is called a *save*.

## **Plays**

### **Triangle Offense**

The triangle offense is sometimes referred to as "cycling." It concentrates on maintaining possession of the puck. The objective is to create a three on two or two on one situation. The forwards maintain a triangle shape and can move behind the net to maintain this formation. Quick crisp passes are made between the players and are essential in making this strategy work well. All players need to be moving. A common problem with a cycling offense is the players' interest in making good passes while failing to shoot.

*For a look at how the play is executed check out [http://www.lifetimehockey.com/play\\_triangle.htm](http://www.lifetimehockey.com/play_triangle.htm)*

### **Zone Defense**

The most basic defense in hockey is the zone defense. Each player on the defensive team is responsible for defending a portion of the floor. The two defenders protect the two areas on the sides of the goal and back corners. The two wings guard the zones directly forward from the defenders. The Center covers the zone in the middle of the box formation that the wings and defenders create. Defensive players must be careful to avoid allowing attackers to slip into the seams of the zones in order to be free of all defenders.

*For a look at how the play is executed check out [http://www.lifetimehockey.com/play\\_zone\\_defense.htm](http://www.lifetimehockey.com/play_zone_defense.htm)*

## **Power Play (Offense)**

Because the offensive team has a one player advantage, it is important for the attackers to find their open player. As the defensive team moves to this player another attacking team member should be open and available for a pass. Quick and crisp passes open up teammates and give them opportunities to shoot. A fake shot is useful and can freeze the goalie. Make sure one or two offensive players are in front of the net screening the goalie or tipping a shot from the point (the area towards the centerline).

*For a look at how the play is executed check out [http://www.lifetimehockey.com/play\\_powerplay.htm](http://www.lifetimehockey.com/play_powerplay.htm)*

## **Box Defense**

The four defending players take up positions on the ice in the shape of a square box. Each player stays on their "corner" of the box and attempts to steal the puck from the attacking team. The box shifts as the puck moves through the zone but it is very important that each defensive player maintain their relative position.

*For a look at how the play is executed check out [http://www.lifetimehockey.com/play\\_box\\_defense.htm](http://www.lifetimehockey.com/play_box_defense.htm)*