

Floor Hockey Study Guide

Positions:

- **Center:** Player allowed to move the length of the floor in a full game. This player also leads the offensive play.
- **Wings or Forwards** (right and left): Players who cannot go past the center line into the defensive area. Their responsibility is to work with the center on offensive play.
- **Defenders:** Players who cannot go past the center line into the offensive area. Their responsibility is to keep the puck out of their defensive half of the floor.
- **Goalie:** Player who is allowed to stop the puck with hands, feet, or stick. This player attempts to block all shots on the goal and works with the defenders to prevent the other team from scoring.

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).

Rules:

- Stick must stay below waist at all times
- Must pass or shoot the puck with your stick (not your foot or hand)
- 3 periods makes up a game
- Icing... puck crosses two or more lines without being touched
- Hand passing the puck to a teammate is illegal unless you are the goalie