

Floor Hockey: Review/Skill Sheet

Grading

/24

Name _____

Class _____

Participation

Skill development and application /6

Use of strategy /6

Knowledge /6

Fitness /12

Skill 1: Dribbling

- Uses short, quick, controlled taps keeping puck 18 – 24 inches in front of you
- Alternates contacting the puck with both sides of stick (forehand – backhand)
- Carries stick low ready to receive puck

Skill 2: Passing

- Avoids backswing; instead pushes puck with sweeping action for short distance passes
- Passes using wrist action for greater control (flicking motion)
- Leads teammates by passing puck ahead of them

Skill 3: Shooting

- Keeps backswing and follow-through short
- Does not raise stick above waist
- Flicks wrist to create greater velocity

Skill 4: Goalkeeping

- Uses crouch position and moves side to side to block puck
- Blocks shots using hand, body or stick avoids falling to ground
- Free hand catches and passes puck quickly out to sides

- ✓ Is able to use skills in practice situations
- ✓ Is able to use skills in defensive game situations
- ✓ Is able to use skills in offensive game situations

Total skill development and application _____ /6

- ✓ Applies defensive/offensive strategy in positioning
- ✓ Applies defensive strategy in game play
- ✓ Applies offensive strategy in game play

Total game strategy _____ /6

Vocabulary:

Backhand Pass: Passing puck by moving stick across the body with palm of bottom hand going in the backward direction (pull with bottom hand)

Charging: Running, jumping into or colliding into an opponent who has a clearly established position, regardless of whether either player has the puck.

Cross Checking: When a player holds the stick horizontally and shoves another player with it.

Deflection: Changing the direction of shot with stick or body.

Face-off: The method of starting play; the dropping of the puck by the official between the sticks of two opposing players standing one stick length

apart; used to begin each period or to resume play when it has stopped for other reasons.

Forehand Pass: Passing puck by moving stick across the body with palm of bottom hand going in forward direction (pushing with bottom hand).

High Sticking: Carrying the stick above shoulder level.

Interference: Impeding or preventing the progress of an opponent who is not in possession of the puck.

Lift Shot: A shot in which the puck rises off the floor.

Tripping: Causing an opponent to fall or stumble by using a stick or any part of the body.

Rules:

- Each team has 6 players; one goalie, one center, two forwards and two defensemen.
- The center is the only player allowed to play on the offensive and defensive sides of the court.
- The game begins with a face-off at the centerline, and a face-off begins play after a goal is scored.
- In a face-off, two opposing players face each other with their sticks on the floor and as the puck is dropped between them, each player tries to move the puck toward the opponent's goal.
- When a puck goes out of bounds, the last team that contacted it loses possession.
- Players can advance the puck with the feet but cannot kick it into the goal with the feet to score. If a team kicks the puck into the goal, they lose possession of it.
- Any player can stop the puck with the hand but cannot hold, pass, or throw the puck. The goalie is permitted to catch or throw the puck to the side but not toward the other end of the playing area.
- The puck must precede offensive players across the center line.
- The following are penalties in floor hockey that result in removing the offending player from the game
 1. Charging
 2. Cross-checking
 3. High sticking
 4. Interference
 5. Tripping

History:

Floor hockey originally evolved as an adaptation of ice hockey for play on the streets. Street hockey, which was played on pavement, used modified ice hockey equipment. But this equipment did not hold up to street use. In 1963 a few sport equipment companies began developing plastic sticks and pucks that could be utilized both indoors and outdoors on smooth surfaces. The original floor hockey rules were adapted from National Hockey League rules. Floor hockey is easily taught because the skills are not very specialized and the rules are simple.