

## FLOOR HOCKEY

Floor hockey is an adaptation of ice hockey. It was developed in 1963 when some companies started developing plastic equipment for indoor play. The rules are adapted from the National Hockey League (NHL). Floor hockey is a fast and energetic sport where much of the playing time takes place near the goals.

Playing floor hockey helps to develop hand-eye coordination, balance, agility, and physical fitness. It also requires a good amount of **TEAMWORK**.

The object of the game is to score goals by hitting a hard rubber puck into one of the nets placed at opposite ends of the floor. The players control the puck using a long stick with a curved blade called a hockey stick. Each goal is worth 1 point. After a goal is scored, the puck is returned to the teacher.

Floor hockey is a **NON-CONTACT** sport. It is started with a face-off at the center of the gym between two players on opposing teams. A teacher will drop the puck and players fight for possession. Each team should be lined up on their respective sides of the gym. Each team should have a goalie in the goal box. No one is allowed in the goal box except for the goalie. The goalie is the only person allowed to use his/her hands and feet. He/she may throw the puck away from the goal box but it must hit the wall before a team can make contact with it.

Each team has offensive and defensive players. *The main responsibilities of the offense are to maintain possession of the puck and to score goals. The main responsibilities of the defense are to prevent the opponents from scoring, regain possession of the puck, and move the puck away from the goal they are defending.*

### **PENALTIES**

- If an offensive player steps into the goal box it results in a face off on the opposite side of the gym.
- If a defensive player steps into the goal box it results in a penalty shot for the offensive team. A penalty shot is a free shot on goal.
- High sticking (bringing the hockey stick above waist level), rough play, tripping, slashing with the stick, and pushing result in a two minute penalty on the stage.

\*You may not advance the puck by kicking it with your feet.

\*You may catch the puck if it is high up in the air but must drop down to the ground in that spot.

Questions: Please answer in complete sentences on a **separate sheet of paper**.

What is your definition of TEAMWORK regarding hockey?

What is your job as a defensive player?

What happens if one of your teammates steps into your OWN team's goal box?