

Floor Hockey Study Guide

1. Play begins with a face-off at mid-court in the center circle.
2. Play is continuous and stops only when the whistle is blown or goal is scored.
3. A goal is scored when a player hits, sweeps, or pushes the puck into the net with the stick directly, or deflects it off one of his teammates or a defensive player into the goal.
4. A player may advance the puck with his feet but cannot kick it directly into the net to score.
5. The puck may not be thrown into the net to score a goal.
6. Only the goalie is allowed to go into the crease (the circle around the goal).
7. A player can not advance the ball using their hands.

Forehand: When a player shoots or passes with the bottom hand pushing the stick forward

Backhand: When a player shoots or passes with the bottom hand pulling the stick forward

High sticking: Penalty called when a player lifts the blade above the waist, winds up, or follows through when attempting an illegal shot (slap-shot)

Hooking: Illegal use of the hockey stick to "hook" another player (This is a penalty.)

Wrist shot: When a player uses a flicking motion to move the puck (The stick remains in contact with the floor. There should be no back swing or high follow through. This is the best shot for speed and accuracy in floor hockey)

Positions

Center

Wings (right and left)

Defenders

Goalie

