



## Floor Hockey Review Sheet



First indoor hockey games were played in Battle Creek, MI in 1962. Tom Harter the director of Civic Recreation developed the game. The game emphasizes personal alertness and movement rather than individual strength or player height. Emphasis is on playing the ball not the opponent. Body checking is forbidden because of the danger of players being knocked into the floor or against the wall. High sticking (above the waist) is not allowed on the back swing of follow-through motion.

### Skills:

- Stick handling
- Passing
- Shooting

### Types of Shots:

- Wrist Shot
- Snap Shot
- Slap Shot

### Positions:

- Goalie - can use hands or feet to stop the ball
- Forwards- responsible for scoring
- Defenders - responsible for defending the goal

### In-Game Terminology:

- "Bully" - begins and restarts the game: opposing players position the ball in the middle of the court, make contact with the ball 3 consecutive times before playing the ball
- Air Ball: Can be caught by any player and placed on the floor directly below the catch: can not be redirected for team's advantage
- How to hold the stick: Hold the stick in both hands, place one hand on the butt (or top) of the stick with your thumb point down (control hand), place your other hand half way down the stick (on the logo) with your thumb point down (support hand)
- Goal-tending: Uses goal stick, glove, and blocker to keep the ball from crossing the goal line. Can use stick to hit the ball out or can drop the ball behind the goal to teammates; can use feet to block/kick ball
- Goal: ball crosses the goal line - 1 point

### Penalties:

- High Stick - above the waist
- Body Checking
- Misconduct or Unsportsmanlike conduct
- Kicking the ball in an attempt to redirect the ball for team's advantage

### Penalty Consequence for a high stick

- 1<sup>st</sup> offense - removal from game for 1 minute
- 2nd offense - removal from game