**LAKE SHORE PE HOCKEY STUDY GUIDE**

*Basic concept of game* – Rules can vary between ice/floor hockey but essentially the concept of these games is similar. Use your stick to shoot a ball or puck into a net past the opponent’s goaltender. A hockey team consists of 6 players.

*Safety -* the most critical component of our unit in gym class. Goggles must be worn at all times and the stick should never be lifted any higher than the waist. In addition, checking/body contact is not allowed in any capacity.

*Skills* - Stick handling, shooting, passing and goal tending are the most common skills in the game of hockey. Hand eye coordination is critical for success in the above mentioned hockey skills.

*Right handed/Left handed* - When holding a hockey stick, your dominant hand should be closest to the blade of the stick. For example, if you are a right handed shooter, your right hand will be approximately half way down the stick while your left hand will be at the butt end.

*Face-offs* – A play used to start and restart the game after a goal is scored. In class we use the N,H,L, method whereby two players tap their sticks above the ball 3 times saying NHL prior to making a play on the ball.

*Basic rules* – A goal scored counts as one point. Professional ice hockey games consist of three twenty minute periods. The goalie is the only player who can use their hands, feet and stick to stop a shot. A player cannot kick the ball into the net but it can be deflected into the net off their foot. If the ball is in the air the player can use their hand to bring it back down to the ground.

*Penalties* – Typically, if a minor penalty is committed the player must sit in the penalty box area for two minutes. The team whom is man up is said to be on the power play while the team that is man down is said to be short-handed.

An *assist* is a pass that leads directly to a goal scored. Typically in hockey, two assists are awarded on a goal that is scored.

A player scoring three goals in a game is said to have scored a *hat-trick*.

The game of hockey is often times considered the national pastime of *Canada*.