

## FLOOR HOCKEY STUDY GUIDE

### Floor Hockey Skills

#### **Grip**

- Place dominant hand at the middle of the stick
- Place non-dominant hand at top of stick

#### **Passing**

- Place ball out in front of body but off to side (at a diagonal)
- Place head of stick directly behind the ball
- Use a pushing motion to pass ball
- No backswing
- Use wrist action for greater control
- Send ball ahead of teammate when they're in motion

#### **Stopping**

- Cushion ball - non-dominant elbow out away from body and pull dominant hand in towards body
- Allow it to come to your back foot before stopping it

#### **Dribbling**

- Keep body low
- Bend at knees not back
- Keep ball close to stick for optimum control
- Keep ball away from feet (out in front and off to side)
- Can push ball using one side of stick
- Can alternate sides of stick to dribble especially when attempting to change direction (dodge)

#### **Defense**

- Stay low
- Stay off to dribblers dominant side (side they are dribbling on)
- Stay stick to stick, not body to body
- Be patient
- Keep feet moving (don't plant feet and swipe at ball)
- Should sweep ball away when ball is off of opponent's stick

### Floor Hockey Rules

- Ball starts at center of court
- Ball goes back to center after a goal is scored and possession goes to the other team
- Sticks must stay below waist level
- No body contact
- Play ball off of side line players or walls
- May not stop or kick ball with feet intentionally
- Ball must stay along ground (no lifting the ball as a pass)
- Free hit for the team who was fouled at the spot of the foul