



**CONCEPTS AND STRATEGIES
FULL ICE HOCKEY
INFORMATION PACKAGE**

LEARNING THE GAME OF HOCKEY THROUGH PLAY

STRUCTURE AND BASIC RULES OF HOCKEY

Structure of Games

An ice hockey game is divided into three periods.

The clock is stopped anytime the officials stop play.

In the second period of play the teams switch ends and play the game heading in the opposite direction

One team is on each bench with the forwards at the front door and the defense at the back door.

Ice Hockey Rules

PLAYERS & POSITIONS

Each team has 6 players on the rink at a time: 5 skaters and 1 goaltender. The skaters are divided into 3 forwards and 2 defensemen.

Forward

Left Wing

Forward

Center

Forward

Right Wing

Defensemen

Left Defense

Defensemen

Right Defense

Goaltender

All players, regardless of their position, can go anywhere on the ice. The only exception is the goaltender who isn't allowed to cross the center red line.

GOALTENDER

The goaltender's main responsibility is to protect the goal and keep the puck out of the net.

DEFENSEMEN

Their responsibility is to stop the play at their own blue line. Defensively, they try to intercept passes, block shots, keep players from receiving the puck and clear the puck from their end of the rink. Offensively, they pass the puck to their forwards and follow the play into the attacking zone. They also try to create offense by getting pucks to the net in the offensive zone, as well as trying to keep pucks from crossing back over the offensive blue line keeping their team onside. A good defensemen never stands on the blue line, but a stick length in front of it so their team will not be offside.

CENTER

The center is similar to the quarterback in football. Their job is to lead the attack by carrying the puck on offense and passing to their wings to try and score. The center always tries to play a team game and has to sacrifice offensive chances at times to make sure his or her team is covered on defence. Defensively, they try to break up the play before the opponent crosses the center line. The center ice position is also responsible for all face offs where they are trying to hit the puck to a teammate beside them or behind them. This is a very challenging position to play as there are only 3 centers on a team.

WINGS

Offensively, the wings work with the center to move the puck and advance it toward the other team's goal. They are often very creative players that are always trying to create scoring chances for their team. Defensively, they try to break up plays and keep the opponent from scoring. The leading point scorer on most teams is often a winger as they get more freedom to create offense and get a lot of puck time in the offensive zone.

SUBSTITUTIONS

Substitutions can happen at any time, and they are unlimited. Unlike most other sports, if a substitute wants to enter the game, it doesn't require an official's permission or a stop in the action. As long as the player coming out of the game is within 5 feet of the bench and isn't involved in the play, the sub can jump right into the flow of the game. Players enter and exit the playing surface when there is a stoppage in play, when their coach calls them off the ice during play, or when they are tired and head to the bench when the puck is not in their end of the rink.

Two Main Ice Hockey Rules

Offside - If an attacking player crosses the blue line into the other team's zone before the puck crosses, the player is offside.

Icing the Puck - Icing is called when a player shoots the puck across the center red line and past the opposite red goal line.

Icing is not called if:

- The player's team is killing a penalty.
- The puck is shot from behind the centre red line but a player or goalie touches it before it crosses the goal line.

Zones

The rink is divided into zones. A red line at center ice divides the rink in half. It's used to determine "icing" violations. There are also 2 blue lines that divide the rink into 3 parts called zones. Each blue line is 60' from each goal. These lines are used to judge if a player is offside.

- The zone between the 2 blue lines in the middle of the rink is the "**neutral zone**."
- The area where the goal is located is the "**defending zone**" for the team defending the goal.
- The area where the opposing goal is located is the "**attacking zone**" or "**offensive zone**."

Faceoff Circles

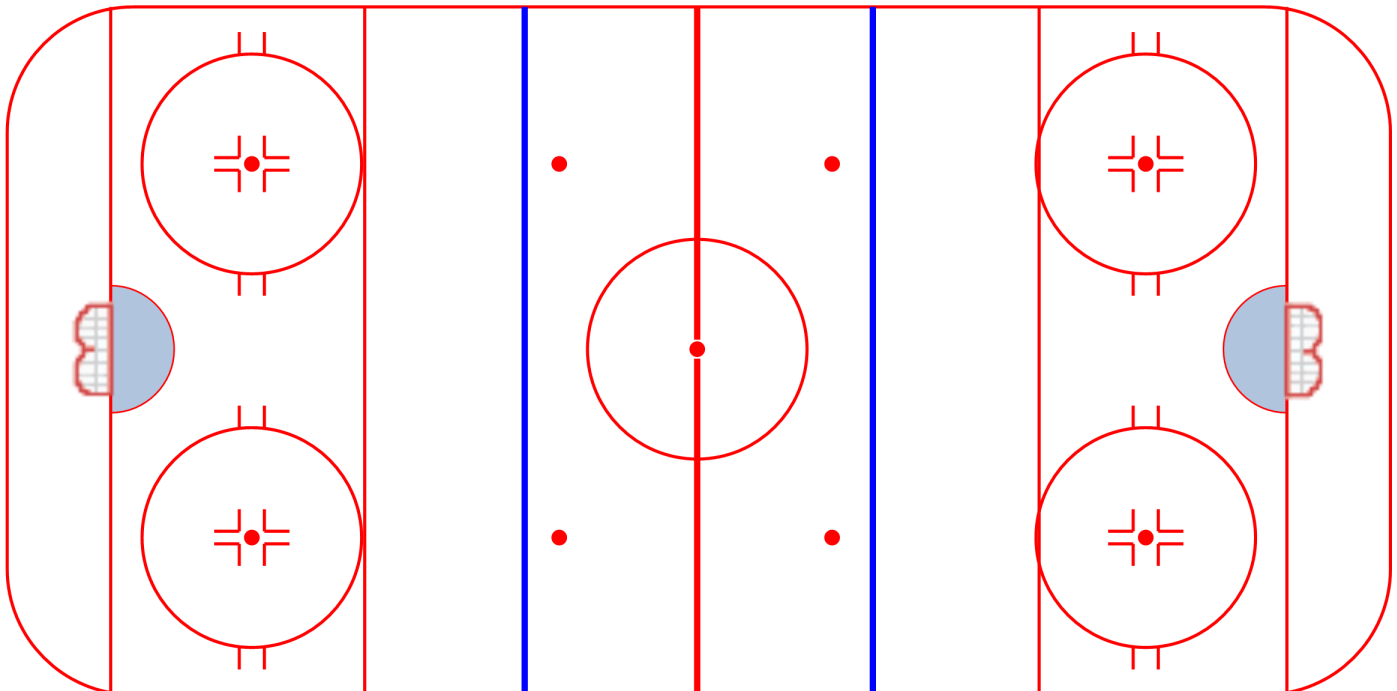
At the start of each period and following every whistle there is a **faceoff**.

There are 5 faceoff circles painted on the ice. There is a circle located near each corner of the rink and one circle in the center of the rink. Inside each circle there is a solid colour dot where the referee will drop the puck.

The center positional player will take the face off with a winger standing on each side of them. The defense stand at the bottom of the circle behind the forwards and wait for the puck to drop.

Everyone should always be down in hockey position before the puck drops.

There are an additional 4 faceoff spots marked within the neutral zone.



CHALK TALK

BACK CHECK

Occurs when a player skates back to their own goal area to help the defense.

BREAKOUT

Describes the act of a team moving the puck out of the defending zone toward the opponent's goal.

COVER YOUR CHECK

When a defending player marks an opponent resulting in the opponent not being able to participate in the play. If carried out to the extreme, the defending player may incur an interference penalty.

DUMP THE PUCK

When a player shoots a puck from the neutral zone into the opposing team's defensive zone, either to allow time for substitutions or in the hopes of having one of his teammates gain possession of the puck deep in the zone.

FORE CHECKING

The act of checking or pressuring the opposing team while the opposing are in possession of the puck in their defensive zone.

PASSING LANES

The area that is difficult for a defensive player to defend with their stick or body. These include in front of the checker, either side of the checker, behind the checker in an area you can receive a pass

SHORT-HANDED

Describes a team that has fewer players on the ice surface than the opposition because of penalties incurred.

SPEED LANES

This can be found in the neutral zone from the face off dots to the boards. These are usually low traffic areas where players can push the puck with speed into the attacking zone

Up

Coaches usually will communicate this to a player so they look up and try to find an open teammate in front of them

WHEEL

If you hear your coach shouting this they are letting you know you can jump up the ice with nobody in front of you.

YOUR NAME

If your coach or teammates are communicating with you on the ice try to pay attention. You might be offside, need to come off the ice, or it's time to move the puck.

FIVE WAYS TO ALWAYS IMPRESS YOUR HOCKEY COACH

1. **First on puck**

This is arguably the most important detail on the list. You have to want to be first on the puck at all times. You have to want it more than anyone else. You have to be intense and ready to do whatever it takes to get to loose pucks before your opponents. If you're a fast player, this should be easy for you. If you aren't, make sure you work on your speed and acceleration as it helps you win races to the puck.

2. **Attack the net**

Another important detail-coaches look for players who aren't afraid to move their feet and take the puck to the net. They aren't looking for what we call 'perimeter players'. Perimeter players are players that stay on the outside-they skate around the perimeter of the offensive zone instead of getting into the high scoring chance zones, like the high-slot and the front of the net.

3. **Get back**

Another little detail that helps separate you from the pack is the intensity at which you back-check. No matter how good you are offensively, you WILL NOT play at a high level if you're a liability to your team defensively.

4. **Confident passes**

Making hard passes is a must-have skill if you want to play at a higher level. Why? Because good players make confident passes. The puck is moving with pace, making it harder to intercept and it will be on your teammates stick faster.

5. **Don't throw the puck away**

Turn overs are the most dangerous plays in hockey. If you're a player that turns the puck over often, you will be showcasing the wrong things to your coach. Regardless of how good your hands are, how fast you skate or how hard your shot is. You need to eliminate turnovers from your game as much as possible.

CONCLUSION

Scoring goals is nice ...

But stick to these 5 little details and fit them into your game to really have your performances noticed. Coaches will reward you with ice time in key situations, and you will get rewarded with being placed on higher level rep teams over time.

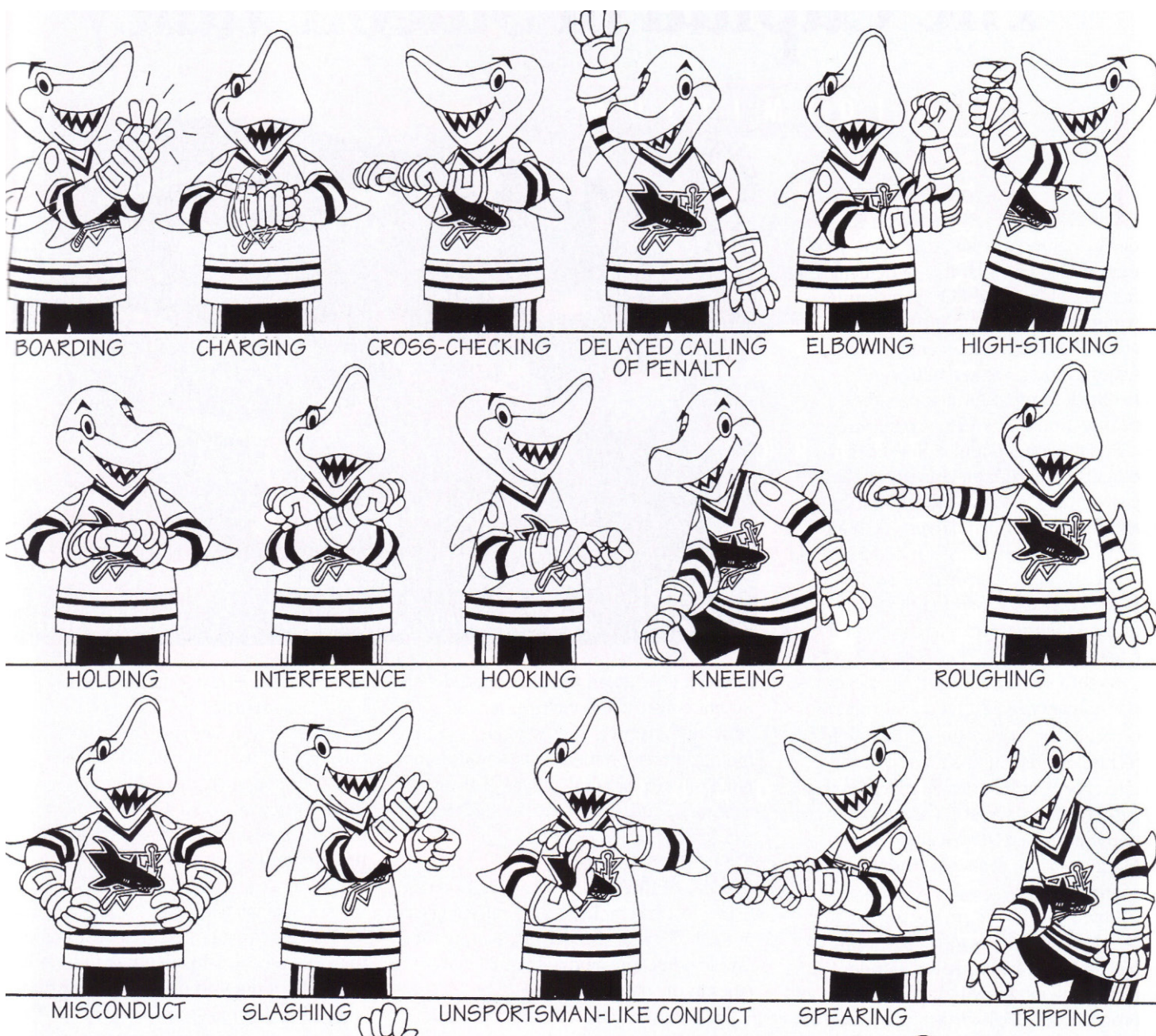
These aren't things you need to work on in the basement or driveway for hours on end. They're simple tweaks that you can put to use as soon as your next game and start seeing results right away.

All it takes is good effort, wanting to be part of a team, and the right attitude to stick to these little details.

REFeree SIGNALS

It's going to happen. We are all heading to the penalty box at some point. If you are heading to the penalty box and trying to understand what you did wrong, here are some signals that will help you out on your trip to the box.

Remember no arguing with the referee!



TERMINOLOGY (HOCKEY TALK)

A

Apple: an assist
Bar down: when the puck goes in the net off the bottom of the crossbar
Barn: an arena rink
Barn burner: a high-scoring game
Biscuit: the puck
Breakaway: when a player has the puck and an open skating lane to the net with no one in front of him
Bucket: a helmet

C

Celly: a celebration after a goal
Cheese: the top shelf of the net
Cherry picker: a player who stands behind the opposing teams defense in hopes for a breakaway
Clapper: a slapshot
Coast to coast: taking the puck all the way down the ice
Crossbar: the post that runs along the top of the net

D

Dangle: a deke
Dirty: used to describe an incredible deke or pass

F

Filthy: also used to describe an incredible deke or pass
Five-hole: the area between a goalie's legs
Flow: long hair

G

Garbage: referring to the puck when there is a rebound, picking up the garbage means putting the rebound in the net
Gino: a goal
Grinder: a lesser-skilled player who is meant to hit and agitate the opposing players

H

Hands: refers to a player who has good stickhandling and often dangles opposing players

L

Lettuce: hair, including both on the head and facial hair (see, lip lettuce)
Light the lamp: scoring a goal
Lumber: a hockey stick, derived from when sticks were made of wood (see, twig)

M

Mitts: hockey gloves

P

Pipe: the goal post

Pinch: when a defenseman moves into the offensive zone in attempt to keep the puck inside the zone

Point: a defenseman in the offensive zone

S

Sauce: a pass that leaves the ice to make it more difficult for opposing players to intercept

(The) Show: the NHL

Silky: used to describe a smooth occurrence such as a play or a player's hands

Sin bin: the penalty box

Slot: the high-scoring area in front of the net

Snipe: a perfectly placed shot

Stick Wrap: Hockey Tape

Stay at home defenseman: a defenseman who is strong in his own zone but not particularly good in the offensive zone

Sweater: a hockey jersey

T

Tape to tape: a pass that perfectly lands on your teammate's blade

Tic-tac-toe: refers to a quick passing play that results in a goal

Toe drag: when a player uses the end of his blade to dangle the opposition

Toey: same as a toe drag

Top cookies: top shelf (where grandma hides the cookies)

Twig: a hockey stick, also derived from when they used to be made of wood

W

Wheel: refers to a player's strong skating.

Wraparound: when a player takes the puck around the back of the net and tries to score in one full motion

You don't need to know any of this vocabulary by tomorrow but you will hear it at the rink, on tv, video games and hockey clothing and it doesn't hurt to know what your friends, parents, coaches or officials are talking about.

Finally the most important reminder ...

*** * * Have Fun * * ***

You will always be your best when you are being positive and playing with energy and passion for hockey. Your parents, coaches and friends will tell you the same thing.

Always hit the ice smiling and leave the ice being proud of your hard work.

You can do anything!!!