

Street Hockey Study Guide

THE TEAM

- A. Each team consists of six (6) players.
 - 1. One **GOAL KEEPER** who stops the ball with hands, feet, or stick.
 - 1. One **CENTER** who is the only player allowed to move the full court and who leads the offensive play.
 - 2. Two **DEFENDERS** who cannot go past the center line into the offensive area and whose responsibility it is to keep the ball out of their defensive half of the court.
 - 3. Two **WINGS** who work with the center on the offensive play and cannot go past the center line into their defensive area.

THE GAME

- A. Play begins with a face-off at the centerline, taken by the Center forwards.
- B. Play cannot start until the whistle is blown. Penalty for starting before the whistle is loss of possession.
- C. Players cannot play the ball while it is within the goalie box.
- D. There is no scoring from the face-off unless the ball is touched by another player other than the Center forwards.
- E. If the score is tied at the end of the game a "sudden death" period may be played. The first team that scores wins.

SCORING

- A. A goal is scored anytime the ball crosses the goal line and goes into the net.
- B. A goal counts one point.
- C. A goal will not count if the ball has been kicked into the net.

GOALKEEPING

- A. The goalie may use either hands or stick to clear the ball away from the goal.
- B. The goalie has three seconds to play the ball from the goal box.

FOULS

A player charged with a foul will be removed from the game and will not return to the game.
There are 3 types of FOULS:

A. ROUGHING FOULS

- 1. Slashing: playing through a player to get to the ball by using the stick to hit another player.
- 2. Pushing
- 3. Tripping
- 4. Blocking a player with the body
- 4. **HIGH STICKING**: contact with an opposing player with the above the knee. The stick blade should always be in contact with the court.

B. BENCH penalty

1. Unsportsmanlike conduct by anyone on the bench.

C. MISCONDUCT penalty

1. Delay of game by: deliberately holding, laying or placing a foot on the ball.
2. Players entering into the goal box to play the ball except the goalie.
3. OFFSIDES: wings or defenders over the centerline. The position of the feet is the determining factor.
4. Players other than the goalie catching or closing their hands on the ball. Players advancing the ball with their hand or kicking the ball with their feet.
5. Deliberately hooking, grabbing, or kicking the stick out of an opponent's hand.

TECHNIQUES OF PLAY

STICK HANDLING

- A. Keep hands separated 8 to 12 inches on the stick.
- B. Shots can be made with the forehand and backhand.
- C. The stick should be carried low at all times.

PLAYING THE BALL

- A. Keep your eye on the ball.
- B. Follow all shots. REBOUNDS are important! Goals are best shot when the goal keeper is off balance or out of position after blocking a shot.
- C. This is a team sport! Stay alert to PASS to a teammate who may be in a better position to move or shoot the ball.
- D. DRIBBLE the ball by tapping it with either side of the stick blade.
- E. When PASSING the ball to a teammate, be sure to pass ahead of your teammate. Short, rapid passes from one player to another are the most effective way to move the ball down the court.
- F. Wrist action is most important. A "flicking" motion is best for speed and accuracy. Your hands, wrist and forearm action control the stick most effectively.
- G. In order to score, you must SHOOT! The most effective shot is the slapshot. The most difficult shot is the backhand.