

Hockey

Markings on the Surface:

Red Line – the center line that divides the surface into 2 even sides.

Blue Line – the 2 lines that divide the rink in thirds.

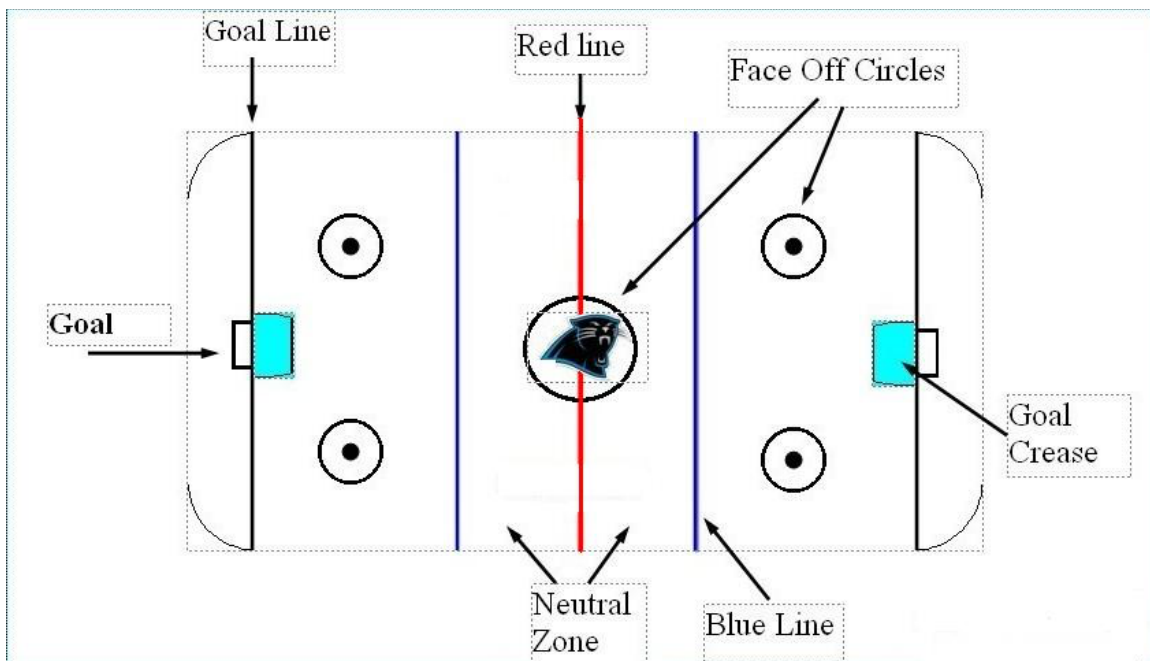
Goal Line – the line that the ball/puck must cross over for a goal to be counted.

Neutral Zone – the area in the middle of the surface that is between the 2 blue lines.

Offensive Zone – the area inside the blue line that contains the opponents goal.

Defensive Zone – the area inside the blue line that contains the goal that your team is defending.

Face Off Circle – the place where the ball/puck is dropped to resume play. A regulation surface has 5 circles.



Technique

1. If you are right handed, your right hand will usually be the hand in the middle of the shaft, not on the butt end. However, hockey is a game that many people play opposite of their normal side. Many right handed people are “lefties” in hockey.

2. When stick handling and shooting, good players are able to keep their “heads up” while still controlling the ball/puck on their stick.
3. To develop a good wrist shot, start with the puck on the heel of the blade and then drag the ball/puck along the floor and turn your wrists over when you release.
4. Good stick handlers “dribble” the puck using both sides of the blade frequently so they can develop a feel for the ball/puck on their stick.

Positioning

1. Centers and wingers are more offensive minded but are still responsible for playing defense when their team loses the ball/puck
2. Defensemen are more defensive minded but are expected to join in the offense when appropriate.
3. Players should generally divide the surface in half and try to stay on their side of the surface. (ex. Left wingers stay on the left side) Centers are responsible for defending the other teams center and they have a bit more flexibility on where they can go during play.
4. Goalies are the last line of defense and generally stay in the goal crease.

The Stick

1. Blade – part of the stick that handles the ball/puck.
2. Shaft – part of stick that the dominant hand will hold in the middle.
3. Butt End – the end of the shaft, opposite the blade.
4. Heel – the place where the shaft and blade meet.