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**Floor Hockey**: A Versatile Team Sport on the Floor
Floor hockey is a broad term for various indoor team sports that involve using a stick and puck or disk. These games are played with either bare feet or wheeled skates, often reflecting styles from ice hockey, field hockey, or bandy. The most common names for floor hockey include soccer hockey, ball hockey, floorball, and simply floor hockey. Two popular variants use wheeled skates and are classified as roller sports under the title of roller hockey. Quad hockey utilizes quad skates and appears similar to bandy, while inline hockey uses inline skates and is inspired by ice hockey. All forms of floor hockey are played on dry, flat surfaces such as a gymnasium or basketball court. Players aim to hit a ball, disk, or puck into a goal using sticks with curved ends or straight, bladeless blades. Unlike street hockey, floor hockey has structured rules and regulations. Floorball variants are sometimes used for teaching children to play ice hockey in dryland training programs, while others serve as alternative forms of physical education in schools. The origins of floor hockey can be traced back to 1875 in Montreal, Quebec, Canada, where the game was first officially played. However, it is credited to Samuel Perry Jacks, also known as "Sam Jacks", who codified the first set of rules in 1936. His version used an open disk rather than a closed one. Over time, floor hockey has evolved and branched out into various variants, with the Canadian Ball Hockey Association forming formal leagues for men, women, and juniors. Floor hockey in the USA had different versions that used balls or pucks, but it's unclear if these existed before the Sam Jacks variant emerged.[8] By 1974, Barbara Walters & Ethel Kennedy played "Sam Jacks" floor hockey at Margaret Chapman School, which involved disabled kids and was organized by the Joseph P. Kennedy Foundation.[citation needed] This game was part of a period where this version was being adapted for Special Olympics.[citation needed] The National Intramural-Recreational Sports Association Hockey Committee released rules in 2003 for intramural floor hockey on college campuses across the US.[citation needed] The Winter Special Olympics included team floor hockey since 1932,[citation needed] and by 1970, the Special Olympics World Winter Games added it as an event with a distinction of being the only team sport.[10] The same "Sam Jacks" game was played in 1974 at Margaret Chapman School, with handicapped children participating and organized by the Joseph P. Kennedy Foundation.[citation needed] Floor hockey equipment differs between codes, including types of checking and protective gear allowed,[9] which are often made from plastic or felt-like materials. Various objects can be used for play, such as balls, pucks, or open disks with holes in the middle. Sticks also vary depending on the game code, with some using standard ice hockey sticks while others use lightweight plastic or blade-less wooden sticks. Floorball sticks feature a unique design combining elements of blades and hooks. Three exceptions to this rule can be found in floor hockey variants. These games use either open disks or rings. The first is seen in Canadian Sam Jacks's floor hockey, developed during the Great Depression. The second is present in Special Olympics, created in the 1960s. The third is gym ringette, which emerged in the 1990s and was influenced by ice-based ringette rather than floor hockey. In the first two examples, open disks are used as pucks, with a straight stick serving as a handle lacking blades or hooks. Shafts can be either rectangular or round like broomstick handles. The third example, gym ringette, employs a plastic shaft and drag-tip, using a rubber foam ring instead of a puck. Floor hockey variants can be categorized into four main groups based on variables such as ball games, puck games (closed disks), disk games (open disks), and roller games. The first three categories involve playing on foot, while the latter uses wheeled skates. Other notable variations include ball hockey, using a lightweight ball; floorball, popular in Europe with lightweight plastic balls and sticks; and indoor hockey, played on a smaller area with solid barriers. Cosom hockey also exists, utilizing plastic sticks and pucks. Floor hockey, which includes variants like ringette and quad hockey, has its roots in early 20th century Canada. The initial rules were designed by Sam Jacks for a floor hockey variant. However, ringette's first experimental "ring" was actually a felt floor hockey puck that was later replaced due to snow accumulation on ice. In contrast, the Special Olympics version of floor hockey uses a wide disc with a hole and a blade-less stick. Floor hockey pucks are donut-shaped felt discs with specific dimensions and weight. The sport has two variants using wheeled skates: quad hockey (also known as rink hockey) and in-line hockey, which is derived from ice hockey. Quad hockey player and in-line hockey player are distinct variants of floor hockey. Ringette, an off-ice variant, shares historical connections with early 20th century floor hockey but has evolved into a separate sport. Despite its initial influence from various sports like basketball, ice hockey, broomball, and floor hockey, gym ringette is now only distantly related to the latter. Basic rules of floor hockey include face-offs for game starts and resuming play after goals, goal scoring when the puck crosses the plane, and tie-breakers in golden goal periods or overtime. Penalties are enforced for actions like tripping, hooking, and slashing. High sticking, pushing down, checking from behind, cross-checking, and too many players on court are all types of infractions in floor hockey. High sticking refers to using the body to move a player or prevent them from playing the ball, while high sticking itself involves allowing the curved end of the stick to come above your waist. Other infractions include spearing, which is stabbing an opponent with the stick blade and results in a game misconduct penalty, as well as deliberate intent to injure opponents, also resulting in a game misconduct penalty. Due to limited player padding, body checking is typically disallowed in floor hockey games, although shoulder-to-shoulder checking may be allowed. It's worth noting that floor hockey should not be confused with ringette or gym ringette, which are different sports altogether. Ringette is an ice skating sport created by Sam Jacks, while gym ringette was designed as the off-ice variant of ringette in Canada. This comprehensive guide will equip you with everything needed to start playing floor hockey, whether a beginner or experienced player. It covers the basics, rules, equipment, and techniques to help you become skilled in this fast-paced sport.
**Choosing the Right Equipment**
Before starting, ensure you have the necessary gear for safety and performance. Key equipment includes:
**Stick length and flex**: Choose a stick that reaches your waist when standing with shoes on. Beginners benefit from less flexible sticks for better accuracy and control.
**Helmet and face cage**: A sturdy helmet with proper padding and an adjustable strap is essential for protecting your head and face. Opt for a cage or mask made of strong materials that provide good visibility while offering maximum protection.
**Gloves and shin guards**: Invest in gloves designed for hockey that provide a good grip and allow flexibility for handling the stick. Shin guards are also crucial to protect your shins from slashes and impacts.
**Understanding the Rules**
Floor hockey is played indoors with teams of six players each. The objective is to score more goals than the opposing team within the given time. Each team consists of three forwards, two defensemen, and a goaltender. Key rules include:
**No high-sticking**: Players are not allowed to raise their sticks above their waist level.
**Face-offs**: Games start with face-offs at the center of the rink. By understanding the basics and having the right equipment, you'll be well-prepared to enjoy this thrilling sport. Prioritize safety and comfort to focus on building your skills and having fun on the rink. The floor hockey game involves many rules and strategies that players must be aware of to excel. Unlike ice hockey, body-checking is not allowed, so players focus on stick skills and positioning instead. There are also specific positions for offense and defense, including forwards who score goals and defendmen who block attacks. Penalties such as tripping, high-sticking, slashing, and cross-checking can occur if a player breaks the rules. These infractions result in time spent in the penalty box, leaving their team short-handed and giving the opposing team a power play advantage. Mastering basic skills like proper grip and stickhandling, shooting, passing, and receiving are essential for beginners to develop a solid foundation in floor hockey. A correct grip on the stick involves holding it with both hands, placing the top hand halfway down the shaft and the bottom hand near the end. Practicing dribbling while keeping eyes up helps improve stickhandling skills by moving the ball in quick and controlled motions using wrists and fingers for a soft grip. Understanding these rules, positions, and penalties is vital for beginners to enjoy the game to its fullest and contribute to their team's success.
**Shooting and Scoring Techniques**
Developing an accurate shot requires proper positioning and technique. Focus on transferring weight from the back foot to the front foot, keeping eyes on the target, and generating power and accuracy. Practice shooting with targets set up and work on wrist, snap, and slap shots. Passing and Receiving Skills
Floor hockey is a team sport relying on effective passing and receiving skills. Aim for accurate passes while focusing on body positioning and using wrists to provide a quick release. Practice creating passing lanes and softening hands to absorb the impact of incoming passes.
**Defensive Tactics**
Proper positioning and body checking are key defensive techniques. Stay between opponents and goal, limiting scoring opportunities. Body checking should be done within game rules, without causing harm. Stick checking involves using your stick to disrupt opponents' plays, while poke checking is a quick jabbing motion to poke the puck away.
**Defensive Strategies**
Practice individual defensive techniques, such as stick checking and poke checking, to become proficient. Mastering these skills lays a strong foundation for development in floor hockey. With consistent practice and dedication, beginners can progress to more advanced techniques and strategies, enhancing overall performance on the floor.
**Techniques for floor hockey**
Communication and coordination are essential for both strategies. Improving fitness and conditioning is crucial for floor hockey. Building endurance and stamina through cardiovascular exercises like running or swimming can help maintain energy levels during the game. Interval training and circuit training can also improve endurance, while strength training exercises such as squats, lunges, push-ups, and planks can enhance overall performance. Agility drills and footwork are essential for floor hockey. Ladder drills and other agility exercises can improve quick movements and precise footwork skills. By combining these techniques with defensive strategies and improved fitness, teams can increase their defensive capabilities and succeed in the sport. Practice different footwork patterns such as quick feet, lateral movements, and crossover steps to enhance coordination, speed, and agility. Cone drills can be set up in a zigzag pattern to improve swift direction changes during the game. Speed ladder drills can also be used at high speeds to boost footwork, reaction time, and overall agility. It is essential to warm up before intense exercises or drills. Incorporating fitness and conditioning techniques into your training routine will significantly enhance floor hockey performance. To join a floor hockey league, start by searching online for local leagues and teams. You can also check with community centers, social media platforms, or sports forums for information. Understanding different league formats such as recreational, competitive, and youth leagues is crucial before joining one. In order to be successful on a team, it's essential to communicate effectively with teammates, attend practices and games regularly, and maintain a good team dynamic. Playing with your teammates shows how much you care about the team. Joining in regularly also shows that you're committed to working together towards a common goal. When it comes to sportsmanship, always be kind and fair to everyone involved - whether they're on your side or not. Remember that floor hockey is just a game, so keep things positive and respectful. Help and support each other through tough times, too! Learning the rules will make sure you don't get in trouble and help you play better. Understanding how the game works will also help you make smart choices on the field and be part of a winning team. By following these tips, you'll be all set to join a floor hockey league and do your best for your team. So put on your sneakers, grab that stick, and get ready for some serious floor hockey action!

What is the objective of floor hockey. History of floor hockey. Hockey floor. What are the positions in floor hockey.