

ICE HOCKEY

One of the latest sports, „game of speed and strength“, in which two opposite teams of skaters use long, curved sticks to try to drive a hard rubber disc into each other’s goal. It is especially popular in Canada, where it developed.

1. Rink

- Rectangular ice surface, surrounded by boards
- Centreline
- Blue lines – end zones (defending or attacking) – neutral zone in the middle
- Blue spot at the centre – where the game begins
- Red line – goal line, at the end of the rink
- Crease – half-circle in front of the net, players can’t enter it unless the puck is there
- Benches
- Penalty boxes

2. Team

- Three forwards : centre- focal point of the offence, good passers
L+r wing – good shooters
- Two defenders – rotate less frequently, prevent the opponent from scoring
- Goalie – ability to react quickly and block shots, each save is recorded
- Captain – respected leader, top player + two alternate captains – only ones permitted to speak with officials regarding rulings

3. Play

- 60 minutes in three 20 min. periods
- Two 15 min intermissions
- Face-off at the beginning: one player from each team at the dot tries to get possession of the puck
- Play stops after penalties, injuries, violations of the rules, when the puck is out of sight for more than 2 sec.
- When a game is tied: overtime – *sudden death* : the first team to score is the winner
- *shoot out* : 5 players shoot on goal

4. Penalties

- *Penalty killing* (disadvantaged)/*power play* (ends when the penalty time expires or a goal is scored)
- Minor penalties: 2 min for tripping or holding, intentional delaying
- Major penalty: 5 min for more serious fouls (fighting)
- Match penalties: ejection from the game, possible suspension from the competition, team play shorthanded for 5 min
- Misconduct penalties: 10 min for ignoring official’s instructions
- Offside: crossing the attacking zone without the puck
- Icing: shot from behind the centreline beyond the opponent’s goal without a player touching it

5. Ice hockey skills

- Stickhandling: must make it difficult for the opponent to guess what direction they intend to pass, must be able to transfer it without looking down at it
- Checking: defensive skill a) bodychecking (to take the puck away), b) stick checking (less physical contact)
- Shooting: accuracy and quickness needed (forehand –stronger, backhand- weaker)

6. Equipment

- Puck – of black rubber
- Hockey stick – shaft+blade (goalies – the shaft widens)
- Jersey, helmet, gloves, pads, mouthpiece, protective cup over the groin
- Skates: padded with plastic, blades are rounded and don't have teeth
- Goalies: masks, collar, blocker and trapper to catch shots