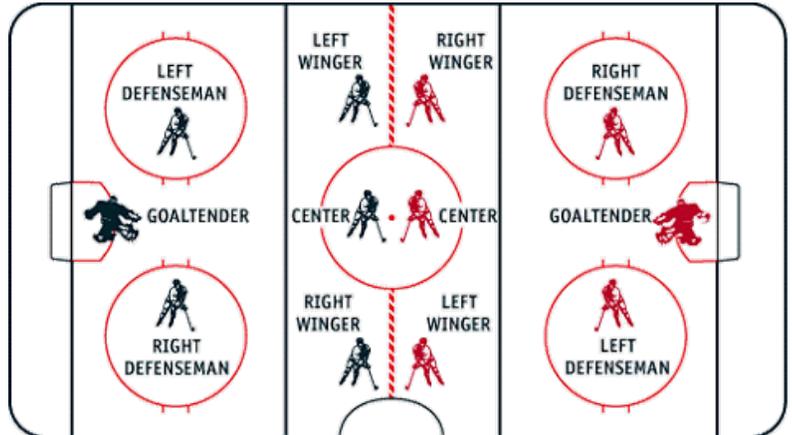


Fighting Saints Hockey 101

The Basics

Hockey is a fast-paced, physical sport played on an ice-rink. It is a game of constant action and requires many different skills. The game itself is divided into three (3), 20-minute periods.

Each team has five (5) players plus a goaltender on the ice at one time. There is a center, right wing, left wing and two (2) defensemen.



Players use sticks to direct the puck into the other team's goal. The team with the most goals at the end of the game wins!

Since hockey is a full contact sport, players wear protective equipment. This usually includes a helmet and facemask, shoulder pads, elbow pads, mouth guard, protective gloves, hockey pants, shin pads and skates.

Goaltenders use different gear usually including a chest and arm protectors, a blocker and catching glove, and leg pads.

Referees and linesmen manage the rules of hockey and often times have to call penalties. For most penalties, the player is sent to the "penalty box" and his team has to play with one (1) less skater for a short amount of time. Minor penalties last for two (2) minutes while major penalties last for five (5) minutes.



CROSS - CHECKING



ELBOWING



HOOKING



INTERFERENCE



SLASHING



TRIPPING

Fighting Saints Hockey 101

Buzz Words

You will hear the following words at a Fighting Saints game specific to hockey.

Draw a line to correctly connect the word to its definition:

Words:

Off-sides

Icing

Face-off

Breakaway

Short-handed

Power Play

1. When a player on his team's side of the red (center) line shoots the puck down the ice and it crosses the red (goal) line and is first touched by the opposing player other than the goaltender.
2. When an offensive player crosses the blue line of the offensive zone before the puck.
3. When one team has fewer skaters on the ice during play, as a result of a penalty.
4. When at least one opposing player is serving a penalty, the other team has a man-advantage on the ice.
5. The method used to begin play in hockey. The two teams line up in opposition to each other and the opposing centers attempt to gain control of the puck after it is dropped between their sticks by the referee.
6. A situation in which a player with the puck has no defending players, except for the goaltender, between himself and the opposing goal, leaving him free to skate in and shoot at will.

Hockey Word Jumble

Unscramble each of the hockey words to the right.

Can you guess them all?



1. uPck _____
2. eloGai _____
3. oshpSlat _____
4. euLnIbIe _____
5. ecaFffO _____
6. tPelayn _____
7. tpeNtmEy _____
8. rkaHctiT _____
9. lcnig _____
10. tBPxnloyae _____
11. woPePyrla _____
12. edeLiRn _____
13. inaZmob _____
14. cekCh _____
15. Glao _____

Answers:
1. Puck, 2. Goalie, 3. Slapshot, 4. BlueLine, 5. FaceOff, 6. Penalty, 7. EmptyNet, 8. HatTrick, 9. Icing, 10. PenaltyBox, 11. PowerPlay, 12. RedLine, 13. Zamboni, 14. Check, 15. Goal