

All About Road Hockey

Road hockey is a fun version of ice hockey that doesn't include any body checking or hitting. You will need a net (you can even use water bottles for each post), an open concrete space (like a schoolyard or driveway), hockey sticks and a ball (the road hockey balls are best but a tennis ball works too). It can also be played on inline skates. If you do play on skates, you should wear a helmet and wrist guards. Goalies should wear protective gear (helmet, faceguard, chest protector) especially if you're using a heavy ball.

All the normal rules of ice hockey apply to road hockey, except that there is no body checking. The game begins with a faceoff, where two players try to get the ball as it is dropped between them. You can play using the offside rule or not, sometimes it's a faster game without that rule. You can play as long as you'd like, and you can play with as many people as you'd like! How you play the game is up to you and your friends or family - it's all about making it fun!

There are even many different leagues that you can join. But if you want to stick to pick-up games with your family and friends, that's great too!

