

All About Ice Hockey



Ice Hockey is a very active and fun team sport. The goal of hockey is to work as a team to score as many goals as you can on the other team.

Equipment

Before you starting playing hockey, you need to make sure that you have the right equipment to stop some of the common sport injuries. All players have special pads, helmets, gloves and sticks.

Player Positions

For each team, there are six players on the ice at once. There are three forwards, two defensemen, and a goalie. The main goal of the defensemen is to help the goalie and try to stop goals from going in their team's net. The forwards either play right wing (on the right side of the ice), a left wing (on the left side of the ice), or centre. The centre leads the team towards the other team's net and tries to set up chances to score goals. They also help to start the game of hockey by taking the face-off (where the puck is dropped by a referee and the game or the next play begins).

Scoring a Goal

A team can score a goal by shooting the puck into the other team's net. A goal does not count if it is kicked into the goal, thrown in by hand, or hit with a high stick. The team with the most goals at the end of the game wins.

Penalties

Hockey penalties occur when a player has broken a rule. There are many different kinds of penalties, including: tripping, holding, and elbowing. When a player breaks a rule, they are sent off the ice. During this time, the other team has a power play. A power play is when one team has more players on the ice than the other team.