

HOCKEY

STICK HANDLING

1. Keep hands separated 8 to 12 inches on the stick. Right handed players keep the right hand in lower position; left handed players, the left hand.
2. Shots can be made with forehand or backhand.
3. Emphasize control and direction of the puck or ball; not distance.
4. Stick to be carried low at all times; in readiness to intercept shots of opponents, to pass to teammates, to seize opening for goal shot.
5. Do not make wide swings at the puck. Get in close, control the puck with the stick blade, pass to a teammate if he is in better position to score. Strive for speed, control and accuracy.
6. Wrist action is most important. A “flicking” motion is best for speed and accuracy. Hands, wrists, and forearm action control the stick most effectively.

PLAYING THE PUCK

1. Follow all shots; your own or others. “Rebounds” are as important in Cosom Hockey as in basketball. Goals are best shot when the goal keeper is off balance or out of position after blocking a shot.
2. Cosom Hockey is a TEAM game. Whether on the offensive or defensive, stay alert to pass to a teammate in better position to move the puck.
3. To dribble the puck, tap it with either side of the stick blade, to keep it in control and to move it in a straight line. Short, rapid taps keep the puck moving and prevent opponents from taking it away.
4. When passing the puck to a teammate, be sure puck goes just ahead of him, so he can take it on the run and catch opponents unprepared for his pass or shot. Short, rapid passes from one player to another are the most effective means of moving the puck down the floor.

INDOOR HOCKEY RULES

There are only 4 general playing rules: so the game can be taught in 15 minutes or less, even to the youngest players.

This is a game designed for strenuous activity and continuous play. Emphasis needs to be placed on playing the puck, not the opponents. Instruction in stick handling must firmly emphasize the stick be carried below the waist level at all times; this not only reduces danger of injuries by swinging sticks but also is essential to develop skill in dribbling, passing, and shooting.

Body checking must be absolutely forbidden, because of the danger of players being knocked to the floor or against the walls.

1. Playing area – Any gym that is laid out for basketball can be used (small gyms are recommended.)

Terms:

- Center line is the mid court line of a basketball floor.
 - Center circle is the basketball mid court jump circle. Play always starts from the circle and after goals or after roughing fouls or misconduct.
 - Goal is an area 2' X 6' which can be laid out with rubberized tape and is centered at the ends of the gym. (Hockey nets are recommended)
 - The goal box is a restraining line 4' X 8' around goal for the protection of the goalie.
2. The team – Each team consists of 6 players (more in our classes)
 - 1 goalkeeper who stops shots with hands, feet, or stick
 - 1 center who is the only player allowed to move full court and who leads offensive play, the center has his stick striped with black tape
 - 2 guards who cannot go past center line into offensive area and whose responsibility it is to keep the puck out of their defensive half of the floor
 - 2 forwards who work with center on offensive play and cannot go past center line into their defensive area
 3. The game – A game consists of 2 periods, 7 minutes each with 7 minute rests between periods.

FOULS

1. Roughing fouls
 - a. Slashing whether contact with an opponent is made or not
 - b. Contact with opposing player when the stick touches him above the waist
 - c. Contact with Goalie while in Goal Box (Crease)
 - d. Pushing
 - e. Blocking with body
 - f. Tripping or any other action considered dangerous to other players
 - g. The flat or horizontal swing
 - h. No high sticking above the shoulder

ADMINISTRATION OF FOULS

1. Player who is charged with a roughing foul or misconduct, must sit out that period. Team must play short-handed for this period.

SCORING

1. Under no circumstances can a goal be counted on a foul or with offensive players in Crease (goal box.)
2. Puck can deflect off player or equipment, but cannot be kicked into goal.
3. Anytime the puck touches the goal line