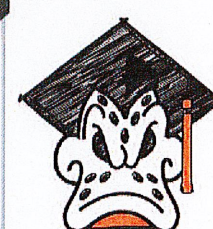
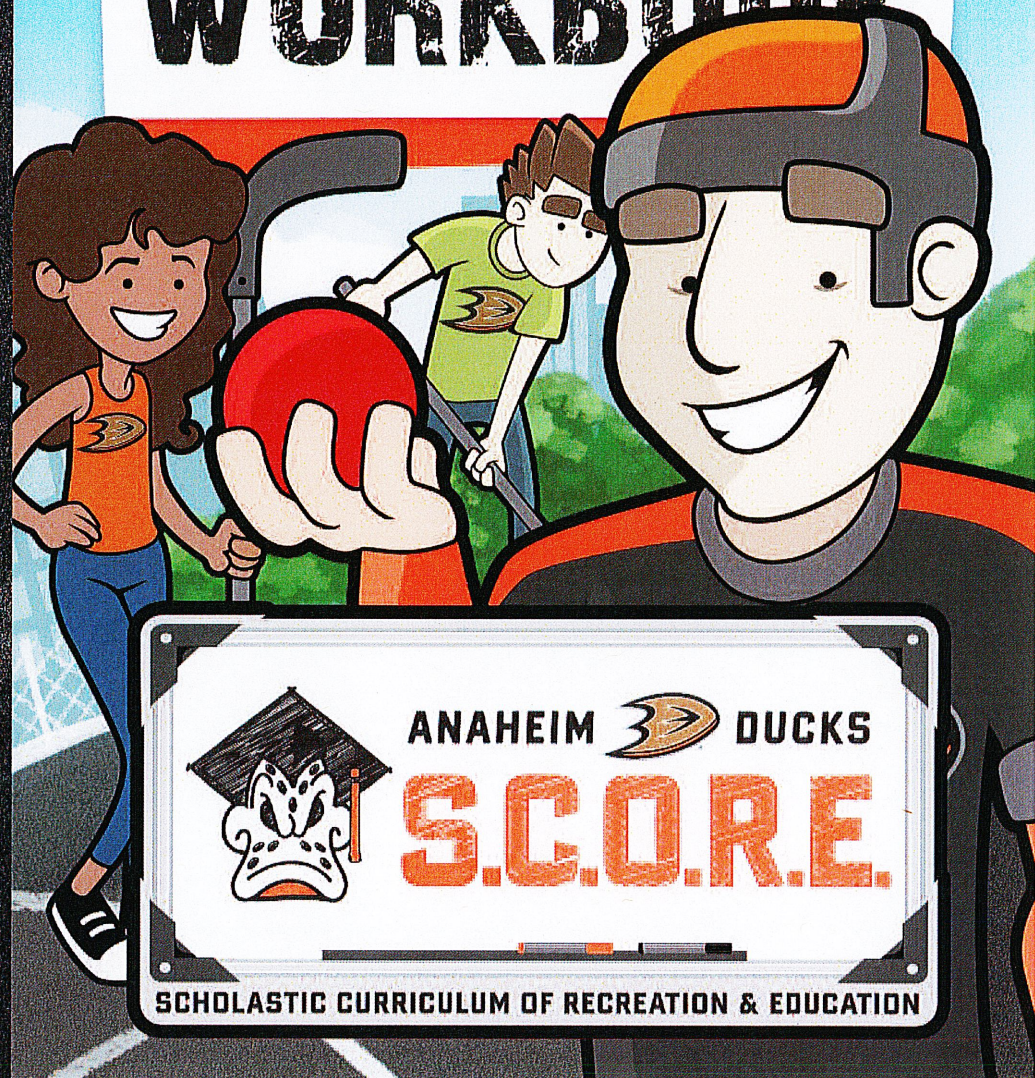


STREET HOCKEY STUDENT WORKBOOK



ANAHEIM  DUCKS
S.C.O.R.E.

SCHOLASTIC CURRICULUM OF RECREATION & EDUCATION

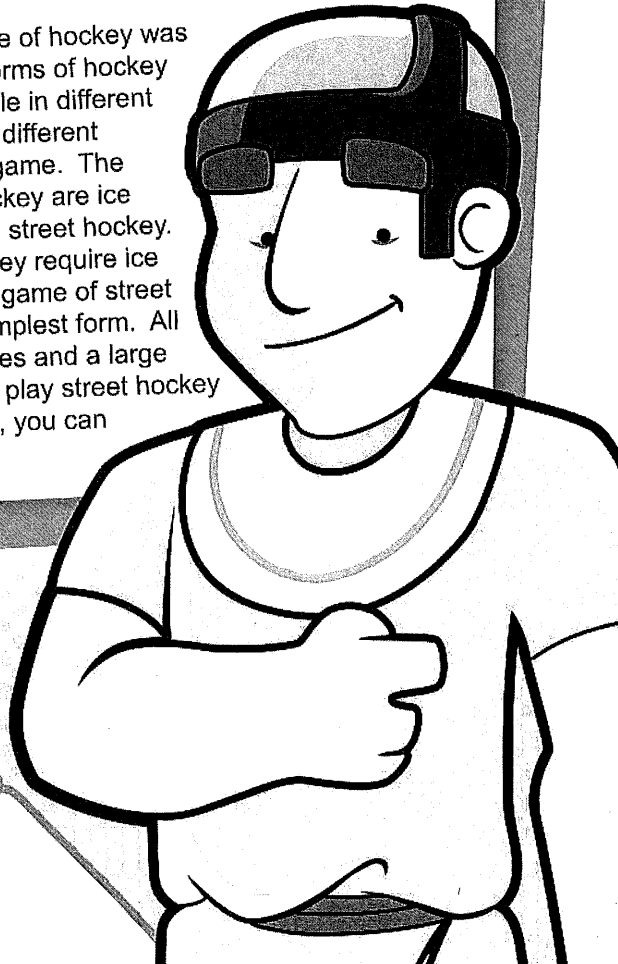


WHAT IS STREET HOCKEY?

Hockey is considered to be one of the earliest "stick and ball" games. In ancient times, Egyptians, Greeks, Persians, Romans, and Arabs all played similar games to hockey. It wasn't until the 1800s, though, when the game of hockey as we know it today was created by British soldiers stationed in Canada.

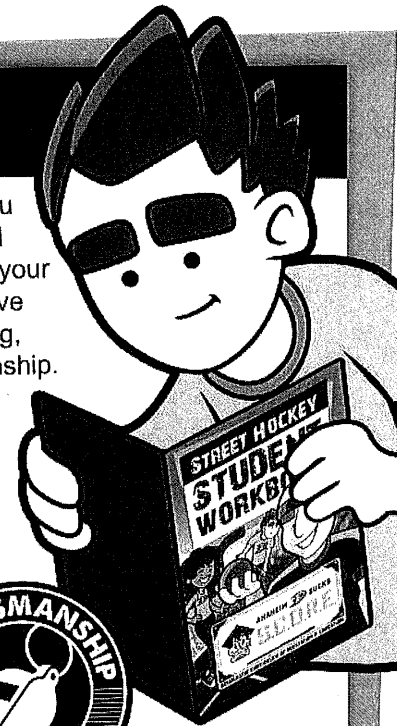
GAME ON!

Although the modern game of hockey was developed on ice, many forms of hockey were created so that people in different geographical regions with different climates could enjoy this game. The most popular forms of hockey are ice hockey, roller hockey, and street hockey. While other forms of hockey require ice or inline roller skates, the game of street hockey is hockey in its simplest form. All you need are athletic shoes and a large playing surface. You can play street hockey anywhere, and best of all, you can play it all year long!



SKILL BADGES

In order to become a Street Hockey expert, you are going to have to develop new skills that will help you succeed on and off the rink. To fill up your trophy case, you will have to show that you have mastered each of these five skills: stickhandling, passing, shooting, goaltending, and sportsmanship.



There are a couple of ways to earn your Skill Badges. But, no matter how you get them, it is going to require some hard work on the street hockey rink and at home. Here's how you get them:

1. PLAY HARD. PLAY SAFE.

During every PE lesson, you will have the chance to demonstrate each new skill that you have learned. So, listen to your teacher and don't slack off during class! Get your skills down so that you can earn those badges!

2. BE A BOOKWORM

In this workbook, there are five quizzes about hockey and only hockey. To answer the questions, you're going to have to read this workbook.

THE BASICS

The following pages will take you through the basics of the game. Having a good idea of what the rules and fundamental concepts of the game are will help prepare you to play it. So, before you pick up a stick, we'd encourage you to spend some time reading this guide. You'll be an expert in no time at all!

1. OBJECT OF THE GAME

The object of the game is simple... put the ball in the other team's net. Using your stick, pass and shoot with your teammates to score a goal. The team with the most goals at the end of a given time frame is deemed the winner. Did we mention you should be having fun doing this?

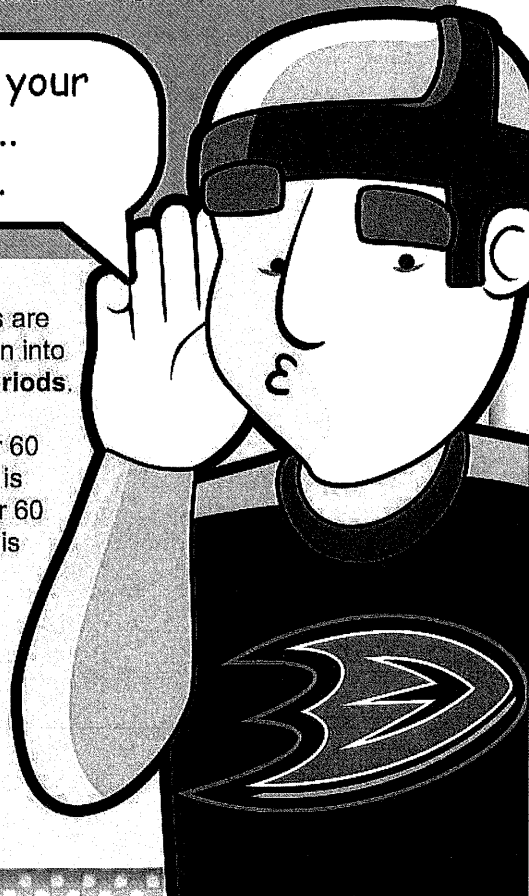
Pssst! It's okay to ask your teacher questions... a lot of questions.

2. TIME

Official street and ice hockey games are 60 minutes long. The game is broken into three 20-minute segments called **periods**.

Now, what if the teams are tied after 60 minutes? Good question! **Overtime** is played if the two teams are tied after 60 minutes of regulation play. During this overtime period, the first team that scores, wins!

What if they are still tied? Another good question! **Shootout!** Teams select multiple players and a goalie to see who scores the most over three rounds. (More rounds may be necessary if they are still tied!)



3. PLAYING SURFACE

Street hockey can be played on almost any flat indoor or outdoor surface.

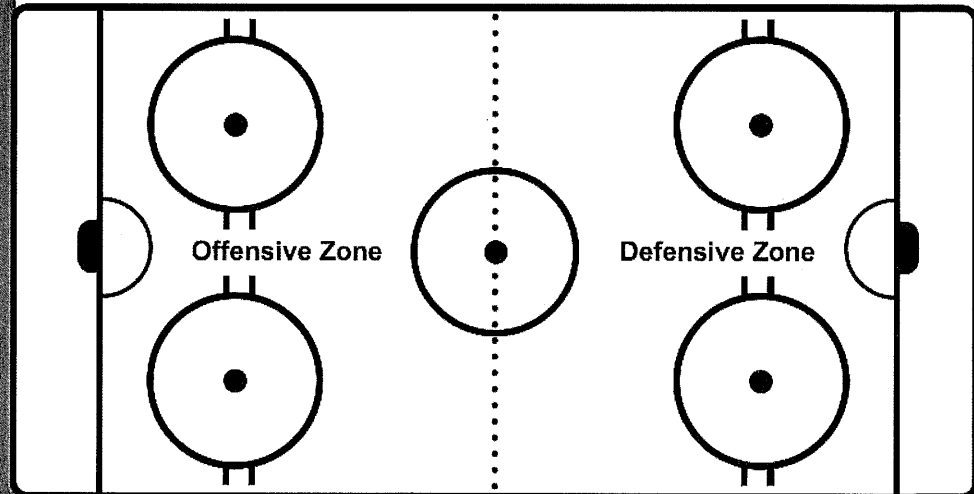
- Net-less tennis courts
- Blacktop playgrounds
- Basketball courts
- Multi-purpose rooms or gyms (Don't scuff the floor!)

You may have seen an ice hockey rink before. While there are many similarities, check out the diagram below to see what's different about a street hockey rink.

THE RINK

4. ZONES

Street Hockey rinks are divided into two sections: a **defensive zone** and an **offensive zone**.



5. OUT-OF-BOUNDS

If the ball is shot, passed or moved outside the established rink boundaries, it is **out-of-bounds**.

LET'S PLAY SOME HOCKEY

DAYS 1 & 2

Stickhandle, pass, shoot, score! These are things you will learn over the next few days as you transform from student to superstar! (Well, maybe you'll just learn how to play hockey) Either way you're going to have some fun. So, listen up and try your best!

SAFETY

How to play hockey safely is the most important thing you will learn over the course of these lessons. Your well-being and the safety of your teachers and classmates is the key to success in street hockey. Remember to treat each other with respect by playing hard and playing safe!

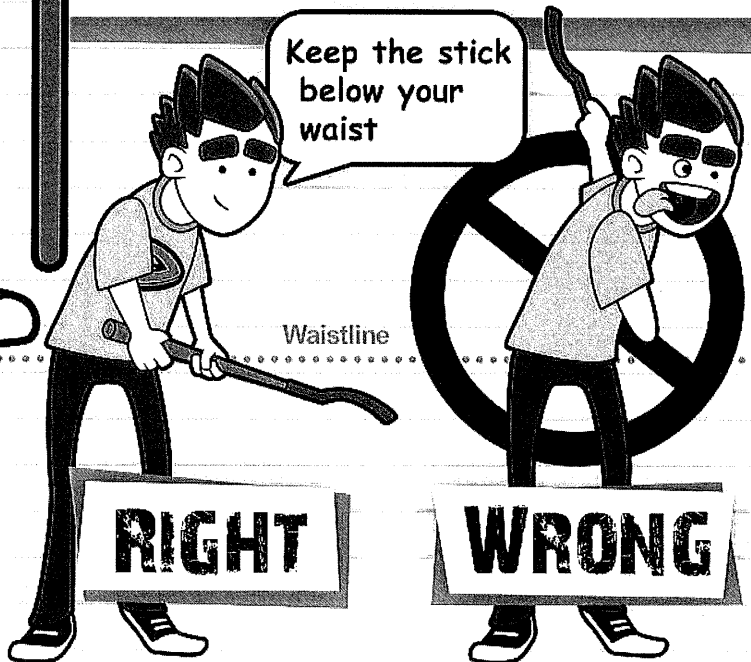
When passing and shooting keep the stick below your waist at all times. Remember that a high-sticking penalty will be called anytime the blade of your stick goes above your waist.

Keep the stick below your waist

Waistline

RIGHT

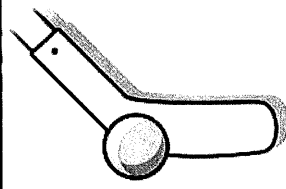
WRONG



HOCKEY STICK AND HOCKEY BALL POSITIONING

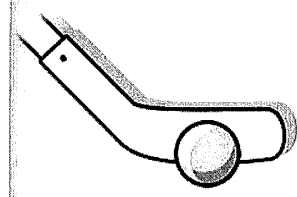
END

BALL ON HEEL



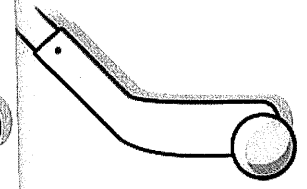
The heel of the stick is the part where the blade of the stick meets the shaft of the stick.

BALL IN MIDDLE



The middle of the stick is where the blade of the stick has the most curvature.

BALL ON TOE



The toe of the stick is located at the very end of the blade of the stick.

SHAFT

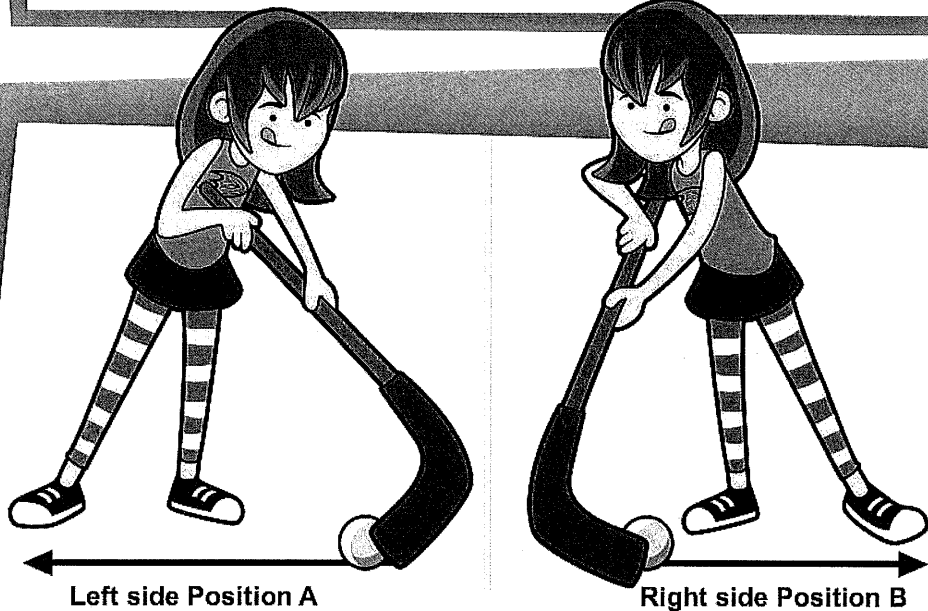
Be sure to remember these terms. When you begin to learn how to pass and shoot the ball these terms will become very useful. Most importantly, it will make the game more exciting for you!

BLADE



STICKHANDLING

Stickhandling is like dribbling in the sport of basketball. This skill will help you maintain possession of the ball while you move it around the rink. It's a bit tricky at first but you'll get the hang of it by following these steps:



- 1) • Place your feet shoulder width apart.
 - Keep your head up (Hard? We know! Don't worry. Once you see the ball on your stick blade you'll be able to "feel" it as you move it).
 - Relax your hands (Don't squeeze the stick until your knuckles turn white).
 - Pay attention to the ball (Speed is not important...right now).
- 2) Start with your stick and ball in **Position A** (above).
- 3) Slide the ball, in a sweeping motion, to the other side of your body.
- 4) As the ball rolls, lift your stick blade over the ball and "catch" it the back side of the blade **Position B**.
- 5) Reverse this motion and bring the ball back to **Position A**.
- 6) Repeat! Move the ball back and forth until you don't need to look down anymore.
- 7) Relax your hands and pay attention to the ball. (Slow down when you need to, speed is not important).

PASSING

DAY 3

Like grown-ups always say, "SHARE!" In hockey, it's no different. Passing the ball between teammates leads to success and fun. When you share the ball, you'll have more chances to score!

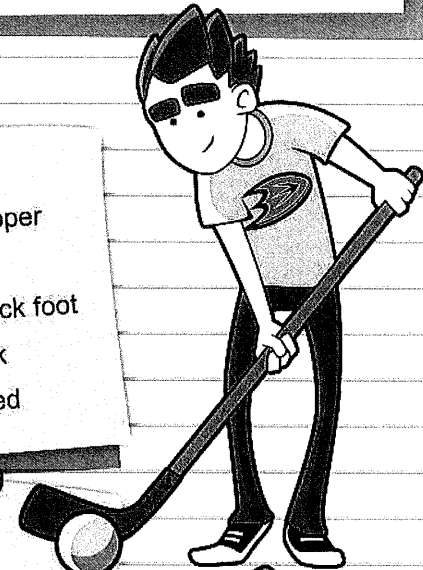
GIVING A PASS

1) SET UP

- Stickhandle the ball to get into proper starting position
- Ball positioned at or near your back foot
- Ball positioned at the heel of stick
- Arms, wrists, and grip stay relaxed

2) FOLLOW THROUGH

- Follow through directly at your target
- Keep your head up
- Keep your follow through low



RECEIVING A PASS

- Stick is well out in front of your body to receive pass
- Soft hands allow stick to cushion the pass and take control of the ball

