

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions and puzzles.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Ice hockey is a physically demanding sport that often seems brutal and violent from the spectator's point of view. In fact, ice hockey is often referred to as a combination of blood, sweat and beauty. The game demands athletes who are in top physical condition and can maintain nonstop motion at high speed.

HISTORY OF THE GAME

Ice hockey originated in Canada in the 19th century. The first formal game was played in Kingston, Ontario in 1855. McGill University started playing ice hockey in the 1870s. W. L. Robertson, a student at McGill, wrote the first set of rules for ice hockey. Canada's Governor General, Lord Stanley of Preston, offered a trophy to the winner of the 1893 ice hockey games. This was the origin of the now-famed Stanley Cup.

Ice hockey was first played in the U. S. in 1893 at Johns Hopkins and Yale universities, respectively. The Boston Bruins was America's first NHL hockey team. Ice hockey achieved Olympic Games status in 1922.

Through the years, ice hockey has spawned numerous trophies, including the following:



NHL TROPHIES AND AWARDS

Art Ross Trophy: First awarded in 1947, this award goes to the National Hockey League player who leads the league in scoring points at the end of the regular hockey season.

Bill Masterson Trophy: An award given to the player who participates in at least 50 games and best demonstrates the qualities of perseverance, sportsmanship and dedication.

Calder Trophy: An annual award given to the player who becomes the most proficient in his/her first year of competition.

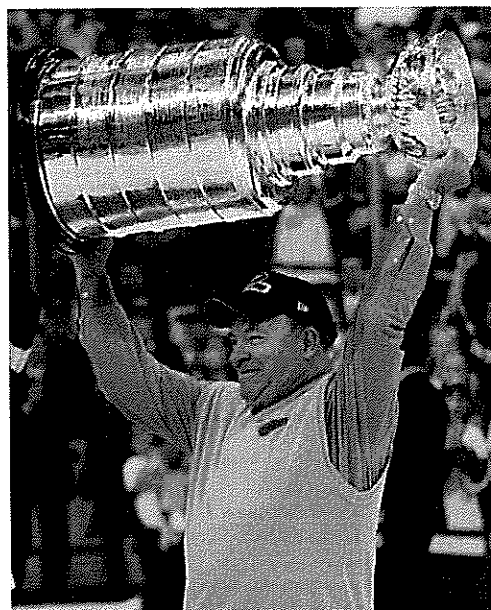
James Norris Trophy: A trophy given to the defense player demonstrating the best all-around ability during the season.

Lady Byng Memorial Trophy: First presented in 1925, this award goes to the player who has exhibited a high standard of playing ability along with good sportsmanship and “gentlemanly” (or presumably, “ladylike”) conduct.

Lester Patrick Trophy: An award which can be presented to a coach, a referee or a player for outstanding service to hockey in the United States.

Stanley Cup: A prestigious annual award given to the team winning the National Hockey League’s final playoffs.

Vezina Trophy: An award given in honor of Canadian George Vezina to the year’s top goaltender.



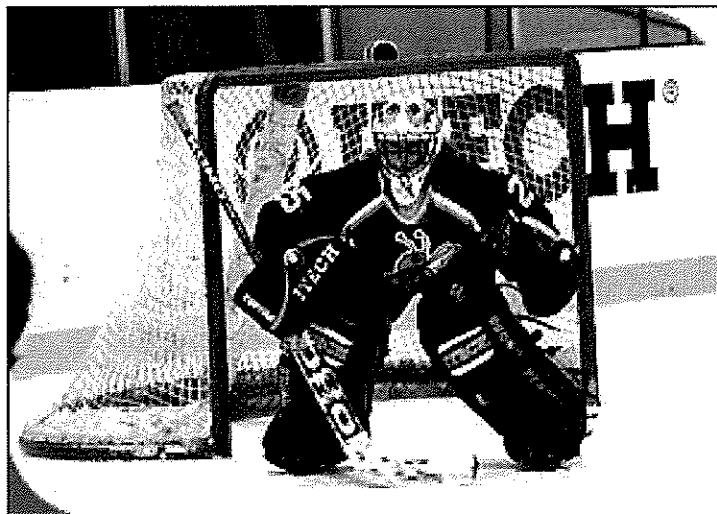
HOW THE GAME IS PLAYED

Ice hockey requires players to be in outstanding condition, both mentally and physically. Upper body strength is important in hockey. The player’s hands and arms **MUST** move quickly in order to pass and shoot well. A feel for “precision passing” is essential for passing while skating fast.

A well-developed lower body is necessary for ice hockey players. A strong lower back and legs are musts for balance and skating performance.

BASIC CONCEPTS

The object of ice hockey, simply put, is for one team to score points by hitting the puck into the opposition's goal cage. In order to score, the puck must go across the goal line, a two-inch red line placed between the goalposts. The goals are located at each end of the ice rink. The puck, which is made of black rubber and weighs six ounces, can move up to 100 miles an hour. The hockey stick, which is used to push the puck, is made of wood. For professional-level games, the hockey stick cannot exceed 55 inches in length.



The ice rink is divided into three sections: two end zones and a center zone. The zone line, or blue line, is placed 60 feet from each goal across the width of the rink. The red line, or center line, is placed exactly in the middle of the rink, between the two blue lines. The area between the blue lines is called the neutral zone.

The ice rink also contains nine face-off circles. The face-off spot is used to restart play after it has been stopped. One player from each team face each other in an attempt to hit the puck to another team member. The largest face-off circle is in the neutral zone and is 30 feet in diameter.



ICE HOCKEY RULES

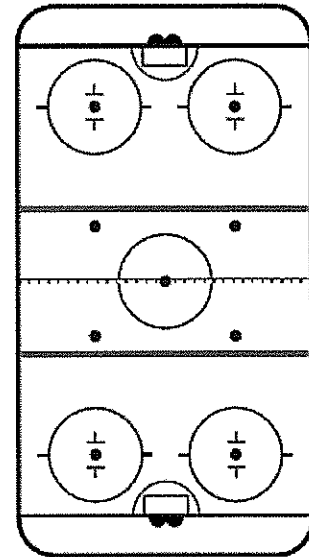
The game is divided into three play periods of twenty minutes each. Eighteen to twenty players make up a team, including up to four forward lines, three pairs of defensemen and two goalkeepers (“goalies”).

Ice hockey is unique among team sports because a player can be replaced at any time during the game. Changing players “on the fly” can sometimes cause problems, however. A team can end up receiving a penalty if it has too many players on the ice at any time.

Two of the most important rules in hockey concern offside and icing. Each of these situations can stop play and cause a face-off.

Offside can occur in two different ways: (1) if a puck does not precede the player into the attack zone, or the area between the blue line and the opposite team’s goal and (2) if a puck crosses over any two lines on the ice as a pass from one player to another.

Icing occurs when a team shoots a puck from between the red center line and its own goal all the way to the other team’s end of the rink. If the puck passes the other team’s red line and is touched by the opposition team, “icing the puck” is ruled. A face-off then occurs nearest to the goalie of the team that iced the puck.



THE POSITIONS

The **goalkeeper** or “goalie” has to keep the puck from entering his/her team’s goal cage. The goalie has to be a versatile player in order to field every type of shot. Also, he or she must keep an eye on the puck at all times. This can be especially difficult if there is a group of players in front of the goal cage. The most difficult areas to defend are the top and bottom corners.

The goalie can block with any part of his/her equipment and may grab the puck with the glove. The goalie is the only player allowed to do so. Goalies wear extra padding and special safety equipment during play.

The **defensemen** are the two players situated on either side of the goalie. They are there to assist him or her.

The three **forwards** start the game by lining up near the center of the rink. They are considered the team’s offense. Actually, one of the forwards is called “a center” while

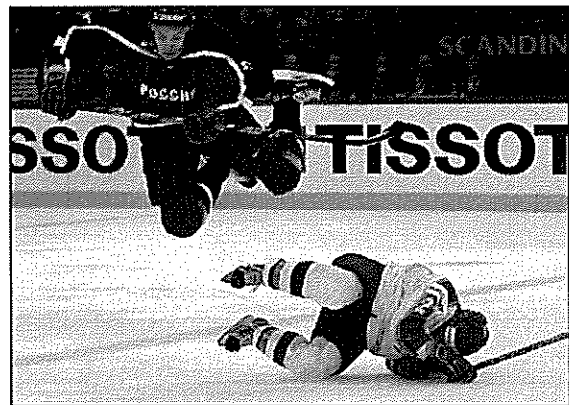
the other two are called “the left winger” and “the right winger.”

The three forwards are responsible for moving into the offensive zone and scoring goals. While concentrating on the offense, they also check and guard the opposition. The two types of checking are back checking (done in the defensive zone) and forechecking (done in the offensive zone).

PENALTIES

The two-minute minor penalty is one of the most common penalties in ice hockey. It is given for holding, tripping, charging, elbowing, hooking and/or general interference. A player who engages in any one of these types of behavior is pulled off the ice by the referee and is made to sit in the penalty box.

A major penalty involves serving five minutes in the penalty box. It occurs when a player fights with or injures an opponent. Ten minutes in the penalty box is recommended for players who are combative with the game’s officials, especially if they use abusive language. Players are sometimes expelled from the game if they join a fight in progress.



The goalie is exempt from serving penalties. If a goalie commits an act punishable by penalty, another team member will serve that penalty instead of the goalie.

PLAYING TECHNIQUES AND DEFINITIONS

Although ice hockey is a fairly easy game to understand, many of the terms associated with the game may be confusing to the spectator. For example, the term “hat trick” means that an individual scores three goals in one game. Below are some definitions that will enable anyone, player or non-player, to better appreciate the game of ice hockey:

ASSIST

A player passes the puck to a teammate, who scores a goal. Only two players can be credited with assists on any single goal.

ATTACK ZONE The area between each team's blue line and the goal line.

CROSS-CHECK An opponent is hit with the stick while the other player's hands are on the stick and no part of the stick is on the ice. This move is considered illegal.

FOLLOW-IN After a shot has been made, the player should move toward the goal so that he or she is in a position to handle a rebound.

FORECHECK An opponent is checked in his or her own defensive zone and is prevented from starting an offensive rush.

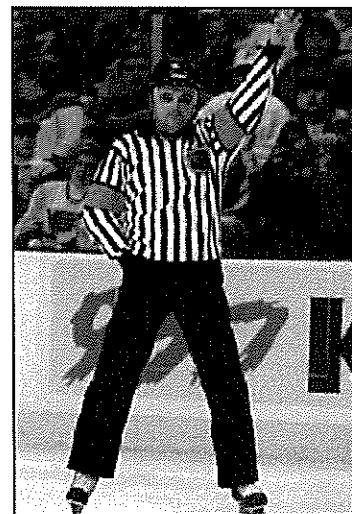
FREEZE THE PUCK The puck is hidden from the referee's view when it is pressed against the boards by a player's stick or skates.

GOAL CREASE The four-foot by six-foot area in front of the goal which is marked with red lines. An offensive player without a puck may not stay inside the goal crease; when the player passes the puck, he or she may skate inside the crease.

HIGH STICK An illegal move that can cost a player a penalty, including fines. "High stick" means carrying the hockey stick above the shoulders.

MATCH PENALTY Any penalty/series of penalties that cause(s) a player to be prohibited from playing for the remainder of the game.

PENALTY SHOT A shot awarded to a player who has the puck and is about to shoot but is tripped or fouled from behind.



SHORT HANDED

A condition that exists when a team must play with one less player because of a penalty.

SLAP SHOT

A hard stroke in which the stick hits the ice behind the puck and causes the puck to leave the ice.

SLASHING

An illegal move in which a player swings the stick at an opponent.

WRIST SHOT

A pass which is not as fast as the slap shot but still forces the puck to skim over the ice with great speed.

EQUIPMENT AND CLOTHING



Basic equipment includes a puck, a stick, a goalcage, sturdy iceskates and a variety of protective gear such as gloves, helmets, face guards, shin guards, and other padding. Some players wear safety goggles, especially if they ordinarily wear glasses.

Uniforms include insulated sweatshirt-like or sweater-like upper garments worn under team colors and numbers, insulated undergarments and shorts that fit over insulated pants and legwear.

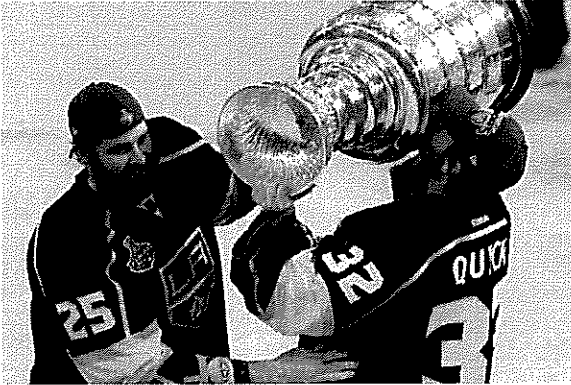
HOCKEY NOTES AND NEWS (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

The 2012 Stanley Cup Final was the championship series of the National Hockey League (NHL) 2011–12 season, and the culmination of the 2012 Stanley Cup playoffs. This was the 119th year of the Stanley Cup. The Western Conference playoff champion Los Angeles Kings defeated the Eastern Conference playoff champion New Jersey Devils four games to two, capturing their first Stanley Cup title in team history. Kings goaltender Jonathan Quick was awarded the Conn Smythe Trophy as the Most Valuable Player of the playoffs.



The 2012 Finals ended a long Stanley Cup Finals appearance drought for the Los Angeles

Kings, who had appeared in the Finals only once in franchise history, in 1993, when the Wayne Gretzky led Kings lost to the Montreal Canadiens in five games. The New Jersey Devils last appeared in 2003 when winning the championship.



The Eastern Conference winner had home ice advantage for the first time since 2006, since the Devils had a better regular season record than the Kings. The Devils were the lowest-seeded team to have home-ice advantage in the Stanley Cup Finals, a record previously held by the Devils when they won the Cup as a fourth seed in 2000. The Kings became the first eighth-seeded team to win the Stanley Cup since the conference-based seedings were introduced in 1994.

Olympic Results: Men

Ice hockey is also an Olympic sport. Superstar Sidney Crosby scored the winner in overtime as Canada won the 2010 Olympic title, beating the United States 3-2 to become the first host nation to capture men's hockey gold in 30 years.

Crosby got the winning goal 7:40 into the overtime period, taking a pass from Jarome Iginla and sliding a shot under the pads of US goaltender Ryan Miller.

"It doesn't even feel real. It feels like a dream," said Crosby as Canada clinched a record eighth Olympic men's hockey gold.

"Our team worked really hard in regulation time and they got that one by us in the end. But we came out in overtime and this is just an unbelievable feeling." Canadian forward Patrick Marleau added: "It is unbelievable. I have never felt something like this before. As far as hockey goes it is the best moment I have ever had."



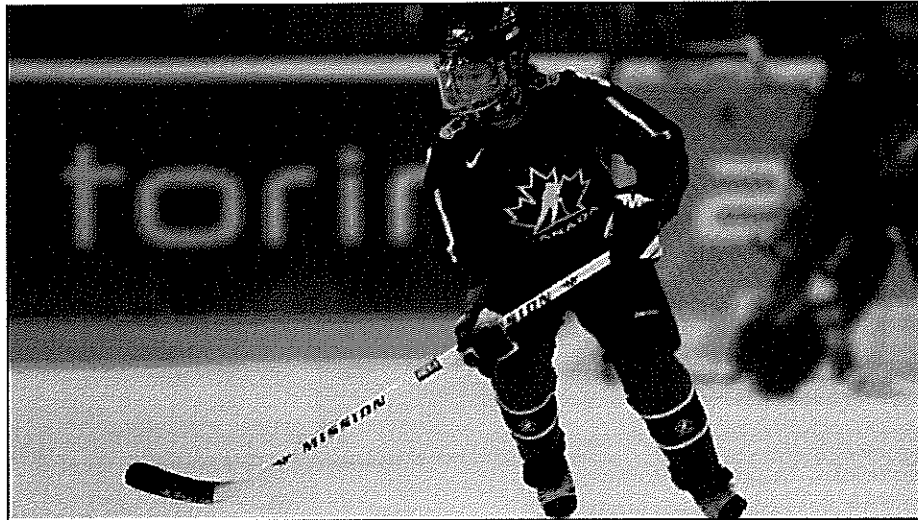
Crosby was held off the scoresheet for most of the tournament but he has a knack for scoring dramatic goals. Earlier in the tournament he scored the game winner in a shootout as Canada beat Switzerland 3-2 in the preliminary round.

Jonathan Toews and Corey Perry had earlier given Canada a 2-0 lead before the US

fought back, equalising with just 24 seconds left in regulation time.

Goalie Roberto Luongo was superb, making 34 stops for Canada who became the first host to win an Olympic final since the US triumphed at Lake Placid in 1980.

Ryan Kesler and Zac Parise scored for the US who suffered their first loss of the tournament after five straight wins.



Olympic Results: Women

Canada captured a third consecutive Olympic women's ice hockey title in 2010, defeating arch-rival United States 2-0 in an emotional championship match on home ice.

"It was special to do it at home," Olympic all-time scoring leader Hayley Wickenheiser said after her third gold medal.

"They have all been sensational. This one wasn't pretty but we gutted it out and we got the job done."

Marie-Philip Poulin scored twice in the first period and goaltender Shannon Szabados made 28 saves to bring Canada the victory and bragging rights in a border war arch-rivalry between the sport's only two women's powers.

"We played a great game and this is an incredible moment," Szabados said. "It was unbelievable. I just had to be calm and poised. I just tried to relax and have fun. You always want to be confident out there."

The Americans, two-time reigning world champions, settled for a silver medal while

Finland took bronze with an earlier 3-2 overtime triumph over Sweden.

Keep updated on hockey events on the web at these web sites:

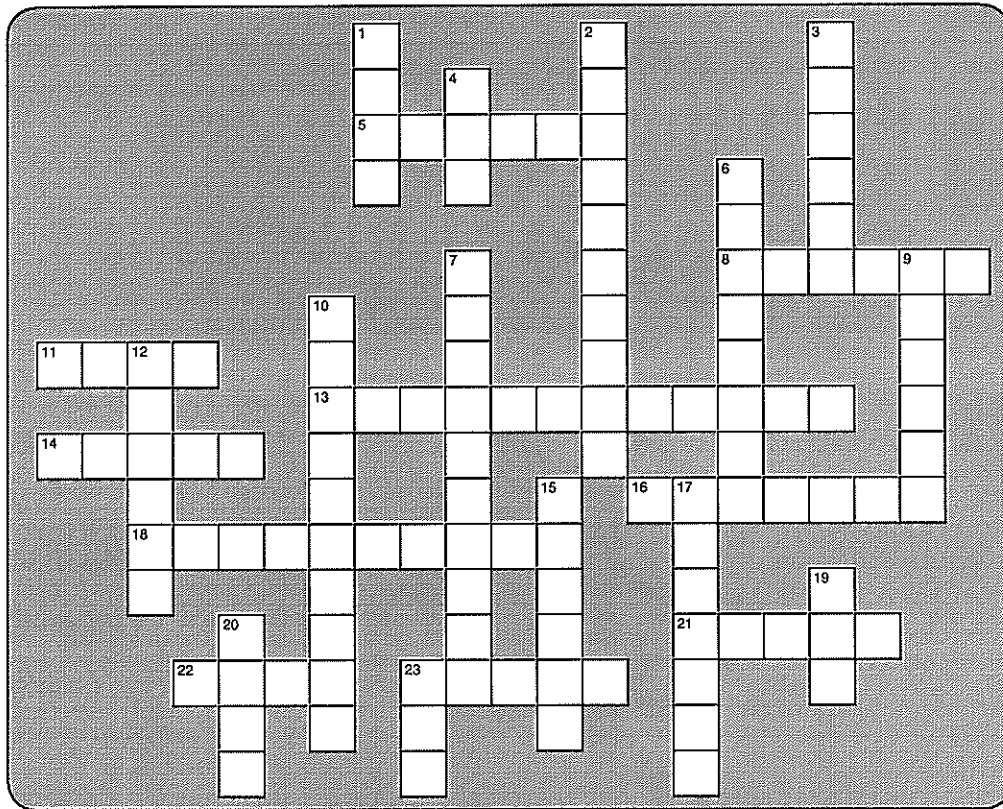
<http://nhl.com/>

<http://sportsillustrated.cnn.com/hockey/nhl/>



Name: _____ Date: _____

Physical Education 23 Crossword



Across:

- 5. Took home the gold in 2010 Ice Hockey Olympics
- 8. Passing the puck to a teammate who scores the goal
- 11. This shot causes the puck to leave the ice
- 13. A type of checking
- 14. This penalty prevents a player from finishing the game
- 16. Some players wear them to protect their eyes
- 18. This check involves the stick
- 21. The main tool of the hockey player
- 22. Number of minutes for a major penalty
- 23. Number of sections in an ice hockey rink

Down:

- 1. To score, one needs to get this into the goal
- 2. This player guards the cage
- 3. The first US NHL team
- 4. Number of center zones
- 6. When a player swings a stick at an opponent
- 7. Century in which Canadians invented ice hockey
- 9. This part of the uniform is ironic
- 10. These players play closest to their own goal
- 12. Zone between each team's blue line and goal line
- 15. Necessary for a game of ice hockey
- 17. What happens when the player crosses the blue line before the puck
- 19. Hockey is played on it
- 20. If one carries the stick above the shoulders the ref might call a _____ sticking penalty
- 23. Number of end zones

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

- | | | |
|----------|------------|------------|
| Hockey | Passing | Defensemen |
| Ice | Puck | Forwards |
| Canada | Goal | Offside |
| Preston | Stick | Icing |
| Bruins | Circle | Hooking |
| Slashing | Goalkeeper | Penalties |
| Skating | | Assist |