

Learning The Game – Section One

The Rink

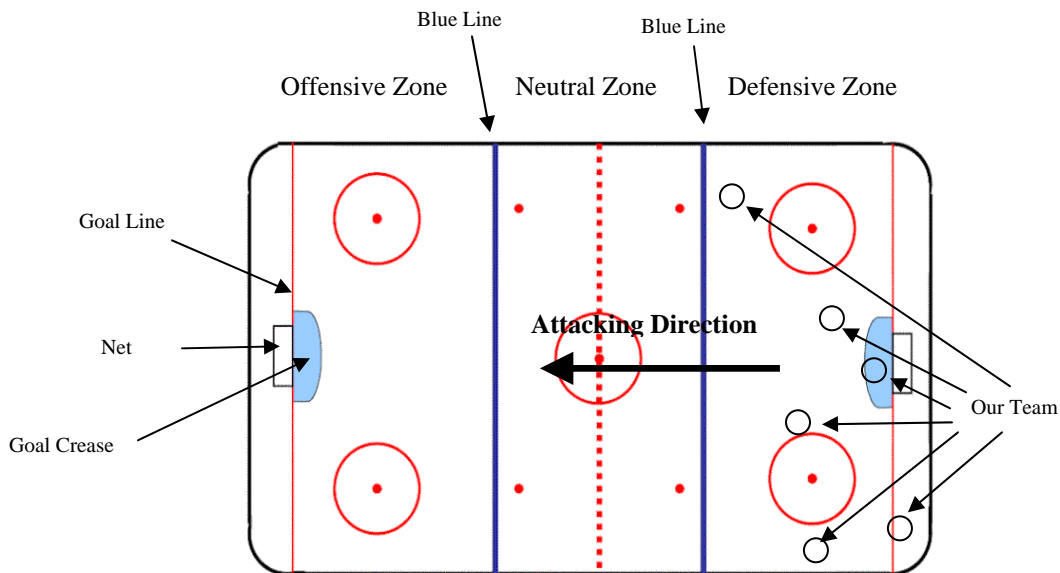
The Rink is 85 feet wide by 200 feet long.

It is divided into three sections, The Defensive Zone, The Neutral Zone, The Offensive Zone.

The Zones Are Divided by the two bluelines. The Neutral Zone is always in the middle. The offensive zone and defensive zone depend on which way the team is playing. Your defensive zone is where the net you are defending is located. Your offensive zone is where the net you are trying to shoot in is located.

At each end is a red goal line. Each net sits on the goal line.

The blue box you see in front of the net is called the Goalie's Crease. This is considered the Goalie's space and no player can enter this space before the puck does.



Face Off Dots – Play is always started by holding a face-off where two players compete for a puck dropped on the ice. There are nine face off dots painted on the ice where most face offs occur. The face off dot in the very center of the rink is called “Center Ice”

The large red circles at center ice and in the corners are there to make sure no players get too close to the two players who are competing for the face off.

Playing Positions

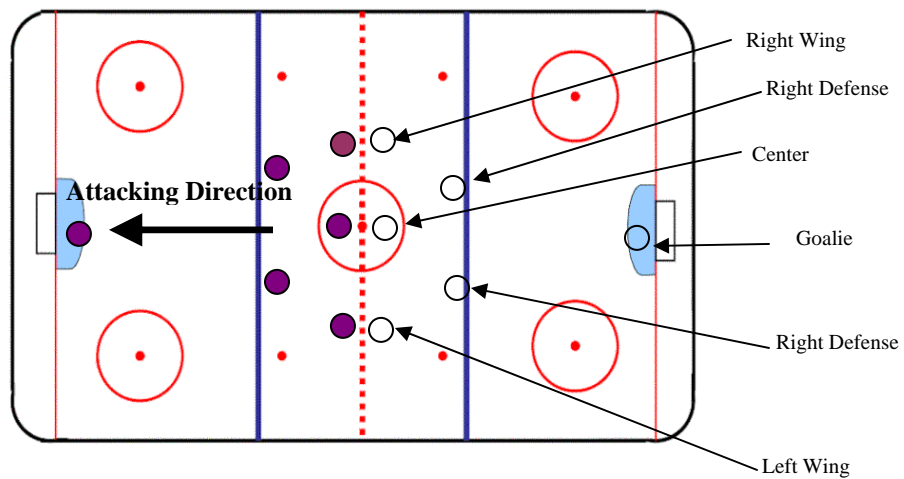
There are six players per team on the ice at any time. Three players called Forwards, Two players called Defense and a Goalie who protects the goal.

Forwards – Of the three forwards, there is a Right Wing, A Center, and a Left Wing. The first job of the forwards is to move the puck down the ice and put it in the other team's net, their second job is to help keep the puck out of their own net.

Defense – There is a Left Defense and a Right Defense. The first job of the defense is to keep the puck out of their net and to move the puck out of the Defensive Zone. The second job of the defense is to help put the puck in the net of the other team.

Goalie – The goalie stays in front of the net and her first and only job is to keep the puck out of her net.

When starting play with a face off, the Center is the person who competes with the other team's center for the dropped puck. Below is a picture of how the team lines up for a face off.



Lining up at another face off dot.

