



## HOCKEY "101"

### Hockey Slang

- **apple:** An assist, or a pass or deflection that causes a teammate to score a goal.
- **bar-diddle:** a shot that first hits the crossbar and then enters the goal
- **bender:** A mocking term to refer to a player who bends their ankles while skating, which is a sign they don't have proper skating technique.
- **biscuit:** The puck.
- **celly:** A celebration following a goal.
- **chirp:** To talk trash to opponents.
- **clapper:** A slapshot (see below).
- **duster:** A player who doesn't see much gametime. Instead, they "collect dust" on the bench.
- **flow:** A hockey player's hair.
- **gongshow:** An exciting hockey game. In particular, the term *gongshow* is often used to refer to a game with a lot of penalties, mistakes, and/or fights.
- **pylon:** A defending player who doesn't move much.
- **sieve:** A goaltender that allows a lot of goals.
- **top shelf:** The area in the goal below the top crossbar and above the goalie's shoulders. This area and shots made within it are also referred to as *cheese* or *top cheese*. A *top shelf goal* is particularly difficult to make successfully, so it is considered to be an impressive feat.

### The Positions and Players

In a game of hockey, all of the players on a team—barring one—are allowed to skate all over the ice. During a game, players will often switch places and go wherever they can be most helpful to the team at the current moment. That being said, there are still six particular positions that are commonly recognized in a game of hockey. These are:

- **center:** This player begins in the middle of the rink and handles faceoffs. The center's role is both offensive and defensive and will generally skate all over the ice depending on who has possession of the puck and in what area of the ice.

- **right and left wing:** The wings, also called *wingers*, line up to the left and right of the center. These two players typically are primarily offensive, but will have specific responsibilities in the defending zone. Because of this, the wings and the center are also often referred to as *forwards*.
- **right and left defense:** As their names suggest, the defensemen typically stay back and help defend the goal or recover rebounds. At times, one or both of the defense may move up to shift to offense. This is especially likely to happen during power plays when the team has a player advantage.
- **goaltender (Goalkeeper):** The goaltender, commonly called a *goalie*, typically stays close to the goal and prevents the puck from entering the goal for a score. The goaltender wears different equipment from other players and has different rules about touching and grabbing the puck.

## The Game

- **assist:** A player is credited with an assist if their pass or deflection causes a teammate to score a goal. If multiple players pass the puck to each other before scoring, all of the contributing players are credited with an assist.
- **breakaway:** A situation in which the player with the puck only has the goaltender stopping them from scoring a goal.
- **check:** A general term for when a player makes contact with a player with the puck in order to try to disrupt their play or cause a turnover. Checking can often involve violent crashes or a player being slammed against the boards. According to the checking rules, contact above the shoulders or from behind is not allowed. Proper technique of a check should always start with stick on puck in an effort to gain possession of the puck or to cause the opponent to lose possession of the puck).

### Did you know ... ?

The term *body check* is used to refer to a check in general. Other terms, such as *hip check* or *shoulder check*, are used to refer to how one player specifically checks another.

There are also checks that occur using the stick, such as a poke check (using the stick to knock the puck off of the opponent's stick) or a stick check (making contact with the stick to the lower portion of the opponent's stick forcing them to lose possession of the puck).

- **Backcheck:** this is a critical part of the game where the forwards are working just as hard to get back and support the defensemen as they would work to score a goal. It requires hustle, hard work and the ability to read the play and their defensive partners to pick up an potential open opponent and prevent them from scoring.
- **deke:** A *feint* maneuver in which a player gets an opponent out of position so they can get by them. Typically, a *deke* is performed by feinting to one direction before quickly moving in another. The word *dangle* is also used to refer to a fake out, and a deke is one kind of dangle.

- **face-off:** The moment when play begins or resets, signaled by the referee dropping the puck between the sticks of the two centers (typically) in the middle of the rink.
- **fore-check:** a strategic method to attack the opponent who has possession of (or there is a loose puck) in the attacking zone that forces the opponent to give up possession of the puck and create a scoring opportunity for the attacking team. This may include a 1-2-2, 2-1-2, or even 2-2-1 plus other variations.
- **hand pass:** A situation in which a player uses their hand to stop or catch the puck in midair to halt its momentum. A player is only allowed to do this in their defensive zone, otherwise play is stopped and reset with a face-off.
- **hat trick:** A situation in which one player scores three goals in a single game. When a hat trick occurs, excited fans will often throw their hats on to the rink.
- **icing:** icing occurs when a team shoots the puck from behind the center red line and it crosses the opponent's goal line with not opportunity for the opponent to play the puck. The icing is completed if the defending team was determined to be the first team to be the first team to play the puck - if the attacking team was going to win the race to the puck or the goalkeeper leaves their crease area (the blue paint), the icing will be waved off. If called, the resulting face-off takes place in the defending zone of the team that shot the puck.
- **Offside:** an attacking player cannot precede the puck into their attacking zone (across the blue line) and when they do, it is considered offside and a face-off will take place in the neutral zone. The exception is if the puck does not go directly to an attacking player, the offside will be delayed and the attacking team has an opportunity to have all players clear the zone and allow play to continue.
- **power play:** A situation in which one team has a player advantage over the other due to an opposing player being sent to the penalty box. Teams will often capitalize on this advantage by aggressively playing more offensively.
- **puck possession:** the fundamental basis of the game is to establish possession of the puck and/or prevent the opponent from gaining possession. If you have the puck, you have an opportunity to score, but more importantly, the opponent cannot score. In some instances, it is strategic to actually give up possession in strategic areas with the intention of winning possession back.
- **rebound:** When the puck remains in play after bouncing off the goalie, another player, the goal, or the boards.
- **save:** When the goalie prevents the puck from entering the net.
- **saucer pass:** A pass in which one player sails the puck into the air, like a saucer, to a teammate.
- **slapshot:** A violent and powerful shot in which a player winds up the stick at or above the shoulders before making contact. In a slapshot, the stick slaps the ice and bends before hitting the puck, which causes a large amount of

## The Ice Rink

- **ice rink:** The frozen water or artificial ice on which a game of ice hockey is played. A typical North American rink is 200 feet long by 85 feet wide. The International rink is typically 200 feet long by 100 feet wide.
- **boards:** The walls or surfaces surrounding the rink that keep the puck in play.
- **center ice:** The middle of the rink where the initial face-off occurs.
- **face-off circles:** Four red circles—two on each side of the rink in each end zone—in which face-offs are performed following a play stoppage.
- **Face-off spots:** there are nine face-off spots on the rink, one at center ice, two just outside of each blue line and two in each end zone. These are the only locations where a face-off may occur
- **goals:** The structures located at the ends of the rink. Players must place the puck within the goal cages in order to score goals.
- **penalty box:** A box located near a team's bench. A player who commits a penalty must leave the rink and remain in the penalty box for a period of time depending on the penalty they committed. It is possible for multiple players to be in the penalty box at the same time.
- **red line:** The line splitting the rink in half at the center.
- **blue lines:** The two lines located on either side of the red line. The blue lines divide the rink into three zones and are placed 64 feet from each goal line: the *defensive zone*, the *neutral zone*, and the *offensive zone*. The defensive and offensive zone depend on which team is currently on offense.
- **slot:** The area of the rink located directly in front of a goal between the two face-off circles. Because shots taken in the slot are less likely to be performed at an angle or deflected, the slot is the area where a shot is most likely to be successful.