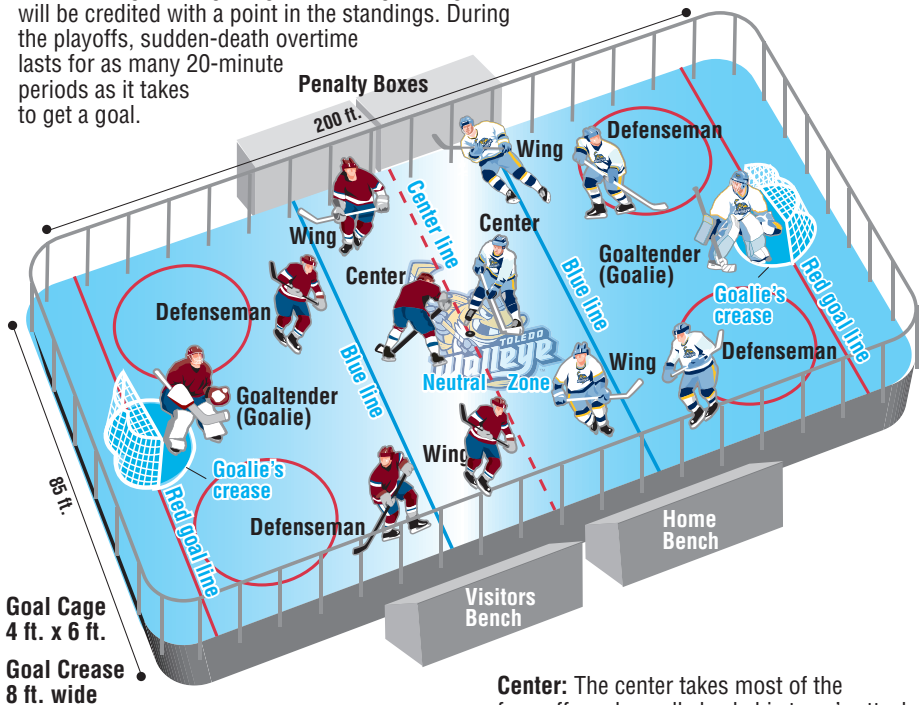


Hockey Basics

The game

The game is played in three 20-minute periods. A goal is awarded when the puck is put in the opposing team's net. A five-minute overtime period is played in the case of a tie, with the first team scoring winning the game. During the regular season, if neither team scores each team will be credited with a point in the standings. During the playoffs, sudden-death overtime lasts for as many 20-minute periods as it takes to get a goal.



Center: The center takes most of the face-offs and usually leads his team's attack, skating up and down the middle of the ice. He passes to the wings and tries to set up a play for a score. Defensively he tries to break up the opposing team's play before it gets on his team's side of the ice.

Defensemen: Right and left defensemen's job is to try to stop the incoming play of the opposing team. They can break up passes, block shots, clear the puck from their net and guard the opposing forwards. Offensively they move the puck up the ice and pass to their center and wings. They position themselves inside their opponent's blue line acting as points, trying to keep the puck from leaving the zone.

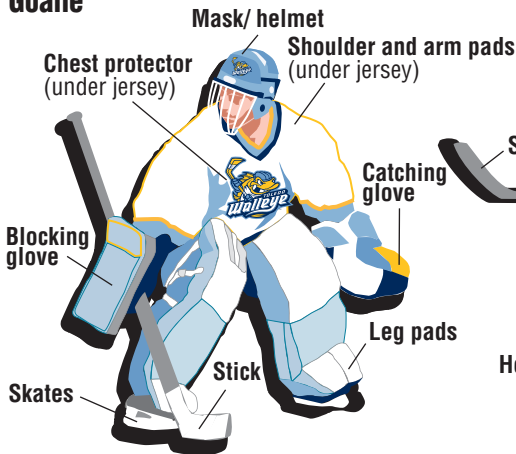
Positions

Goaltender: The goalie's job is to not allow the puck to enter his team's net. He can block it with any part of his body and equipment. He can catch it or smother the puck with his body.

Wing: The wing's (forwards) job is to move up and down the ice with the flow of the play. The wings work with the center to attack and set up shots. On defense they cover the opposing wings and try to interfere with their plays and shots.

Players Equipment

Goalie



Skater

