

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

SCORE \_\_\_\_\_

FLOOR HOCKEY QUIZ

1. What is an assist?
2. Describe high sticking.
3. Define offsides.
4. Play begins with a jump ball, drop ball, kick-off, face-off? Circle the correct answer.
5. & 6. List two things a goalie can do to keep him or herself safe during play.
7. & 8. Can floor hockey players catch or kick the puck or ball? Why or why not?
9. – 12. What aspects of fitness are developed playing floor hockey? Circle all that apply.

Muscular strength and endurance

Cardiorespiratory endurance

Stick-Eye Coordination

Hand-Eye Coordination

Power

Agility

Flexibility

Speed

13. – 15. List the positions used in floor hockey and their main job. (Note: Include three)