

# Hockey All Around



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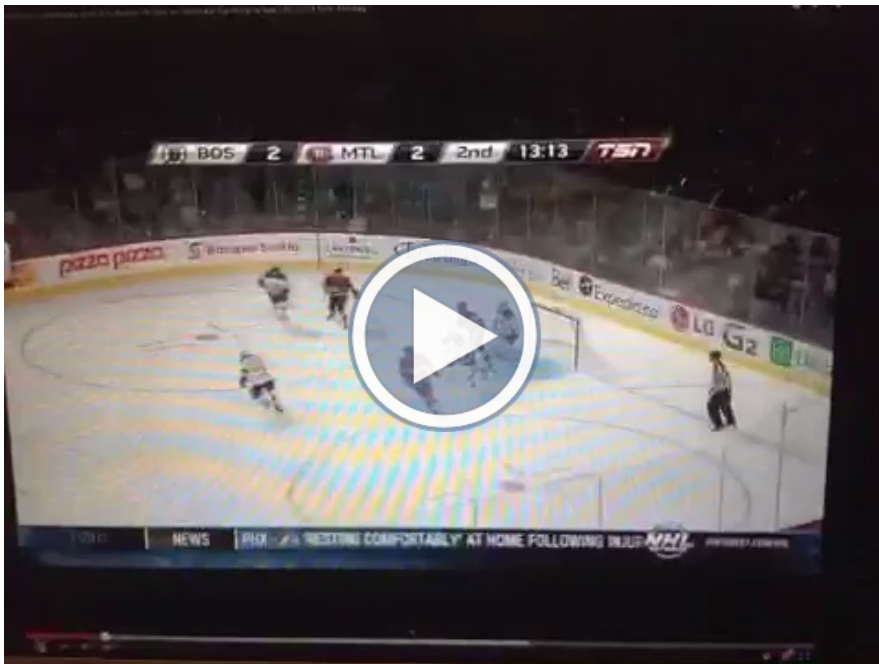
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# Introduction

It's a 3 on 2. The two defensive men step up to stop the rush but the center flies by, catches the pass, decks the goalie and puts the puck on his back hand and flings it past the glove of the goalie. Goal! Everyone on his team raises their stick and jumps up and down. This is hockey. If you want to play you have to learn everything from the pads to rules.



# Getting Ready

Ten minutes till the game what should you wear? First you need your groin protector that keeps your socks up and protects "you now where." Also you need your teams socks. Also if your team is elite you need your teams pants. While you buckle that up your mom or dad should tie your skates so you can skate. Also you have to strap up your shoulder pads You would assume they cover your shoulder but they cover more than your shoulder they cover your stomach to. Next one of the most smelliest pads it's the elbow pad it helps brake your fall and protects your elbow. Also you need your teams jersey with your number and maybe your last name. Then you need your mouth guard you can attach it to your helmet or put it in your mouth. Then your helmet to keep your head safe and if you have a face mask then it protects your face. Next your gloves they have padding to protects your hands and fingers. Also if you want to score you need a stick to hit the puck.

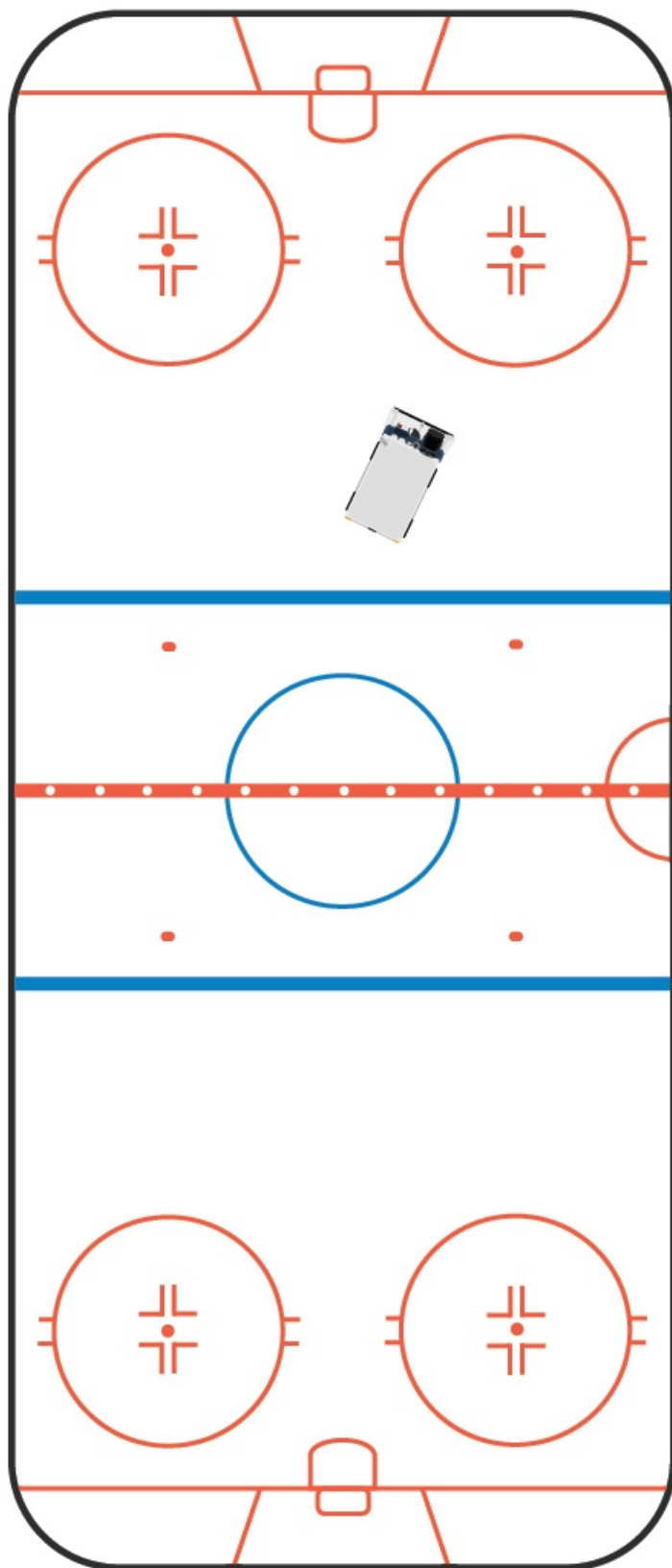


*Diagram of the pads*

# How To Build A Hockey Rink

Making an ice **rink** is harder then dumping gallons of water on the floor. If you did it could be a giant bump and wont freeze. Also if there is not enough ice you can fall right through. The size of an NHL rink is 200 feet long and 85 feet wide. You can use wooden boards for the side of the rink. Some rinks have a red line in the middle of there rink then if you have room you can add to blue lines about 5 feet away from the red line. One of the blue lines on the side towards the net is the teams offensive zone or defensive zone. The trapezoid behind the net is the only place the goalie can touch the puck. When the player on the other side of the red line shots it in the offensive zone and the other teams player touches it is icing and the puck goes to the opposite zone for a face off.





*Picture of an ice rink*

# Teams/Leagues

The first or the best league is the **NHL**.

Some of the most common hockey teams are the New York Rangers, Boston Bruins, Montreal Canadians, Detroit Red wings those are the **original six** teams there are 24 more teams in the NHL.

There also many more leagues some of them are the **AHL** and the **CHL**. Some of the teams in the AHL are the Providence Bruins, Texas Stars, Hershey Bears and the Hartford Wolf pack. Some of the players in the CHL are Anthony Deangleo, Evgany Svechnikov and Connor Rankin.

# Playing The Game

It's a 3 on 2 the center rushes ahead the right wing passes it to the center tweet the wise blows there are more rules to hockey than scoring on a net. The rule there was offsides there are three lines on the ice two are blue and one is red if your body is over the red line before the puck then it's offsides. Next there are penalties like tripping,slashing and hooking. Tripping is basic you put your stick in a players skate and they fall. Next the most impotent you have three forwards and two defensive men on the ice and a goalie In less you pull your goalie and then you can add one more forward or one more defensive man. Next you can have 23 players on your team and you can have some backups. Those are the most basic rules.

# Famous Pros

One of the most famous pro is Patrick Kane. He lead the Black Hawks in goals 2012-2013. He was also a 4x all star and is on the USA Olympic hockey team.

Next Jonathan Toews was the youngest captain in the NHL. He was the MVP in 2010. Next Bobby Orr he won 8 Norris trophies he also holds the most points in one season as a defensive men he went to the hall of fame at age 31. He's also the the first player to get 100 assists.

Also Wayne Gresky he leads the NHL in goals . Also Pavel Datsyuk is one of the most talented stick handler in the NHL he's also a 4x all star and a 4x **lady**

**bying trophy**. Next Sidney Crosby with the nick name Sid the kid was the youngest player to win the Art Ross trophies he won two Olympic gold medals he's also known for his speed and quickness.

# Conclusion

At the end do you still want to play hockey and get as good as Patrick Kane (which is hard) and play in NHL with him and try to go to the hall of fame at age 31 like Bobby Orr and win 8 Norris trophies or are you done with the book and bored of hockey. I hope you are ready to lace up your skates.

# Glossary

**Original six**-the first six teams in the league

**NHL**-national hockey league

**AHL**-American hockey league

**CHL**-Canadian hockey league

**Lady Byng**- trophy for best sportsmen ship

**Rink**-a Platform of ice that you skate on

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