Ice Hockey Terminology

Positions

Forward Positions
- **Center**
  - Typically the playmaker who controls the flow of the game and takes face-offs.
  - Responsible for both offensive and defensive play, supporting wingers and defensemen.
- **Left Wing**
  - Positioned on the left side of the ice, responsible for scoring goals and assisting in defensive play.
  - Works in tandem with the center and right wing to create scoring opportunities.
- **Right Wing**
  - Positioned on the right side of the ice, similar role to the left wing in scoring and defensive responsibilities.
  - Collaborates with the center and left wing to generate offensive pressure and contribute defensively.

Defense Positions
- **Defensemen**
  - Responsible for defending against opposing forwards and supporting the goaltender in preventing goals.
  - Often involved in clearing the puck from the defensive zone, blocking shots, and initiating offensive plays.
- **Goaltender**
  - Positioned in front of the goal, the last line of defense against opposing shots.
  - Focuses on stopping shots, directing rebounds, and communicating with defensemen to coordinate defensive strategies.

Game Elements
- **Power Play**
  - Situation where one team has a numerical advantage due to an opponent serving a penalty.
  - Power play units aim to capitalize on the advantage by creating scoring opportunities with an extra skater.
- **Penalty Kill**
  - Defensive situation where a team is shorthanded due to a player serving a penalty.
  - Penalty killers focus on preventing goals against while down a skater, often employing aggressive defensive tactics.
- **Face-Off**
  - Method of restarting play after stoppages, with opposing players facing each other and the puck dropped by the referee.
  - Face-offs occur at various points on the ice and are crucial for gaining possession and initiating offensive plays.

Game Situations
- **Overtime**
  - Additional period played to break ties at the end of regulation time.
  - Overtime can be sudden death (first team to score wins) or continuous until a goal is scored.
- **Shootout**
  - Tie-breaking method if the game remains tied after overtime.
  - Each team selects players to take penalty shots against the opposing goaltender to determine the winner.
- **Playoff Series**
  - Series of games played between two teams in a playoff round.
  - Teams compete to win a majority of games in the series to advance to the next round or win the championship.

Penalties and Infractions
- **Minor Penalty**
  - Penalties resulting in a player being sent to the penalty box for two minutes.
  - Examples include tripping, slashing, hooking, and interference.
- **Major Penalty**
  - More severe penalties resulting in a player being ejected from the game for five minutes.
  - Major penalties include fighting, boarding, and spearing, and can lead to game misconducts.
- **Misconduct Penalty**
  - Non-penalty box penalty where a player is removed from the game for a specified time but can be replaced by another player.
  - Misconducts can result from unsportsmanlike conduct or repeated minor penalties.

Shots

Types of Shots
- **Wrist Shot**
  - Description: A quick and accurate shot taken with a flicking motion of the wrists.
    - Snap the wrists to generate power and release the puck swiftly towards the target.
    - Commonly used for mid-range shots and quick releases in game situations.
- **Slap Shot**
  - Description: A powerful shot where the player winds up the stick and strikes the puck with force.
    - Generate momentum by winding up the stick behind the body and striking the ice just before hitting the puck.
    - Used for long-distance shots, power plays, and shooting through traffic.
- **Snap Shot**
  - Description: A combination of the wrist shot and slap shot, providing a quick release with added power.
    - Pull the puck back towards the body and then release it with a quick snap of the wrists.
    - Effective for catching goaltenders off guard and scoring in tight spaces.
- **Backhand Shot**
  - Description: A shot taken while the player is skating or facing away from the target using the backside of the blade.
    - Use the backhand side of the stick to lift or release the puck towards the goal.
    - Valuable for creating scoring opportunities when unable to take a forehand shot.

Shot Techniques
- **Accuracy**
  - Focus on aiming for specific areas of the net, such as the corners or top shelf.
    - Practice shooting at targets or using visual cues to improve accuracy.
    - Adjust shot angles and release points based on goaltender positioning and defensive pressure.
- **Velocity**
  - Develop shot power by utilizing proper weight transfer and stick flex during shots.
    - Shift weight from back foot to front foot while shooting to maximize power.
    - Use stick flex to generate speed and velocity in shots, especially in slap shots and snap shots.
- **Deception**
  - Incorporate fakes, dekes, and changes in shooting angles to deceive goaltenders and defenders.
    - Use quick movements or body shifts to create openings for shots or passing lanes.
    - Vary shot release timings and patterns to keep opponents guessing and improve scoring chances.

Situational Shots
- **One-Timer**
  - Description: A shot taken immediately after receiving a pass without stopping or settling the puck.
    - Position body and stick in anticipation of a one-time opportunity, often near the net or on power plays.
    - Focus on timing and coordination with passers to execute one-timers effectively.
- **Redirect**
  - Description: Redirecting a shot or pass towards the net by using the stick, body, or skate to change the puck's direction.
    - Position in front of the net or near the goal crease to deflect shots or passes towards the goal.
    - Redirects are effective for tipping shots, creating deflections, and screening goaltenders.
- **Wraparound**
  - Description: A shot where the puck is carried behind the net and quickly brought around to the front for a shot attempt.
    - Use speed and agility to carry the puck behind the net and surprise goaltenders with a wraparound attempt.
    - Execute wraparound shots by quickly pulling the puck from backhand to forehand around the goal post.

Scoring and Plays
- **Goal**
  - Scored when the puck crosses the goal line between the goalposts and under the crossbar.
  - Goals can be scored at even strength, on power plays, or during penalty kills.
- **Assist**
  - Credited to a player who directly contributes to a goal-scoring play by passing or setting up the goal scorer.
  - Assists recognize the teamwork and setup plays leading to goals.
- **Breakaway**
  - Offensive situation where a player gains possession of the puck and skates toward the opponent's goal without defenders in close pursuit.
  - Breakaways often lead to scoring opportunities and showcase individual offensive skills.