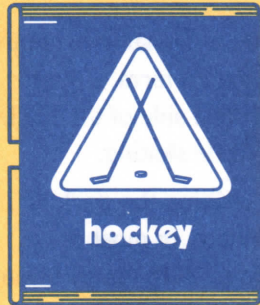


# Cub Scout Sports: Hockey



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_\_\_ 1. Explain ways to protect yourself while skating. Demonstrate how to put on all necessary safety equipment. Explain why proper safety equipment is important.
- \_\_\_\_\_ 2. Spend 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods.
- \_\_\_\_\_ 3. Play a game of hockey while on roller skates or hockey skates.

The Hockey belt loop and pin include roller hockey and ice hockey. You may complete requirements in either or both activities.

### Sports Pin

Earn the Hockey belt loop and complete five of the following requirements:

- \_\_\_\_\_ 1. Participate in a pack, school, or community hockey tournament or in a supervised hockey league.

- \_\_\_\_\_ 2. Participate in a hockey skills development clinic.
- \_\_\_\_\_ 3. Spend at least 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods
- \_\_\_\_\_ 4. Draw the layout of the playing surface for a hockey game including the starting positions of the goalie, three forwards (two wings and a center), and two defenders.
- \_\_\_\_\_ 5. Demonstrate foul signals. Explain to your den or team why players should avoid fouls.
- \_\_\_\_\_ 6. Attend a high school, college, or professional hockey game.
- \_\_\_\_\_ 7. Demonstrate hockey terms (for example, assist, breakaway, deke, draw, pulling the goalie, and so on.) to another team member or adult.
- \_\_\_\_\_ 8. Learn about a U.S. Olympic hockey team and report what you learn to your den or family.
- \_\_\_\_\_ 9. Watch an ice resurfacing machine at an ice rink. Report to your den or family about the history of the machine commonly known as the Zamboni and how it is used.

## Resources

USA Hockey

Web site: <http://www.usahockey.com>

National Hockey League

Web site: <http://www.nhl.com>

## Hockey Terms

**Assist** is a pass that leads to a goal. It counts as one point in individual scoring statistics.

**Breakaway** happens when a player gets control of the puck and skates past the defenders for a clear shot at the goal.

**Centering the puck** happens when a player passes the puck to a spot in front of the opponent's goal.

**Deke** is the term for faking an opponent out of position.

**Face-off** is the procedure used to begin play. A player from each team stands opposite from each other. A referee drops the puck between the two, and play begins. **Draw** is another name for the face-off.

**Hat trick** is the term for three goals scored by one player during a game.

**Pulling the goalie** is an offensive strategy in which a team replaces its goalkeeper with another skater to strengthen that team's offensive attack.

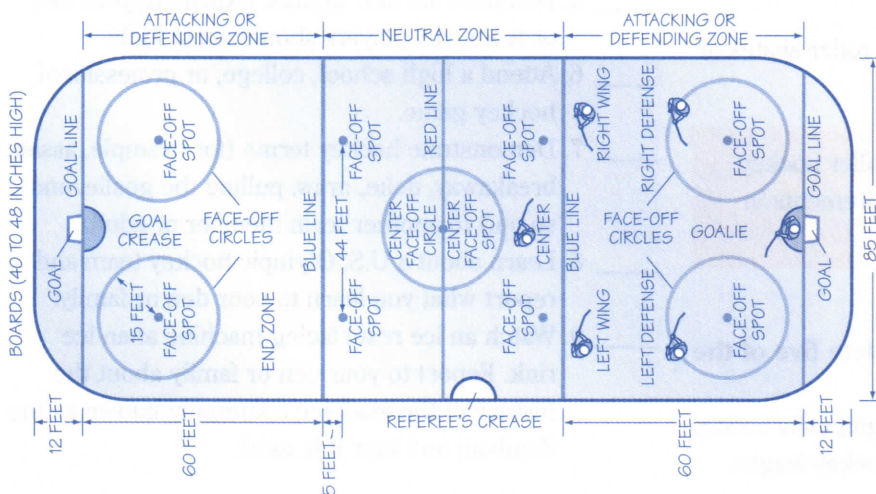
**Screen shot** is a shot on goal in which the goalkeeper's vision is partially or completely blocked by another player in front of him.

**Shot on goal** is a shot at the goal that would go into the net if not stopped or deflected.

## Hockey Skills

1. **Skating** is the most important hockey skill. Players must be able to turn sharply, skate backward, and perform many other maneuvers—all at top speed.
2. **Stick handling** is the use of the stick to control the puck. In the most common form, a player moves the puck first with one side of the blade and then with the other while skating.
3. **Passing** is the action of striking the puck and sending it toward a teammate. In most cases, players use their sticks to push the puck toward a receiver.
4. **Shooting** is the skill needed to drive the puck into the goal cage to score goals. As in passing, a player moves the puck using the stick.
5. **Checking** happens when a player wants to get the puck away from an opponent or to slow down an opponent. There are two main types of checks: stick checks and body checks. For a **stick check**, a player uses the stick to hook or poke the puck away from an opponent's stick. In a **body check**, a player bumps against an opponent with a hip or shoulder to try to block the opponent's progress or throw the opponent off balance.

**Players wear skates, helmets, pads (shoulder, hip, elbow, and shin), and gloves. Youth players are also required to wear neck guards, mouth guards, and cups.**



**Typical hockey rink**