Ice Hocky

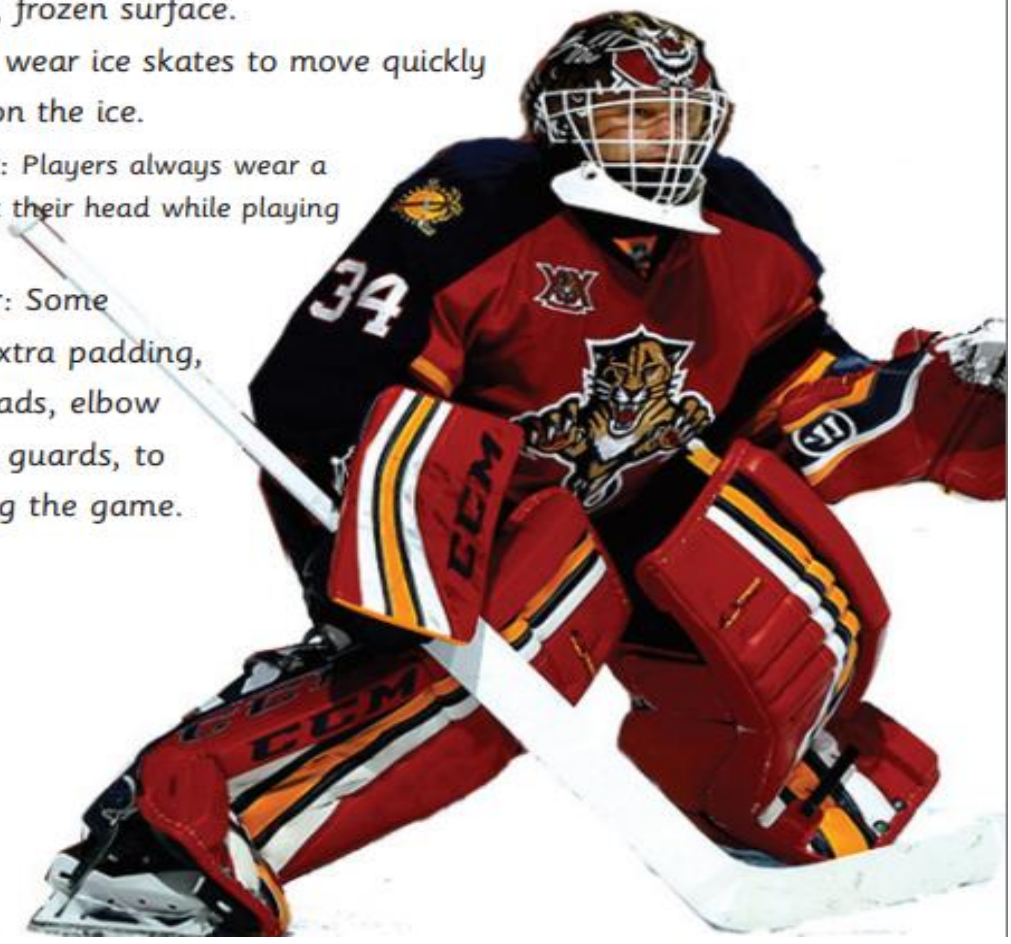
1. What is ice hockey?

Ice hockey is a team sport. It is usually played on an ice surface called a rink. Hockey players wear ice skates and move with great speed on the ice. There are two teams. Each team has six players. A team scores when it moves the puck a small, hard disk- into the opponent's goal.

2. What do you need to play ice hockey?

Hockey Stick: It's a long stick made of wood or other materials. You use this stick to hit the hockey puck.
Hockey Puck: The puck is a small, black, flat disk.

- Ice Rink: Hockey is usually played on an ice rink, a smooth, frozen surface.
- Ice Skates: You wear ice skates to move quickly and smoothly on the ice.
- Hockey Helmet: Players always wear a helmet to protect their head while playing hockey.
- Protective Gear: Some players wear extra padding, like shoulder pads, elbow pads, and shin guards, to stay safe during the game.





3. What are the main rules to play ice hockey?

Face-off: At the beginning of the game and after a goal, there's a face-off at the center of the rink. The referee drops the puck, and players from each team try to get it.
Passing and Shooting: Players use their sticks to pass the puck to their teammates and shoot it into the net.

- Skating: You move around the ice rink by skating on your ice skates.
- Goalie: The goalie has a special job to defend the net.
- Teamwork: Hockey is a team sport, so teamwork is quite important.