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Part of learning hockey is getting to know the game's lingo. Successful players communicate well with their teammates, coaches, and referees both on and off the ice. Once you've learned the three basic rules you'll be on your way to understanding the game. (See below.) Games are divided into three periods. The amount in each period depends on the . Hockey is a team sport played with a stick and ball where the aim is to score goals by hitting or pushing the ball in the opposing teams goal. The team that scores the most goals in a game is . Jan 17, ·

Hockey For Dummies If you're playing hockey, or just want to understand the game, you need to know your way around the rink, how to shoot and pass the puck, what makes up a hockey penalty, the positions on a hockey team, and tips for getting prepared to hit the ice. Want to learn the basics of hockey? We cover equipment, rules (beginners version) along with some info on the NHL. Come for a visit, I think you'll be pleased. In this comprehensive guide, we'll break down the basics of hockey for beginners, giving you the knowledge you need to follow the game with confidence. Hockey is a team sport played on ice, where two teams compete to score goals by shooting a rubber puck into the opposing team's net using sticks.