BASICS OF ICE HOCKEY

It's a fast sport! The puck can travel at around 100mph, and the skaters are fast.

The game is played in three 20 minutes periods with the ice resurfaced between the periods.

The aim is to score as many goals as you can – Ice hockey does not end with a draw, so if its level score at the end of 60 minutes, the match will go to overtime and penalties shots.

When the match starts there should be 1 goalie, and 5 players including 3 forwards and 2 Defence from each team.

Then the fun starts, the match faces off.

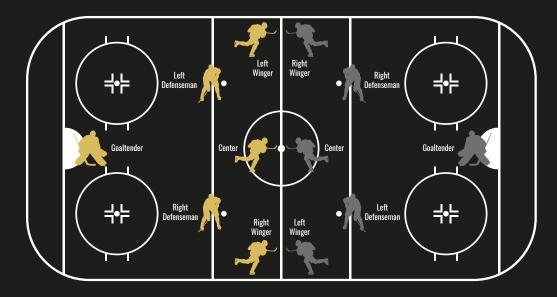
The players are generally on the ice for about 1-2 minutes before they will switch "lines" (watch the bench here). 3 players may go off, and will be replaced by 3 other payers, and this will continue throughout the match. As we said before Ice hockey is a fast sport, and this gives the guys a chance to recover.

Should any player get a penalty, which could be tripping, hooking, slashing, or even too many men on the ice (see above we are only allowed 5 players), the player who got the penalty will go to the penalty box, known as the sin bin.

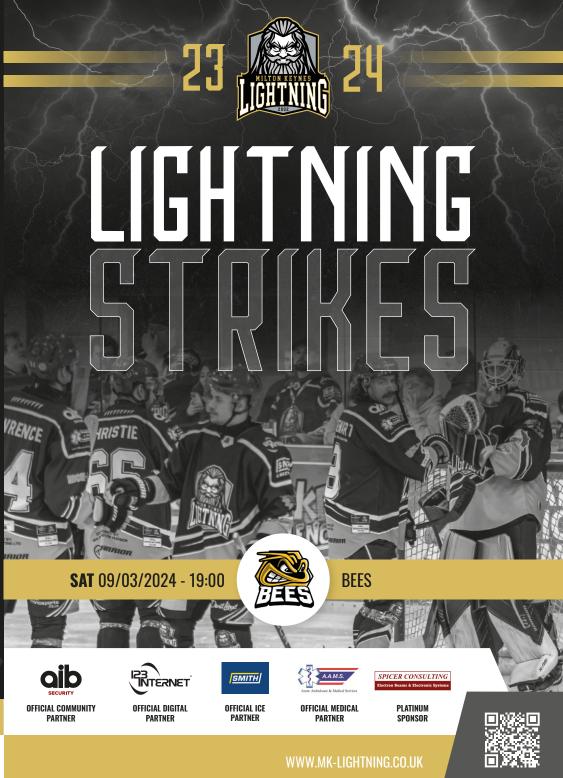
Most penalties will be 2 minutes, but some are 5 minutes, like fighting, and some penalities can be more than this.

When this happens, the team with the person in the penalty box will be player one player down, known as a Powerplay to the other team.

The announcer will let you know, and the score board will show who's in the Sin Bin!







LAST HOME GAME



NEXT HOME GAMES









RECENT MATCHES MAN OF THE MATCH

Jordan Hedley earned back to back Man of the Match awards, on Friday in Peterborough and on Saturday at home. It just shows how well Jordan is playing right now!

LIRM STEWART PLAYER PROFILE

Born in Doncaster, England in 2005, Daniel Norton is a young and promising goaltender who catches left. Although specific details about his height and weight are not mentioned, his journey in the world of ice hockey is noteworthy. Norton has played for various teams, including the Sheffield Greyhounds, Bradford Bulldogs, and the Hoosac School. His most recent stint was with the Hoosac School in the USHS-Prep during the 2022-23 season, where he posted a goals against average (GAA) of 3.50 with a save percentage (SV%) of .879 over 6 games. For the 2023-24 season, Norton has joined the ranks of the Milton Keynes Lightning in the NIHL. With his dedication and skills, Norton is a player to watch out for in the future.

COACH'S COMMENTS

Friday in Peterborough was a physical game against our local rival. They came out hard and we stayed the course creating chances while playing solid defensively. I loved the way we battled in the third killing numerous penalties and closing out the game.

Saturday was one of our best games defensively and systematically we've played all year. We played fast and wore them down throughout the game. We limited their chances and got the puck out of our zone quickly and efficiently. We need to build off this weekend and keep pushing ourselves as we go into the final stretch. The crowd has been amazing and it's an advantage we are not taking for granted.

Dominik Gabaj has emerged as a formidable force for Bees IHC this season, playing 42 games and amassing an impressive tally of 35 goals and 49 assists, leading to a total of 84 points. With a modest 16 penalty minutes, his discipline on the ice complements his offensive prowess. Gabaj's scoring versatility is highlighted by his 23 even-strength goals, 9 power-play goals, and 3 shorthanded goals, along with 3 game-winning goals.





Marcel Balaz stands out with his exceptional goal-scoring ability, recording 44 goals and 37 assists over 43 games, totaling 81 points. His aggressive playstyle is evident from his 73 penalty minutes, yet it hasn't detracted from his effectiveness on the ice. Balaz's goal distribution includes 27 even-strength, 14 power-play, and 3 shorthanded goals, with 4 being game-winners.

Vanya Antonov is another player to watch, with a notable performance of 13 goals and 26 assists in just 31 games, accumulating 39 points. His balanced play is reflected in a low penalty minute count of 14. Antonov's ability to contribute during even-strength play is shown through his 10 goals and 18 assists. Additionally, he has demonstrated capability in power-play situations with 3 goals and 8 assists.



HO	M	E	TE	A	M	

#1

#2

#3

LAYER	GOALS	ASSISTS	PENS	SOG
I JORDAN HEDLEY (G)				
4 ARCHIE SALISBURY (D)				
7 RORY HERRMAN (F)				
B LIAM STEWART (F)				
IO TOMS RUTKIS (RW/C)				
11 CALLUM FIELD (C)				
14 DILLON LAWRENCE (C)				
15 JAMES GRIFFIN (D)				
16 MACK STEWART (RW/LW)				
17 COREY MCEWEN (C)				
21 ROSS GREEN (D)				
24 CARTER HAMILL (C/LW)				
25 EDWARD KNAGGS (D)				
28 TIM WALLACE (C/RW)				
29 DANIEL NORTON (G)				
31 WILLIAM KERLIN (G)				
33 MILIQUE MARTELLY (D)				
37 BEN DAVIES (D)				
59 ROSS VENUS (RW/LW/C)				
66 LEWIS CHRISTIE (D)				
71 HARRY GULLIVER (F)				
77 CAMERON HAMILL (RW)				
89 RIO GRINELL-PARKE (F)				
93 BEN BROWN (F/D)				
96 BEN SOLDER (D)				

AMAA LEAW

PLAYER	GOALS	ASSISTS	PENS	SO
#2 - ADAM ROSBOTTOM				
#14 - JACK HOPPES				
#17 - HARRY HARCUP				
#18 - RYAN WEBB				
#19 - WILLIAM STEAD				
#21 - MARCEL BALAZ				
#23 - DOMINIK GABAJ				
#24 - DAN ROSE				
#27 - JOSHUA SMITH				
#29 - GIANNI VITALI				
#36 - BRETT SHEPHERD				
#44 - BRYTHON PREECE				
#65 - HARVEY STEAD				
#71 - JOSHUA KELLY				
#74 - LIAM MORRIS				
#75 - BRENDAN BAIRD				
#91 - AIDAN DOUGHTY				
#94 - STUART MOGG				
#95 - TYTON CATHCART				





F F A

GHTND

DARK (BLACK)



WARM UP (BLUE)





NOTABLE PLAYERS

TICKETS ON SALE HERE WWW.MK-LIGHTNING.CO.UK/TICKETS/MATCH-TICKETS/

WWW.MK-LIGHTNING.CO.UK