

Field Hockey



Objective

The Objective is to move the ball down the field by passing and dribbling in an attempt to score on the opponent's goal. The team with the most goals scored wins the game.

Terminology

- ◆ High Stick Holding or swinging the blade above the ~~head~~ ^{waist}
- ◆ Slashing Hitting with the stick
- ◆ Hooking Placing the stick between feet or legs
- ◆ Body checking Slamming into an opponent to gain an advantage
- ◆ Lofting Intentionally hitting the ball into the air
- ◆ Dodging Attempting to move by a defensive player (check)
- ◆ Checking Guarding an offensive player and attempting to take the ball away

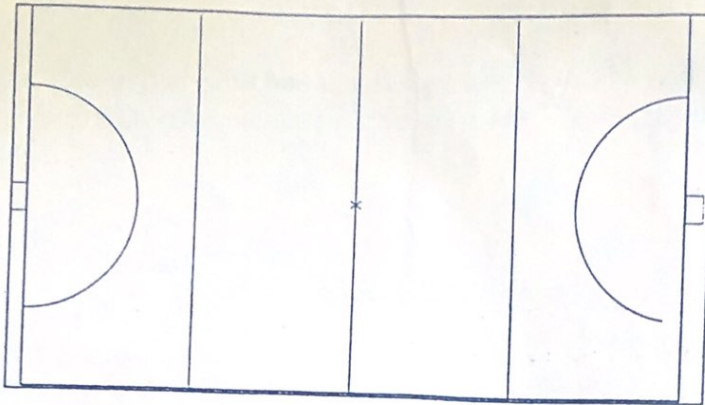
The Rules/How to Play

- ◆ Each team has 11 players - 5 forwards, 3 halfbacks, 2 fullbacks and 1 goalie.
- ◆ The game begins with a backward hit at the center of the field. Both teams must be on their sides.
- ◆ A player may not shield or obstruct the ball by using the body.
- ◆ The goalie may attempt to stop the ball from crossing the goal line in any manner.
- ◆ After a team has scored, play is started again at center field.
- ◆ If the ball is hit off the side of the field it is put back into play with a free hit from the sideline by the other team.

Fouls

- ◆ A player may not intentionally use the feet or body to control the ball.
- ◆ Only the ~~back~~ ^{flat} side of your stick may be used
- ◆ It is illegal to high stick, slash, body check, hook or intentionally loft the ball. These are safety guidelines and must be followed strictly to prevent any injuries.
- ◆ When a foul occurs a free hit is awarded to the opponent on the spot where the foul occurred.

Player Positions and the Field



- 1 Goalie
- 2 Fullbacks
- 3 Half backs
- 5 Forwards

Skill Development

A. Dribbling - Control Dribble and Tap Dribble



- a. The *Control Dribble* is used when you are closely guarded. The ball stays in contact with the stick at all times and is kept in front of your feet.
- b. The *Tap Dribble* is used when you have open space. The ball is pushed ahead with small taps and your body is kept behind the ball.



B. Stopping the Ball



- ◆ The ball is stopped by rolling the wrists over the ball and covering it with the flat side of your stick. You may also lay your stick flat on the ground to stop the ball.

C. Passing - The Push Pass and the Through Pass

- a. The *Push Pass* is when you use a sweeping action with your stick to move the ball to your teammate. It does not have a big back swing and the follow through does not go above your waist.



- b. The *Through Pass* is when you use a sweeping action to hit the ball farther down the field to a teammate. It has a bigger backswing than the push pass but the follow through still does not go above your waist.

D. Dodging

- ◆ A dodge is used by a player in possession of the ball to beat an opponent while still keeping the ball under close control.
- ◆ The ball should be pushed to the right of the attacker. The player should then run left to collect the ball and accelerate past the opponent.



E. Checking the Ball



- ◆ It is an attempt to rob your opponent of the ball. Always keep your stick on the ground and under control by using two hands on your stick.
- ◆ 'Put' the stick into your opponent's (no swinging) and attempt to move the ball away to gain possession.