

# FIELD HOCKEY HANDOUT

## SKILLS

- 1) **Dribbling** - Dribbling refers to controlling the ball with your stick along the ground in an effort to move the ball towards the opponent's goal or away from the other team.
  - a) **Push Dribble** - The ball stays in contact with the stick along the ground while you run forward.
  - b) **Tap Dribble** - A dribble where you tap the ball forward a short distance as you run forward.
  - c) **Indian Dribble** - This dribble is like a tap dribble, except that you move the ball from your right side to your left side alternating as needed to dribble through the defense.



### Common Faults in Dribbling

- i) The ball is too close to the feet.
- ii) The left wrist is too close to the body.
- iii) The stick is not a 45° angle to the ground.
- iv) The eyes are down looking at the ball all the time and never look up to see the defense.

## 2) **Strokes**

- a) **The Drive** - The drive is the most powerful stroke used in field hockey. It may be done from a dribbling or still position. The drive is similar to a golf shot. It is used for long passes or a shot on goal.
- b) **The Push** - The push stroke is used when the ball only needs to travel short distances as a pass or as a shot on goal. It is usually done with a quick release. It may be done from a dribbling or still position.
- c) **The Flick** - The flick is a lifted ball that may be used for a shot on goal or in a Penalty Stroke situation.



## 3) **Trapping the Ball**

Receiving the ball from a variety of angles, speeds and heights is a difficult task. A player must always make contact with the flat side of the stick. To get a moving ball under control, you need to absorb the force of the ball. The faster the ball is moving the more cushioning the receiver must do. Drawing the stick back upon contact with the ball helps to absorb the force of the passed ball.

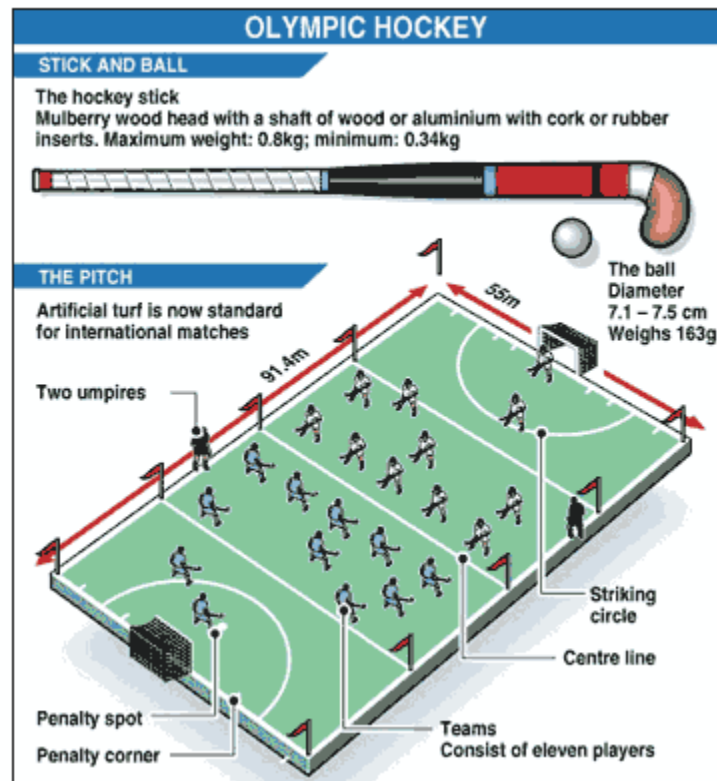
## 4) **Tackling**

The aim of tackling is to gain possession of the ball through stealing from your opponent. The defender must always try to contact the ball with his/her stick and not contact the opposition player. Contacting the player first is a form of "obstruction" which should be penalized. Slashing and cross checking are never allowed. You must have both hands on the stick when trying to tackle.

## FIELD HOCKEY RULES

### 1) General Rules of Play

- ♦ The game is played with 11 players on the field at a given time.
- ♦ Field Hockey players use systems similar to soccer. e.g. 5:3:2:1 That refers to: 5 forwards, 3 midfielders, two defensemen and a goalie.
- ♦ A "Pull Back" at center is used to start the game and after each goal.



### 2) Violations

- ♦ You must only use the flat side of the stick when playing the ball. "sticks"
- ♦ When striking the ball, no part of the stick should ever go above the waist. "high stick"
- ♦ The ball cannot be kicked or thrown. You cannot block a pass or shot with your feet. The goalie may use his/her foot to stop a shot and may kick it out of the strike zone. "foot fault"
- ♦ Hitting, slashing, or hooking with your stick is not allowed.
- ♦ You are not allowed to charge, push, trip or push an opponent.
- ♦ Keep the ball down low to the ground for safety reasons.
- ♦ You may stop the ball with your hand, but you must drop it to the ground right away and play on from there.
- ♦ You must touch the ball first when tackling. Another term for illegal tackle is "obstruction"

The penalty for these violations is a "free hit" by the other team. The opposition must stay 5 yards back from the "free hit"

### 3) Goals

Goals may only be scored by strokes taken from within the "Striking Circle". However, in class we shoot from outside the striking circle because there is no goalie in our modified game.

#### 4) Out of Bounds

##### a) Sidelines

If the ball passes over the sideline, it is given to the opponents for a "free hit" from the sideline.

- The ball must be pushed along the ground.
- All other players must be at least 5 meters away.

##### b) Endlines

If the ball is sent over the endline by:

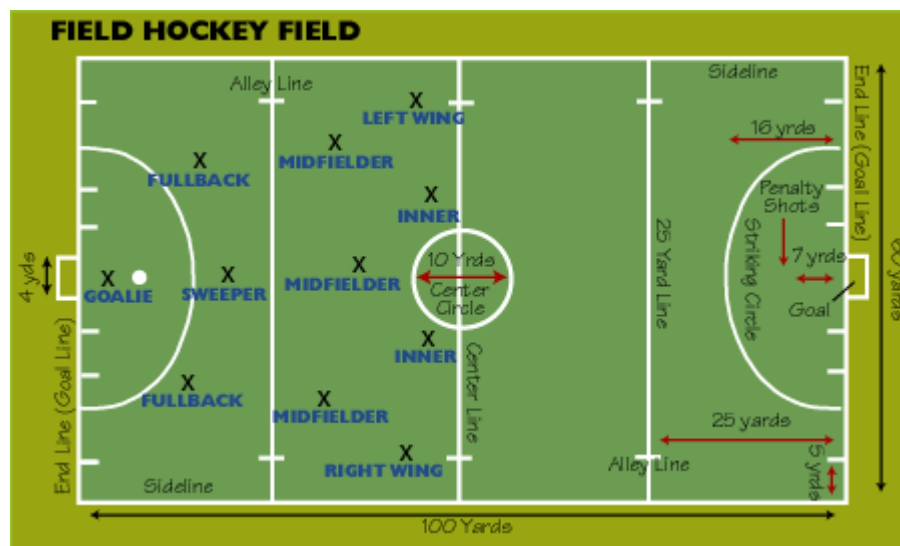
- The attackers, the defense gets a "free hit" from the outside the striking circle.
- The defenders in an intentional manner (on purpose), the ball shall be put back into play by a **"Penalty Corner"**.
- The defenders do so unintentionally; the ball shall be put into play by a free pass from the endline.

#### 5) Rule Violations Inside the Striking Circle

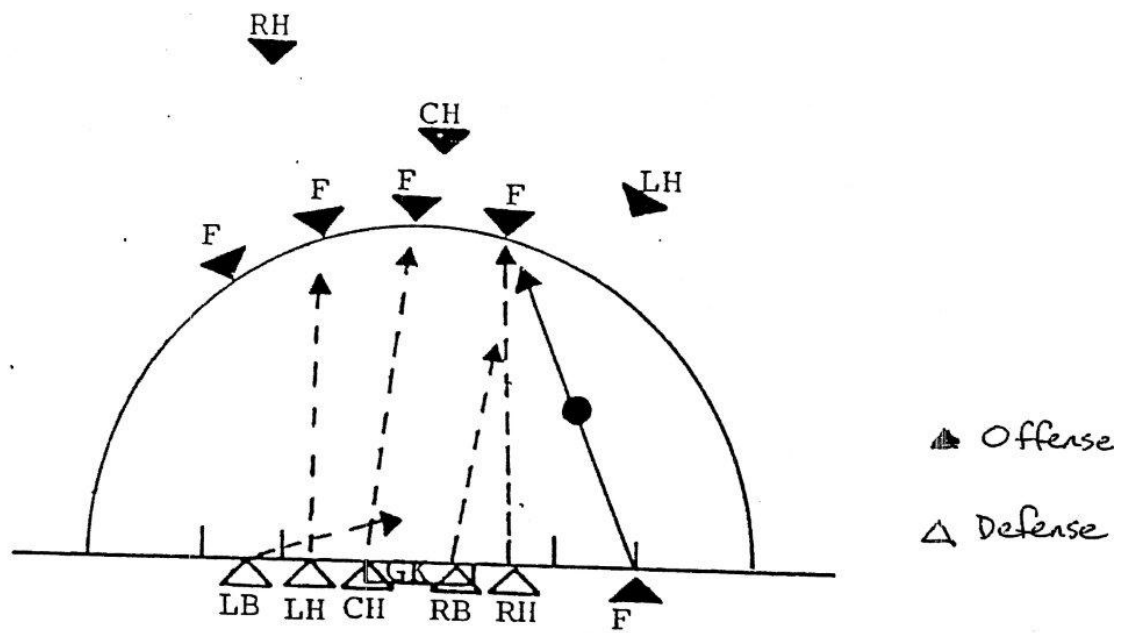
- If the defense violates the other teams is awarded a **"Penalty Corner"**.
- If the offense violates the defenders get a free hit from **"16 Yards Out"**.
- If the defense violates intentionally to avoid a possible goal, a **"Penalty Stroke"** is given to the attacking team. This is like a penalty shot in soccer. It is taken from a spot 10 meters in front of the goal.



## THE PLAYING FIELD



## PENALTY CORNER



### Penalty Corner