

## Basic rules of Hockey

11 players

35 minutes each way

Centre pass is taken at the start of the game and after each goal. Player taking it is permitted to pass it in any direction.

A goal is scored when the ball is played within the circle by an attacker and does not travel outside of the circle before passing completely over the goal line.

Free hit – 5 yards (4.6m) away

Corner – accidentally touched and goes over the goal line to either side of the goal by a defending player.

Penalty corner (also known as a short corner) is given against the defending team usually for a deliberate infringement in the penalty circle, which includes hitting the ball deliberately over their own goal line.

Penalty stroke (also known as a penalty flick) awarded when a clear goal would have been scored if it were not for an infringement.

<b>Infringement</b>	<b>Description</b>	<b>Restart</b>
Back stick	The ball can be played on the left hand flat side or edge of the stick, it cannot be played on the rounded side.	Free hit
Foot foul	Field players are not allowed to use their feet, or any part of the body, to control the ball (goalkeepers are the exception).	Free hit or the game can continue if the other team gains an advantage.
Stick tackling	You cannot hit, hook, or hold an opponent's stick with your stick.	Free hit

## Technique

**Push Pass** Feet shoulder width apart. Transfer body weight from back foot to front foot.

**Slap (Long sweep) Pass** Balanced transfer of weight from left to right foot as the pass is made right to left. Hands well apart on stick, near the top of the stick. Stick on ground, starts away from the ball and slaps through the ball on an arc in contact with the ground, making this a quicker more powerful and faster action than the push.

**Tap Dribble** Often used when running faster, ball is push out in front each time.

**Push Dribble** Ball close to end of stick, Knees bent, stick open faced, head up.

**The Indian Dribble** consists of pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick.

**Block Tackle** A tackle where the stick is used as a barrier in front of your feet or wide to the side.

**Shooting** hands at the top of the stick pull hockey stick back no higher than shoulder height

## Equipment

Gumshield, shin pads. Goalkeepers hold hockey stick in one hand, has padded gloves and a helmet.

## Web link on Rules of Field Hockey

<https://www.youtube.com/watch?v=3oIWk5qhlC0>



## Hockey - Hit

### Top Tips!

- ✓ Ball in line with your front foot
- ✓ Hands together on stick (double V grip)
- ✓ Left foot points towards target
- ✓ Left shoulder faces target (sideways on)
- ✓ Low backswing
- ✓ Contact with ball should be flat stick
- ✓ Follow-through
- ✓ Angle the stick to gain lift



## Hockey - Block Tackle

### Top Tips!

- ✓ Get low – bend your knees
- ✓ Hands apart on the stick
- ✓ Stick horizontal, form a barrier
- ✓ Stay strong, push with arms, drive with legs
- ✓ Must contact ball and not the oppositions stick



## Hockey - Dribbling

### Top Tips!

- ✓ Strong left hand grip at top of stick (shake hands)
- ✓ Left hand controls the movement
- ✓ Loose guiding grip with right hand
- ✓ Carry the ball at 2 o'clock
- ✓ High left elbow
- ✓ Keep the ball on the end of your stick
- ✓ Flat side only
- ✓ To turn, move your feet!



Must wear:



## Hockey - Jab Tackle

### Top Tips

- ✓ Left hand only
- ✓ Extend arm and leg towards the ball carrier
- ✓ Aim to 'jab' the ball out of position
- ✓ Like a lizard's tongue – quick motion