

FIELD HOCKEY STUDY GUIDE



History of Field Hockey

Back in 200 BC in Ancient Greece, a game was played with a horn and a ball-like object. A game similar to that one was played in East Asia prior to 300 BC with a carved wooded stick and ball. For about 1,000 years, people in Inner Mongolia, China have been playing a game called Beikou that is similar to field hockey. The first club was formed in London during the year 1849. The Teddington Hockey Club introduced the striking circle and changed the ball from a rubber cube to a sphere.

GAME PLAY

The game is played between two teams of **eleven** who are permitted to be on the field at any one time. Most teams arrange themselves into fullbacks (defense), midfielders (plays both defense and offense) and forwards (offense). Many teams include a sweeper who plays in front of the goalie.

A **coin toss** is used to determine sides and who starts with the ball. The game is divided into two equal halves of 35 minutes each, with five minutes for half-time. At the start of each half, as well as after goals are scored, play is started with a pass from the center of the field. All players must start in their defensive half (apart from the player making the pass), but the ball may be played in any direction along the field. Each team starts with the ball in one half, and the team that conceded the goal has possession for the restart.

A teams' object is to play the ball into their attacking circle and hit, push or flick the ball into the goal. The team with more goals after two 35-minute halves wins the game.



TERMS

Field: The field is 100 yards long and it is 60 yards wide.

Attacking Circle: This is a half circle in front of the goal where an attacking player must be before they can score a goal.

Goal Line: Backline of the field.

Sideline: The length of the field. When a ball goes out of bounds at the sideline, it is put back in play at the spot where the ball went out.

Free hit: A free hit is awarded when a rules violation is committed outside the scoring circles.

Dribbling: This method is used when running with the ball. It helps a player maneuver past opposing players for a chance to shoot on goal.

Air Ball: The ball is allowed to be lifted in the air as long as it is not dangerous.

Flick: This is when a player lifts the ball into the air with his / her stick. This stroke is used for shots on goal and for penalty shots.

Reverse-hit: Is used to strike the ball from left to right with the flat side of the stick.

Tackle: When a player try's to steal the ball from an opposing player.

Holding the stick: The stick is held with the left hand on the top and the right hand half-way down the stick. Players are only allowed to play the ball with the flat side of their stick and not the back of their stick. There are no left handed sticks.

Playing the ball: A player may not stop, kick, or throw the ball with any part of their body.

Scoring: Three different ways to score: Field goal, penalty corner, and penalty stroke.

Obstruction: Is when the ball is shielded from an opposing player who is trying to get the ball.

Dangerous Play: The field hockey ball must be played safely. A ball that is played above the shoulders is considered dangerous.

Penalty corner: Penalty or short corners begin with five defenders (including the goalie) positioned behind the back line and at least five meters from the position of the ball. All other players on the defending team must be beyond the center line that is not in their "own" half of the field until the ball is in play. Attacking players begin the play standing outside the scoring circle, except for one attacker who starts the corner by playing the ball from a mark 10 meters on one side of the goal. This player who puts the ball into play will push or hit the ball to the other attackers outside the circle.

Penalty stroke: On a penalty stroke, all players must be outside the 23-meter defensive circle except for the player taking the shot and the field hockey goalie, who must stand on the goal line until the stroke is taken.

Goalie stops: Within their team's goalie circle, a field hockey goalie can use any part of her body or protective gear to stop the ball. When outside the circle, the goalie can only play the ball with their stick.

