

Field Hockey Study Guide

History:

There is evidence of games similar to hockey being played in ancient time by many nations. The French were playing a game called hoquet. The English wrote the modern rules. The game became extremely popular in India, and later in Pakistan. These countries have dominated Olympic field hockey.

Until the late 1800's, field hockey was played only by men. In 1901, Constance Applebee brought Field Hockey to the U.S. She was known as "Miss Hockey." Field Hockey became an Olympic sport for women in 1980.

Today, the sport is still growing. Top high school players can earn full scholarships. Worldwide, the sport is played by 60 percent men and 40 percent women.

The Game

Normally, (traditional) field hockey is played with 11 players on each team. We are using 6 to 7 to make teams smaller. There are no time-outs during play except in the case of injuries.

To start and restart the game, a face-off (bully) is used in the center field. The game is similar to soccer in that the ball is moved up and down the field and then shot into a goal. In a traditional game, a goal can be scored only if both attacking player (offense) and ball are inside the striking half/semi-circle (shooting circle). NCAA rules allows the ball to be shot into the goal from anywhere on the field.

***MacArthur rules:** An attacking offensive player will not be allowed cross the semi shooting circle. The offensive player must shoot from outside of the half circle.

At the start of the game, all players must be on their own halves of the playing field. The ball is played by hitting it with the flat side of the stick... ONLY. A player must not kick the ball with the feet, the hands, or any part of the body. Sweepers can stand around the outside of the circle to defend their goal and are the only players allowed to kick the ball with their feet.

Fouls/Penalties

1. A trip, push or charge into another player.
2. Hook, hit, hold, or interfere with an opponent's stick.
3. Hitting the ball with the **rounded** part of the stick.
4. Stopping the ball with any body part other than the side of foot.

5. Using foot or leg to move the ball.
6. Raising the stick above the waist...**NO HIGH STICKING**

The ball is a turn over if any of these penalties occur. The other team gets the ball. No player of the opposing team should remain within 5 feet of the ball. The hitter must pass the ball to another player.

Offensive strategies

- Use triangular passes whenever possible. It is faster to pass and run a head than to dribble
- Forwards should not go back into back's area.
- Stay away from a teammate who has the ball.
- Get open and free to receive a pass.

Defensive Strategies

- If a tackle fails, recover and tackle again or back up a teammate
- Pass on an angle toward the sidelines, away from own goal
- Position yourself so your back is toward your own goal
- Don't block the view of the sweeper defending the goal

Vocabulary

1. **Bully**: Way in which the game is restarted, opposing players strike the ground and each other's stick 3 times over the ball.
2. **Dribble**: To move the ball down the field by tapping or pushing
3. **Drive**: A ball hit hard in an attempt to pass or shot at the goal
4. **High sticking**: Raising the stick high in the air in a dangerous manner above the waist.
5. **Jab**: A tackling technique which the defender tries to poke the ball away from the attacker.
6. **Mark**: To guard an opponent close enough to keep from passing

Player Positions

Backs: Defensive Players who generally stay in the back half of the Field near the goal they defend and help the sweeper.

Center forward: Attack player who plays halfway between sidelines.

Forwards: An offensive player whose responsibility is to score

Inside (inner): The forwards who play between center field and wings.

Wings: Forwards who play close to the sidelines.

