

## Field Hockey Study Guide

### History

In 1901, Constance Applebee of England first introduced field hockey in the United States. Field hockey was one of the first organized team sports for women. Today, both men and women play field hockey. Opportunities for women include middle school, high school, club, college and competition at the Olympic level. There are no school teams for boys but there have been a select few that have played on the girls' team. Boys and men compete on club teams and at the Olympic level.

### Terms

**Athletic Position** – feet slightly staggered, weight on the balls of your feet, knees bent.

**Grip** – left hand at the top or butt end of the stick. Right hand should be three quarters of the way down the shaft. The left hand will do all the work, the right hand serves as a guide.

**Defense** – the team that does not have possession of the ball and preventing the opposing team from scoring.

**Marking** – defending against a player by staying close (stick to stick) and not permitting him/her to be free to make a play. You should position yourself between your player and the goal and your player and the ball. (Also known as person to person defense.)

**Offense** – the team that has possession of the ball and are working to put the ball in the goal.

**Loose Dribble** – small taps allowing the ball to be hit in front, not too far off the stick. This dribble is used when a player is trying to gain ground quickly through an open space.

**Tight Dribble** – small taps or a drag keeping the ball on your stick. This dribble is used when a player is trying to gain ground with a lot of players around.

**Indian Dribble** – small taps on an angle from left to right. This dribble is used when a player is around a lot of defenders and looking to fake them out and go by them.

**Push Pass** – the ball is pushed to a teammate along the ground. There should not be a back swing and you shouldn't hear the ball make contact with the stick. Used as a pass or a shot on goal.

**Slap Pass** – the ball is hit to a teammate along the ground. There should be a little back swing and you should hear the ball make contact with the stick.

**Drive** – hands slide to the top of the stick, back swing comes to your hips, follow through is in front, hip high. This is a pass where you want to gain a lot of distance by using the hardest hit possible.

**Receiving** – gentle grip, give with the ball, angle the stick by pushing your left arm out away from your body (be a pillow when receiving the ball).

**Give and Go** – used to allow the offensive team to work together to beat the defense. An easy controllable pass is given to a teammate, they receive it and pass it right back to their teammate, out in front and on an angle.

**Dodges** – when you have the ball and you go around the defender without losing the ball.

**Free Hits** – method for putting the ball into play following an opponent's foul outside of the circle.

**Penalty Corner** – awarded to the attack when the defense commits a foul in the circle.

### **Rules and Regulations**

- There are 11 players per team.
- This game is similar to soccer.
- When a foul occurs a free hit is taken at the spot where the violation occurred.
- When the ball goes out of bounds a push pass is used to put the ball back into play.
- When the game starts the ball can be hit in any direction. Opposing team needs to be 5 yards.
- If the stick comes up higher than your waist and you endanger someone else it is a foul.
- A free hit is taken after a foul occurs by the opposing team. After a goal is scored, both teams go back to their starting positions.

**Advancing** – foul called when using any part of the body to move the ball or any part of the body to stop the ball.

**Obstruction** – player places any part of the body or stick between the ball and an opponent who is trying to play the ball. If the ball is in motion, and stays in motion this would not be a foul.

**Third Party** – when one teammate (from team 1) has possession of the ball, the defense comes to play the ball (from team 2), a player from team 1 comes between the ball and the defense. Not allowing defense the opportunity to touch the ball.

**Hacking** – stick contact with opponents stick.

### **Offensive Strategies**

- Keep your body low to the ground and your eyes up
- Stay spread out
- 5 yards between each line
- Keep your stick on the ground
- Look up and pass from your stick to your partners stick
- Communicate with your teammates
- Be aggressive
- Keep possession of the ball
- When you don't have possession you should move to create space for your teammates.

### **Defensive Strategies**

- Force the offensive player to the outside of the field.
- Goalie should clear the ball to the outside of the field.
- Steal the ball from the offensive team.
- Always make sure you hustle back on defense.