

# Field Hockey Study Guide

## **Equipment Needed:**

- Field hockey ball, stick, cleats, shin guards, mouth guard, and eye protector

## **Safety:**

- For physical education classes no stick shall be raised above knee level; push passing only, no drives.

## **Skills Needed to Play the Game:**

- Dribbling, passing, foot quickness; hand-eye coordination.

## **Terms:**

**Advancing** - a foul committed by the ball contacting any part of the player's body (usually the feet).

**Dribble** - tapping the ball slightly ahead and to the right of ones body to carry the ball down the field.

**Drive** - a long hard hit performed with both hands positioned together and at the top of the stick.

**Flat Pass** - a pass that is parallel to the end line.

**Non-stick side** - the side without the stick; a player's left side.

**Obstruction** - a foul committed by placing ones self between an opponent and the ball.

**Penalty Corner** - method of putting the ball in play by the attacking team at their opponent's goal when the defense has committed a foul within the striking circle.

**Push** - method of passing or scoring where the ball and stick are always in contact. There is no backswing when contact is made between the ball and stick.

**Sticks** - a foul committed by raising the stick above one's shoulder in a game...in class above the knees.

**Stick Side** - A player's right side; the side with the stick.

**Striking Circle** - the 16 yard area around the goal in which a player must be in order to shoot for the goal.

**Through Pass** - a pass that is perpendicular to the end line.

# FIELD HOCKEY RULES

## A. Game Procedure

- a. Eleven players on a team
- b. The goalie is the only player that may kick the ball.
- c. A pass in any direction starts the game.
- d. One point scored per goal.
- e. The game is played in two 30 minute halves.

## B. Fouls: The following are the four major fouls to be concerned with in physical education class:

- a. Sticks - in regulation game, raising the stick above shoulder level; in class above the knee.
- b. Wrong Side of the Stick - using the round side of the stick versus the flat side.
- c. Obstruction - player being between the ball and the opponent.
- d. Advancing - hitting the ball with any part of the players' body; usually the feet.

## C. Penalties for Fouls

- a. Foul by the attacking team: free hit at the spot of the foul.
  - i. If the foul occurs in the circle the free hit is taken by the defense outside the top of the circle.
- b. Foul by the defending team:
  - i. If in the circle: penalty corner.
  - ii. If outside the circle, free hit on the spot of the foul.

## FIELD MARKINGS:

### Field Hockey

