



Field hockey is one of the oldest team sports in the world, dating back nearly 3,000 years to the Greek classical era. *The modern name "field hockey" first appeared in England in the 14th century.* In 1886, the Hockey Association was founded in England, publishing a set of rules and standards to be observed by all organized field hockey teams. The sport went mainstream in 1908 when it was included in the Summer Olympics and USA has only won one bronze medal. *The sport is dominated by India and Germany.*

Objective: Score a goal by putting the ball into the other teams goal

Game Play:

- A team consists of 11 players
 - Teams are split into offense and defense
- ***The game has many similarities to soccer, golf, and hockey***
- There is no roughing or physical contact
- 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
- The game starts with a center pass, from the centerline.
 - The opposing team needs to begin 7 yards away from the ball
- The goalie is the only player who can use their hands or body to block the ball
- The ball can only be played while on the field
- Tackle is when a player tries to steal the ball from an opposing player

Scoring:

- Goals are worth 1 point
- Must occur from the striker circle outside of the goalies box
- The ball must completely clear the line

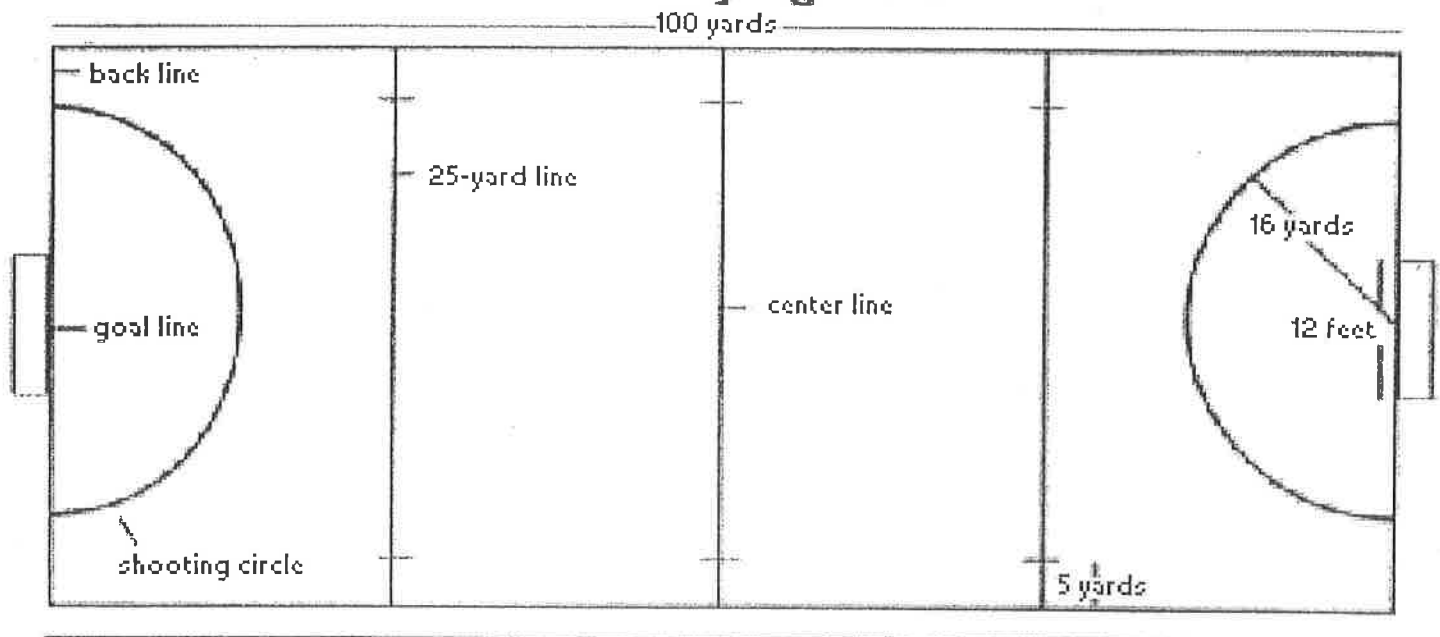
Fouls:

- Blocking, roughing/physical contact
- Intentionally lifting the ball into the air
- Hacking – when a player hits the stick of an opponent
- Hitting the ball over the goal
- Stick Interference – when a player hits, holds, slashes or strikes the opponents stick
- Obstruction- using ones body or stick to stop the play of the ball
- Stick Raising – raising the stick higher than ones shoulders
 - Side In – Awarded when the ball goes out of bounds and is placed on the sideline for the player to push pass it back in
 - Free hits – A hit taken at the spot of the foul and the opposing team must remain 7 yards away from the hit, this occurs when either team is within the striking circle

Types of Passes/Hits

1. Push Pass – when the ball stays in contact with the stick and the player pushes the ball with short quick passes, hands are spread out when using this hit
2. Flick – when a player lifts the ball into the air with the stick and is used for shots on goal and penalty shots, hands are spread out when using this hit
3. Reverse hit – used to strike the ball from left to right with the flat side of the stick, the hands are spread out when using this hit
4. Drive – used to move the ball from one end of the field to the other, the hands are placed at the very top of the stick

The Playing Field



Positions:

- Forwards - primary scorers who spend most of their time between the midfield and the opponents goal
- Midfielders - must be able to play both defense and offense, also called "links"
- Fullbacks - attempt to clear the ball when it goes near the goal, a single defender is known as a sweeper (sweeps the ball away from the goal)
- Goalie: stands in front of the goal to block the shots

Strategies:

- **Defense** – force the offense to the outside of the field, goalie should clear the ball to the outside of the field, steal the ball away from the offense
- **Offense** – keep body low and always pay attention, stay spread out, keep your stick on the ground, pass stick to stick, communicate, keep possession, be aggressive, move to get open