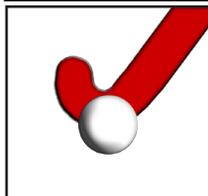


FIELD HOCKEY BASICS

BY THE NUMBERS

11	Players per side (including goalkeeper)
2	Halves (4 quarters for international play)
35	Minutes each half (15 minute quarters for international play)
10	Minutes during halftime
5	Yards from ball (min. opponent distance during free hit)

STICK BASICS



Only push or hit with the flat side or edge of the stick

Only goalies can use their body to stop and move the ball

Practice passing! Field Hockey is a game of strategy

MOVING THE BALL (offensive)

Push - The head of the stick stays in contact with the ball as it is pushed forward and released while leading with left elbow along with a natural shift of weight. This allows for greater control and is a very accurate short-range pass or shot. As there is no back swing, the swift and controlled motion makes it difficult to defend against.



Hit - A powerful motion where the stick is brought down swiftly from a rounded back swing and strikes the ball amid a long follow through. The hit is fast and favored for sending the ball long distances or for making a hard shot on goal.



Flick - A swift, short-range motion where the ball stays in contact with the head of the stick as it is quickly lifted in the air. This is a small motion with no back swing, used primarily to lift the ball over an opponent's stick or to rapidly alter the ball's trajectory toward the goal by raising it into the air.



Sweep - A player lowers to sweep the ball in a circular motion with the length of the stick, shifting weight from back to front while keeping legs bent and hands together and close to the feet. A short back sweep allows for more power than a push, making it effective for quicker yet long and stealthy passes and shots on goal as changing the stick's angle alters the direction.



Reverse Sweep - The same motion as the forehand sweep except the ball is hit in a reverse circular back to front motion. This is an extremely effective short pass or shot on goal that directs the ball from the player's opposite (left) side and around the front foot. The player holds both hands together and strikes the ball with the side of the stick (while flat-side up).



STOPPING THE BALL (defensive)

Block Tackle - Positioned in a low, balanced stance, the player lowers the stick close to the ground and uses the length of the stick to block a ball's advance. This widens the area where they can intercept or steal the ball and slows the offensive player's motion.



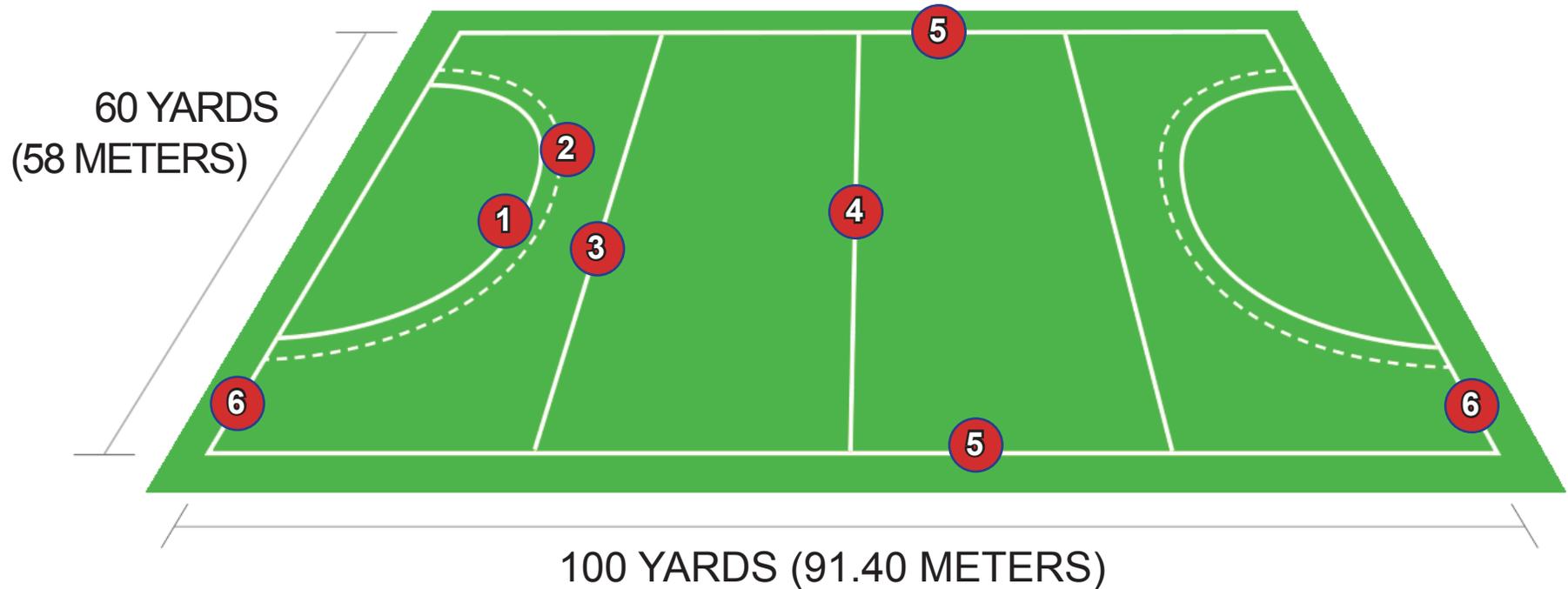
Jab Tackle - The player jabs the stick toward the ball with left hand extended (flat side up), then quickly returns to both hands and regains a balanced position. This swift motion can disrupt the advance of the play and possibly cause a loss of possession.



Reverse Tackle - The player extends their left arm outward with the stick inverted (flat part facing their left). This tackle is used when the offensive player is on a defender's weak (left) side and is intended to slow the play, divert the ball's path or cause a loss of possession.



THE FIELD



Field hockey is played on a rectangular field called a “pitch” or field. Though traditionally played on grass or turf, the game can be played on any flat surface, even a beach.

1

Scoring circle - a solid semi-circle surrounding the goal. Only balls hit or deflected into the goal within this circle count as a score. Defensive fouls within the scoring circle result in a penalty corner.

2

5-yard mark - a dash-lined semi-circle 5 yards outside the scoring circle. Penalty corners end when the ball crosses the 5-yard mark.

3

25-yard line - intentional fouls from this line to the near end line result in a penalty corner.

4

Center line - a solid line that divides the field in half. The ball is taken from the middle of this line at the beginning of each half and after a goal is scored.

5

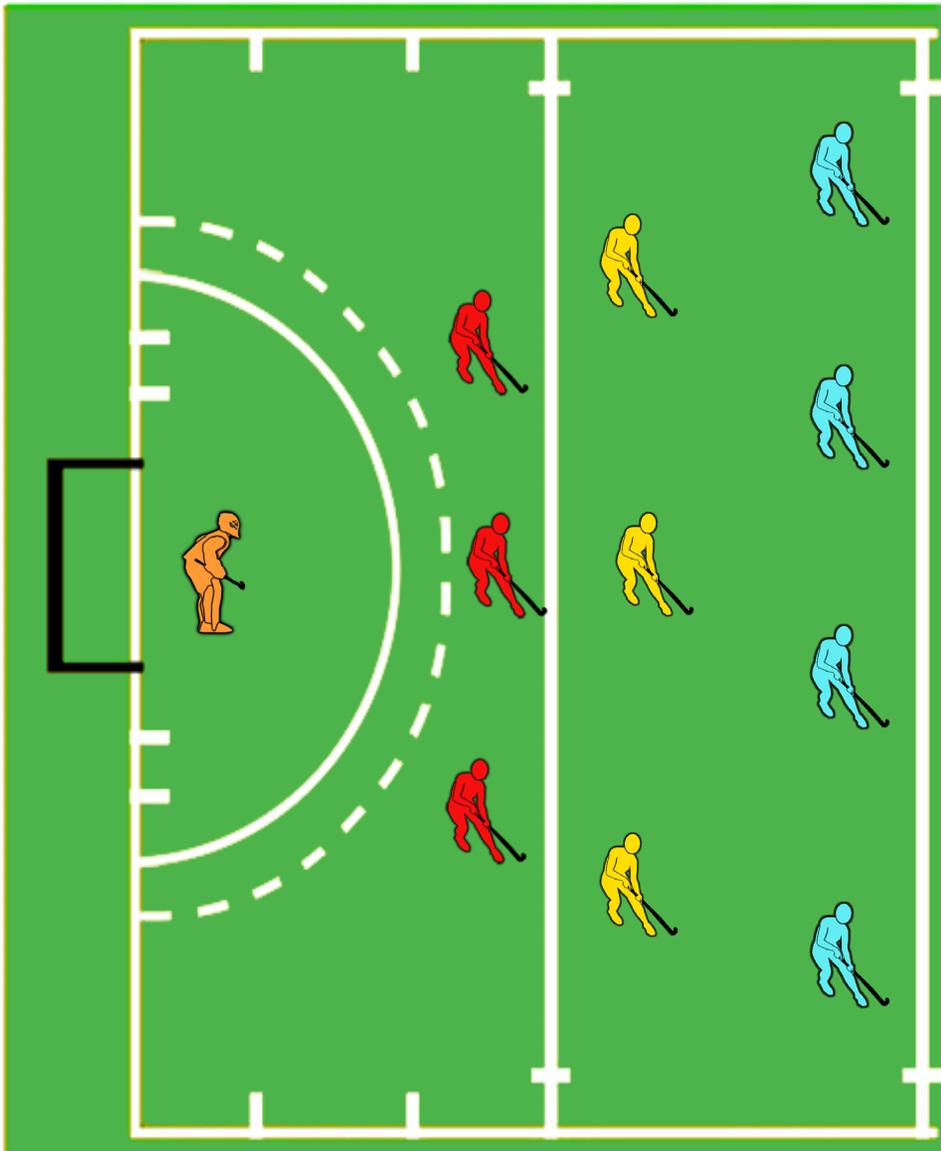
Sideline - boundaries along the length of the field marking the end of the field of play. If a ball is hit out, the opposing team brings it in with a pass or self-start.

6

End line - boundaries along the width of the field. Offensive hits across this line result in defense getting the ball at 16 yards. Defensive hits result in either a long corner or penalty corner (depending on intention).

PLAYER POSITIONING

SAMPLE FORMATION (4-3-3)



POSITIONS



Forwards (Attackers)

Offensive position whose primary responsibility is to score and to advance toward and keep the ball on the opponent's side of the field.



Midfielders (Middies)

Both an offensive and defensive position who acts as an initial line of defense as well as advances the ball to the forwards and the opposing side of the field.



Defenders (Backs)

Defensive position whose primary responsibility is to protect the goalkeeper, prevent opposing forwards from getting into scoring position and to advance the ball to the midfielders and forwards.



Goalkeeper (Goalie)

Defensive position whose primary responsibility is to prevent opponents from scoring and to coordinate defenders in the defense of the goal.

FORMATIONS

Although player positions have defined primary responsibilities, field hockey is a fluid game where players have the flexibility to traverse the field. A defender can be a viable scoring threat, a speedy midfielder can help defend or score goals and a forward can fall back to aid the defense.

A coach can opt to play four forwards on the field (called a 4-3-3 formation with 4 forwards, 3 midfielders and 3 defenders), 3-3-4 with four defenders, 3-3-1-3 (with a back midfielder to cover defense and midfield) or any other combination. In some situations, it may be advantageous for a team to pull a goalie and play with an extra forward, such as when a team is down a goal at the end of a game.

FOULS AND SIGNALS



GOAL SCORED



16 YARD HIT



BACK OF STICK



STICK OBSTRUCTION



OBSTRUCTION



THIRD PARTY OBSTRUCTION



DANGER



PENALTY CORNER



RAISED BALL



PENALTY STROKE



FREE HIT



KICKS

PENALTY CARDS

Field hockey uses a three card system for player warnings and suspensions for deliberately dangerous play, unsportsmanlike behavior and repeated violations.

GREEN	The player must leave the field for 2 minutes and the team plays short (no replacement).
	
YELLOW	The player leaves for at least 5 minutes (at the discretion of the official) and the team plays short.
	
RED	The player leaves the game and cannot be replaced. They may be suspended for subsequent games.
	

GOAL SCORED - signaled when the ball passes the goal line as a result of a hit or deflection by an offensive or defensive player within the scoring circle.

16 YARD HIT - awarded to the defense when a ball that was last touched by an opposing player fully crosses the end line. The ball is taken 16 yards out from the end line. The 5 yard minimum distance applies.

BACK OF STICK - called any time a player touches the ball with the back (rounded) side of the stick.

STICK OBSTRUCTION - called when a player hits or obstructs an opposing player's stick with their own when they are making a play on the ball. This can be called on an offensive or defensive player.

OBSTRUCTION - called when a player possessing the ball uses their body to prevent an opposing player from making a play. The initial player cannot stop their motion nor push back and the opposing player must be actively trying to get the ball.

THIRD PARTY OBSTRUCTION - signaled when a player uses their body to block an opposing player so that a teammate can play the ball.

DANGER - a broad rule that encompasses any action or situation in which a player puts other players in danger of injury. For example tripping, wild swings or similar actions. Intentional acts could result in a card and/or a penalty stroke.

PENALTY CORNER - favorable, high-scoring situation near the goal awarded to the offensive team if the defense commits a foul within the scoring circle or an intentional foul within the 25-yard line.

RAISED BALL - a player is allowed to lift the ball into the air (above 18 in.), so long as it is a safe distance from an opposing player (beyond 5.5 yards), else the other team is awarded a free hit.

PENALTY STROKE - awarded to the offensive team if a defensive player prevents an imminent goal by committing a penalty. An offensive player tries a one-on-one shot against the opposing goalkeeper.

FREE HIT - awarded when a foul is committed outside of the scoring circle (unless intentional within the 25-yd line) . Opposing players must stay at least 5 yards away until the ball is hit or the player touches the ball once (self-starts).

KICKS - The most common penalty, this is called any time the ball hits a player's foot or lower leg, resulting in a free hit or a penalty corner if the foul occurred within the scoring circle.