

# Field Hockey Guide

## Skills

**Ready position** - knees bent; back straight; feet staggered, left foot forward; stick on the ground; left hand in front of left knee; toe of stick straight in the air

**Pull right** - dribble to the left, turn stick to reverse and pull ball flat across body to the right side, seal off defender, accelerate

**Pull left** - dribble to the right, pull ball flat across body to the left side, seal off defender, get feet around the ball, accelerate

**Spin strong** - approach defender, with strong stick spin toward the left moving away from the defender

**Reverse spin** - approach defender, turn stick to reverse and spin toward the right moving away from the defender

**Push pass** - hands apart with body turned to the side, ball lined up with back foot, stick on ball, weight on back foot; shift weight to the front foot while pushing the ball toward the target; follow through with the stick pointing at the target and toe in the air

**Slap pass** - hands apart on stick with body turned to the side, while shifting weight, hit ball toward target; follow through with the stick pointing at the target and toe in the air

**Drive** - hands together at the top of the stick with body turned to the side, ball lined up with front foot, knees bent; while keeping head and shoulders over the ball, swing from the back hip to the front hip and snap wrists

**Speed dribbling** - ball at 2 o'clock position, stick length away from your body, keep ball close to stick while tapping it forward at the fastest speed possible

**Tip** - touching the ball to redirect it toward the goal

**Arial** - ball is lifted in the air above players, this must land either in (1) open space or (2) a single player from either team, if the ball lands in an area with 2+ players within 5 yds of each other a foul will be called

<https://www.youtube.com/watch?v=cMtgAMtTMdA>

## Types of Fouls

- When the foul is called, the ref will blow the whistle, signal the foul, and point direction to show who received possession of the ball after the foul to take a free hit or corner

**Foot** - ball hits a player's foot (ref points to foot)

**Obstruction** - preventing another player from playing the ball with your body (ref crosses arms in front of chest)

**Stick obstruction** - when a player hits another player's stick (ref holds one arm out straight and touches it with the opposite arm)

**5 yards** - all players NOT taking a free hit must be at least 5 yards away from the ball (ref holds up 5 fingers)

**Dangerous play** - see below (ref puts one hand diagonally across their chest)

<https://www.youtube.com/watch?v=tk9eHqF6zZ0>

## **Key Terms**

**Offense** - when our team has possession/control of the ball

**Defense** - when the other team has possession/control of the ball

**Strong side** - right side

**Reverse** - when the stick is turned upside-down so the toe is facing the ground

**Free hits** - whenever there is a foul, a free hit is taken where the foul occurred; if the ball goes over the endline and the offensive team is the last team to touch the ball, the defensive team is awarded a free hit, this is taken straight up from where the ball went over the endline and even with the top of the circle \*\*when a free hit is taken inside the 25 yd line, the attacking player must either dribble 5 yds, the ball must be touched by a defender, or offense can pass to a teammate outside the circle before the ball can go into the circle\*\*

**Self-start** - one way to take a free hit; ball has to be stopped at the spot of the foul but the player dribbles on their own to start play again

**Push back** - at the start of the game/half or after a goal is scored; the ball is placed in the center of the field to start the play

**Circle/The D/Arc** - this is the arch on the field (see diagram below), an offensive player must touch the ball inside the circle in order for a goal to count, if only the defense touches the ball in the circle before entering the goal, it does not count

**Penalty corner** - when a foul is committed by a defender inside the circle a corner is awarded

**Stroke mark** - 7 yds from goal in the middle of the goal

**Long hit** - when the ball goes over the endline and the defense was the last to touch the ball, the offensive team is awarded a free hit, this is taken at the 25 yard line, straight up from where the ball went over the endline (if playing across the field, the long hit is taking at the half way mark, straight up from where the ball crossed over the endline)

## **Defense**

1. Contain - keep the offensive player in one area, do not let them get behind you, channel
2. Engage - close down the space between you and the attacker while keeping them in front of you
3. Dispossess - if they put the ball out in the open or leave it unprotected, try to take the ball away without hitting their stick or letting it hit your feet

## **Dangerous play**

- Ball is hit above the hips near a player
- Raising your stick above your hips when another player is near
- High follow through of a stick after hitting the ball
- Intentionally running into another player

## **Offensive Penalty Corners**

- When the ref gives the signal, the inserter passes the ball to one of the hitters at the top of the circle
- The hitter has to bring the ball outside of the circle and then back in before they can shoot on goal
- The shot must hit the backboard in the goal for it to count
- Post players should be ready for tips/rebounds

**Hitter** - 2-3 players at the top/middle of the circle who receive the ball outside the circle to take back in the circle and shoot

**Inserter** - starts ball at the inserter mark, one foot out of bounds, passes ball to hitter, runs to closest post

**Post players** - 2 players on right side of circle (opposite of inserter); player all the way to the right runs into post, player closest to hitters runs to the stroke mark

**Left option** - lines up even with inserter outside the circle, takes two steps inside circle when ball is inserted; also responsible for getting the ball if the inserter messes up

**Back up** - lines up at the dotted circle in case the hitters miss the ball

## **Defensive Penalty Corners**

- 4 players and goalie start in the goal; players can only enter the circle once the ball has been inserted
- All other defensive players line up at the 50 yd line and run back once the ball is inserted
- As soon as defense gets possession of the ball, they should pass it wide or to a teammate for a counter attack
- The corner is over when a goal is scored, another corner is called, or a foul is called on the offensive team (giving a free hit to the defensive team)

**Flyer** - runs at the ball/hitter with stick in the line of the ball on the ground

**Left trail** - runs to the left of the flyer with stick on the ground, responsible to step up if the offensive team passes right

**Right post** - lines up next to the right post, steps into circle 3 steps to block inserter from touching the ball again

**Left post** - lines up next to the left post, steps into circle 3 steps to block post player from touching the ball

**Types of corners** - 1-3 or diamond; 2-2 or box

<https://www.youtube.com/watch?v=xpHAYZd4964>

## **Positions**

**Forward** - can have 3-4 forwards, responsible for setting up the first line of defense when the other team has a free hit

**Midfielder** - can have 3-4 midfielders, responsible for playing offense and defense

**Defense** - also called backs, should have 3, responsible for stopping the other team from getting into the circle or scoring a goal (with the help of the midfielders)

**Positioning** - players should stay on their half of the field (ex. Right back should stay within the right half of field, left mid should stay in the left half, center players should be able to move to both sides when needed)

**Formations**

**Full field**

**Basic**

F F F F  
M M M  
B B B

**Advanced**

F F F  
M M M  
M  
B B B

\*\*in this formation, there should be a high and low mid, creating a diamond shape\*\*

**6 players per side**

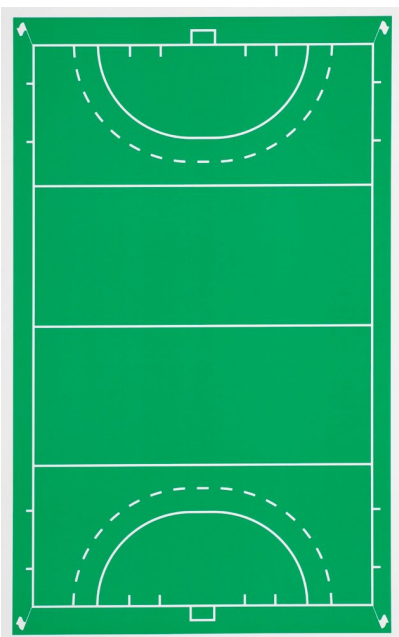
**Basic**

F F  
M M  
B B

**Advanced**

F F  
M M M  
B

\*\*this formation as the outside mids also playing the outside back positions\*\*



End line

25 yard line

50 yard line

25 hard line  
Circle

End line

Butt

Grip

Toe

