

FIELD HOCKEY STUDY GUIDE
8th GRADE

HISTORY

Since the introduction in the United States in 1880 by a team of English players, field hockey has steadily increased in popularity with American girls and women. Credit goes to an Englishwoman, Constance Applebee, who for over 70 years pursued the game. Miss Applebee traveled to all sections of the country, teaching, coaching, and inspiring teachers and players.

Field Hockey in America is played by both men and women. It is one of the most vigorous sports, accenting great endurance, speed, strength, agility and precision.

Owing to the efforts of the United States Field Hockey Association, the game may be enjoyed long after school days are past. Local clubs exist throughout the country and touring teams representing various countries travel to compete in international tournaments. Field Hockey is a sport that fully satisfies the objectives of Physical Education.

RULES

1. 11 players on a team - 5 forwards, 3 halfbacks, 2 fullbacks, and 1 goalkeeper.
2. The players are:

 5 forwards - Left Wing, Left Inner, Center Forward, Right Inner, and Right Wing

 3 halfbacks - Left Halfback, Center Halfback, Right Halfback

 2 fullbacks - Left Fullback, Right Fullback

 1 goalkeeper
3. A Goal scores 1 point, provided a member of the offensive or attacking team contacts the ball in the striking circle. The ball must pass wholly and completely over the goal line.
4. A regulation game consists of 2 thirty minute halves with a ten minute halftime. In class, we are playing two 10 minute halves.
5. Field - 100 to 120 yards long, 50 to 60 yards wide.

EQUIPMENT

1. STICK - Indian style head (short toe, thick middle)
2. SHIN GUARDS - Guards to protect the lower leg of the players
3. GOALKEEPER PADS - Protection for the legs and feet of the goalkeeper.

FOULS - Breaking of the rules

1. STICKS - Raising the stick above the shoulder, front or back.
2. ADVANCING - Moving the ball forward with anything other than the stick.
3. DANGEROUS HITTING - Undercutting the ball so that it goes into the air in a dangerous manner, or hitting the ball directly into an opponent.
4. USING ROUNDED SIDE OF STICK
5. PERSONAL CONTACT - Pushing, tripping, striking, or charging an opponent.
6. SLASHING STICKS - A player continually hits an opponent's stick.

PENALTIES FOR FOULS

1. FREE HIT - Given to the opposing team when a player has committed a foul anywhere on the field except in the striking circle. The halfback takes the free hit directly on the spot where the foul has occurred and all players must be 5 yards away.
2. FOULS IN THE STRIKING CIRCLE:
 - A. If the defensive team or the team guarding the goal commits the foul, a Penalty Corner is given to the offensive or attacking team.
 - B. If the offensive or attacking team commits the foul, the Defensive or guarding team is given a 16 yd. hit , usually taken by a fullback.
3. OUT OF BOUNDS
 - A. When a ball is hit over the sideline, a push pass or drive is given to the opponent's directly on the spot where the ball went out. The hit is taken by the halfbacks, and must be knee height or lower.
 - B. When a ball is hit out over the sidelines by two opposing team members, a Bully on the Spot is taken by the two opposing wings. A Bully on the Spot is also taken when two opposing players foul at the same time.
4. BALL OUT OF BOUNDS AT THE END OR GOAL LINE

- A. If the offensive or attacking team hits the ball out over the goal or end line, a 16 Yard Hit is taken by the defensive team. The hit is usually taken by the fullback.
- B. If the defensive or guarding team hits the ball out over the goal or end line, a Penalty Corner is taken by the offensive or attacking team. The hit is taken by the wing.
- C. If the defensive or guarding team hits the ball out over the goal or end line and the umpire deems that it was not done intentionally or has not interfered with a goal being scored, a Long Hit is given to the offensive team. The hit is taken by the wing.

DEFINITIONS

- 1. Back Up - Team members positioning themselves so that they can hit a missed ball.
- 2. Center Pass - Taken by the center forwards. All defensive players must be outside the circle. Used to 1) start the game, 2) start the second half, and 3) after a goal has been scored.
- 3. Stick Side - The player's right side, or the side on which she is carrying the stick.

SKILLS TAUGHT IN CLASS

- 1. Dribble - Short taps on the ball, left hand at the top, right hand 8 to 10 inches down.
- 2. Holding the Stick - Holding the stick down, ready to play the ball, hand positions same as the dribble.
- 3. Drive - A long, hard hit, left hand at the top of the stick, right hand next to it.
- 4. Straight Tackle - Facing the opponent and stealing the ball when it is away from her stick.
- 5. Passing - Pushing or hitting the ball to a teammate just before being tackled.
- 6. Stop - Keeping the ball in front of you, not letting it get past you. Hand positions same as the dribble.
- 7. Scoop dodge - Scooping the ball over your opponents stick.
- 8. Scoop - A stroke without backswing in which the ball is lifted in the air with the toe of the stick.
- 9. Push Pass - Pushing the ball forward with no backswing or backward motion of the stick. Hand positions same as the dribble.
- 10. Reverse Stick - Turning the stick over to play a ball on the non-stick side (left).

Goal or End Line

