




# FIELD HOCKEY MANUAL

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# FIELD HOCKEY

## History:

The roots of hockey are buried deep in antiquity. Historical records show that a crude form of the game was played in Egypt 4,000 years ago and in Ethiopia around 1,000BC. Various museums offer evidence that a form of the game was played by the Romans and Greeks as well as by the Aztecs several centuries before Columbus arrived in the New World.		
GREECE, c. 510 BC	Κερατίζειν ( <i>keratízein</i> ) κέρας, <i>kéras</i> , in ANCIENT GREEK	
EGYPTIAN, c. 200 BCE	lawn-and-field sports like hockey and GROUND BILLIARDS	
EAST ASIA, 300 BC	carved wooden stick and ball prior	
INNER MONGOLIA	BEIKOU (last 1000 yrs)	
EUROPEAN 1400-1700	near-identical depictions	
The word hockey itself was recorded in <b>1363</b> when EDWARD III of England issued the proclamation: "Moreover we ordain that you prohibit under penalty of imprisonment all and sundry from such stone, wood and iron throwing; handball, football, or hockey; coursing and cock-fighting, or other such idle games."		
China, Ming Dynasty (1368-1644)	field hockey or ground billiards variant, called <i>suigan</i>	
Punjab State, India 1700	<i>khidokhundi</i> ( <i>khido</i> refers to the woolen ball, and <i>khundi</i> to the stick)	
NORTHERN EUROPE (early middle ages)	the sports of HURLING (Ireland) and KNATTLEIKR (Iceland), both team balls games involving sticks to drive a ball to the opponents' goal, date at least as far back as the .	
France & South Britan	<i>LA SOULE</i> or <i>choule</i>	
The modern game grew from English PUBLIC SCHOOLS in the early 19th century. The first club was in 1849 at BLACKHEATH in south-east LONDON, but the modern rules grew out of a version played by MIDDLESEX CRICKET clubs for winter sport. TEDDINGTON Hockey Club formed the modern game by introducing the striking circle and changing the ball to a sphere from a rubber cube.		

## Modern Hockey

The modern game of hockey emerged in England in the mid-18th century and is largely attributed to the growth of public schools, such as Eton.

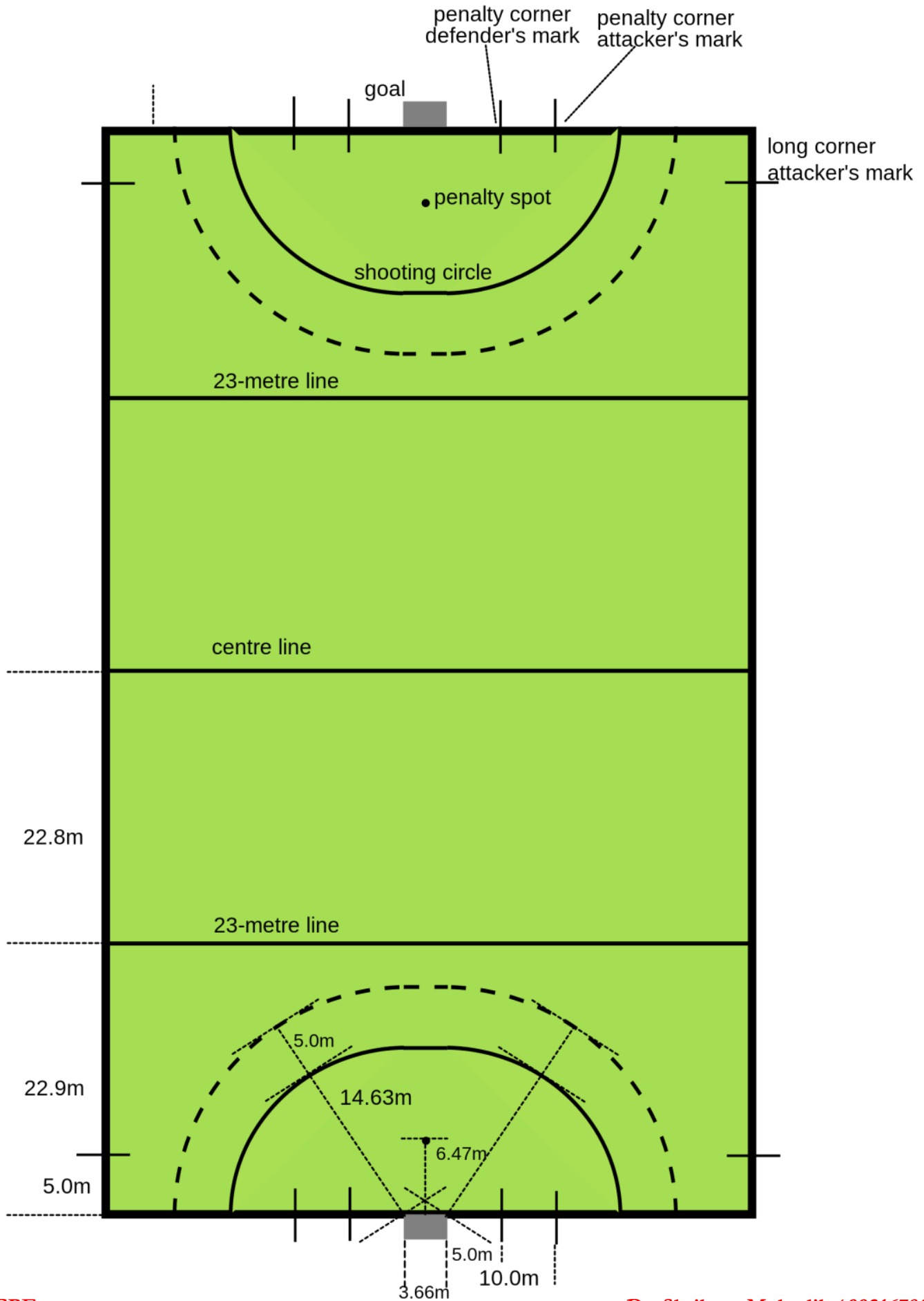
1876	1 <sup>st</sup> Hockey Association in UK and drew up the first formal set of rules.
1886	The original association survived for just six years but, in 1886, it was revived by nine founding member clubs.
1887	Women's field hockey was first played at British universities and schools. The first club, the Molesey Ladies
1894	first national association was the Irish Ladies Hockey Union
1895	1 <sup>st</sup> International Competition, (Ireland 3, Wales 0)
Oldest Trophies	IRISH SENIOR CUP, 1894 IRISH JUNIOR CUP, a second XI-only competition, 1895
1900	International Rules Board
1910 approx.	Indian Competitions: BEIGHTON CUP and the AGA KHAN tournament
1908 & 1920	Hockey and the Olympics The inaugural Olympic Hockey Competition for men was held in London in 1908 with England, Ireland, Scotland and Wales competing separately. With the addition of Germany and France, the competition ran with six teams. After having made its first appearance at the London Games, hockey was subsequently dropped from the 1912 Stockholm Games after host nations were granted control over 'optional sports'. It reappeared in 1920 in Antwerp after pressure from Belgian hockey advocates before being omitted again in Paris in 1924.
1924	FÉDÉRATION INTERNATIONALE DE HOCKEY SUR GAZON (FIH) as an international governing body by seven continental European nations

	The formation of the International Hockey Federation in 1924 was not soon enough for the Paris Olympics but it did grant hockey re-entry in Amsterdam in 1928. Hockey has been on the programme ever since, with women's hockey included for the first time in Moscow in 1980.
1927	International Federation of Women's Hockey Association (IFWHA)
1928	Reinstated as an Olympic Sport Motivated by hockey's omission from the 1924 Paris Games, the Fédération Internationale de Hockey sur Gazon (FIH) was founded by Paul Léauté. M. Léauté, who would later become the first president of the FIH, called together seven National Federations to form the sport's international governing body. These founding members, which represented both men's and women's hockey in their countries, were Austria, Belgium, Czechoslovakia, France, Hungary, Spain and Switzerland.
Indian Domination	India dominated the Olympic Games, Major Dhyan Chand the Hero Entering the Olympics in 1928, India won all five games without conceding a goal, and won from 1932 until 1956 and then in 1964 and 1980. Pakistan won in 1960, 1968 and 1984.
1970	Artificial turf: new tactics and techniques synthetic surfaces ended Indian and Pakistani domination because artificial turf was too expensive in DEVELOPING COUNTRIES
1980	introduction of women's field hockey to the Olympic games
1982	two bodies merged FIH & IFWHA
By 1964, there were already 50 countries affiliated with the FIH, as well as three Continental Associations - Africa, Pan America and Asia - and in 1974, there were 71 members. Today, the International Hockey Federation consists of five Continental Associations, 132 National Associations and is still growing.	

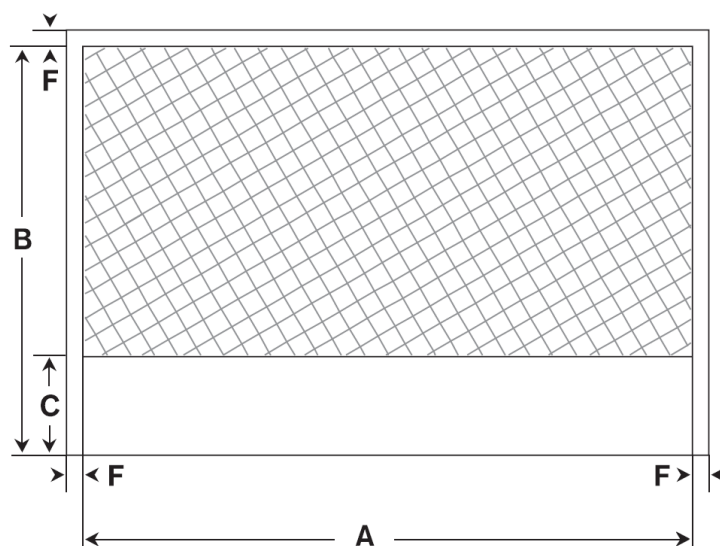
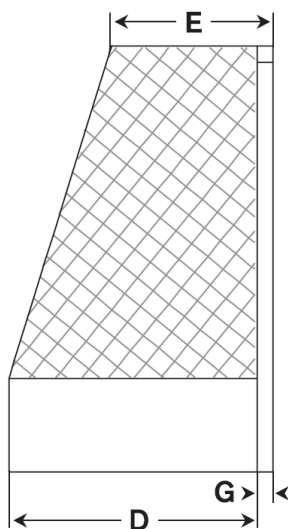
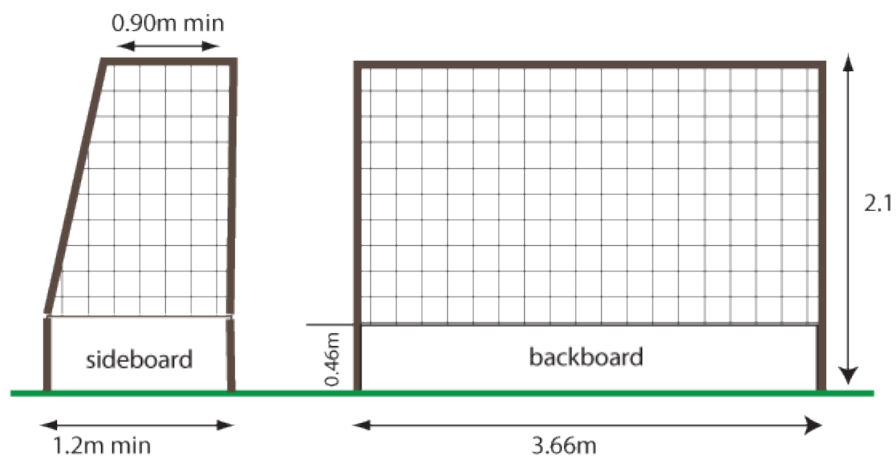
**Players: 11+5 = 16 player on score sheet**

**18 players at international level**

Court/Field	
Field Measurements	91.40 m x 55 m
Run Off areas	3 m end lines, 2 m sidelines; 5 m end lines, 3 m sidelines
Marking	75mm & white
23 m areas	22.90 m
Penalty Spots	6.475m
Penalty Corner & Defender's Mark	300 mm Long outside the field; 10 m both sides 300 mm Long outside the field; 5 m both sides
Long Corners	300 mm Long outside the field; 5 m from endline
Circles	14.63m
Broken lines	5 m from 14.63; 300mm long and gap of 3 m between each solid section
Timings	A match consists of <b>two periods of 35 minutes</b> and a half time interval of 5 minutes.
Start & Restart	Coin tossed to decide <b>Side</b> or the <b>Pass</b> Direction of play is reversed in the second half of the match. A centre pass is taken to start and restart: to start the match by a player from the team winning the toss if they chose this option ; otherwise by a player from the opposing team to re-start the match after half-time by a player of the team which did not take the centre pass to start the match after a goal by a player of the team against which the goal was scored.







### Goals

Goals	White, rectangular & 50 mm wide <b>F</b> and between 50 mm and 75 mm deep <b>F&amp;G</b>
Goal Posts	3.66 m x 2.14 m (inner edges) <b>AxB</b> <i>Inner edges of the goal-posts is 3.66 m and the distance from the lower edge of the cross-bar to the ground is 2.14 m</i>
Behind the Goal posts	0.90 m cross bar & 1.20 m Ground Level <b>E&amp;D</b> <i>the space outside the field, behind the goal-posts and cross-bar and enclosed by the net, side-boards and backboard is a minimum of 0.90 metres deep at the cross-bar and a minimum of 1.20 metres deep at ground-level.</i>
Side& Back boards	side-boards 460 mm high and a minimum of 1.20m long <b>C&amp;D</b> back-boards 460 mm high and 3.66 m long <b>C&amp;A</b> dark colour on the inside
Net	maximum mesh size is 45 mm attachment to the back of the goal-posts and cross-baris at intervals of not more than 150 mm the nets are secured so as to prevent the ball passing the nets hang outside the side-boards and back-board between the net and the goal-posts, cross-bar, sideboardsand back-boards the nets are fitted loosely to prevent the ball rebounding



### Stick

*The stick has a traditional shape, consisting of the handle and the head. The stick and possible additions may be made of or contain any material other than metal or metallic components provided it is fit for the purpose of playing hockey and is not hazardous.*

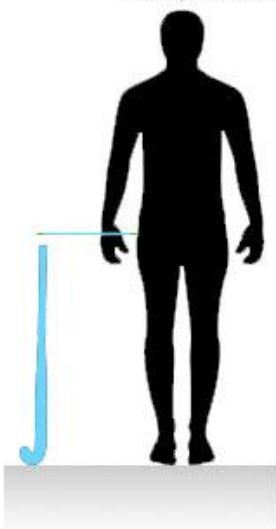
Stick: Head & Handle	<p>The head must be a 'J' or 'U' shape the upturned or openend of which is limited by the line C. The head must be flat on the left hand side only (<i>the side which is to the player's left when the stick is held with the open end of the head pointing directly away from the player's front, ie the side shown in the diagrams</i>). Other indentations or grooves are not permitted on the playing side of the stick. A twist or twists along the flat playing side of the stick from the head and any continuation of it along the handle are not permitted. The edges and the non-playing side (back) of the stick must be rounded and must have a continuous smooth profile. Flat sections along the edges or back of the stick are not permitted.</p> <p><b>Any stick which poses a potential risk for play is prohibited.</b></p>
Stick Coverings & Dimensions	<p>The stick is assessed with any covering, coating or fixing belonging to the stick. Inclusive of any additional coverings used, the stick must pass through a ring with an interior diameter of 51 mm. The application of tapes and resins is permitted provided that they are not hazardous and that the stick conforms to the specifications.</p>
Smooth Flat & Continuous	<p>The transition from handle to head must be smooth and continuous without any unevenness or other discontinuity.</p> <p><b>"smooth"</b> means without any rough or sharp parts. The surface must be even and regular, free from perceptible projections or indentations and not rough, wrinkled, pitted, grooved or scored. No edge shall have an angle with radius smaller than 3 mm.</p> <p><b>"flat"</b> means without any curved, high or hollow parts having a radius smaller than 2 m, transforming smoothly to an edge with a radius not smaller than 3 mm.</p> <p><b>"continuous"</b> means all along the defined subject without interruption.</p>
Weight	It must not exceed 737 grams.
Height	Not more than 105 cm ( <i>top of the handle to the bottom of the head of the stick</i> )
Ball Speed	Ball speed must not be greater than 98 % of stick head speed under test conditions.



## FIELD HOCKEY STICK SIZING

### U.S. Method

Based on player height. Hold the stick at your side, the top should be 1-2 inches below your waist.

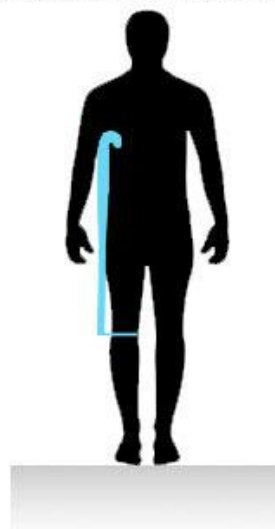


### Common U.S. Size Chart

Player Height	Stick Length
5'9" and Up	38"
5'7" - 5'8"	37"
5'5" - 5'6"	36"
5'1" - 5'4"	35"
4'10" - 5'0"	34"
4'8" - 4'10"	33"
4'5" - 4'7"	32"
4'2" - 4'4"	30"
Under 4'2"	28"

### Dutch Method

Hold the head of the stick in your armpit. The ideal stick should end near the middle of the kneecap.



The sizing above should be used as a guideline only. Player preference and playing style has much to do with the ideal length of the stick.

A defensive player or mid-fielder may prefer a longer stick to provide more reach and hitting power to clear out the defensive zone.

Offensive players may prefer a shorter stick for more aggressive stick handling and control.

If you are still unsure about sizing, it is always advisable to consult with your coach.

Ball	Spherical – circumference of between 224 mm and 235 mm
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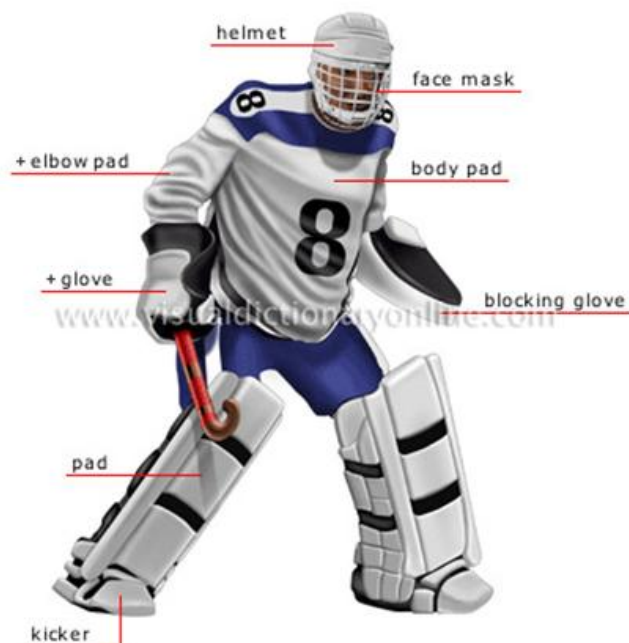
	weighs between 156 grams and 163 grams made of any material and coloured white ( <i>or an agreed colour which contrasts with the playing surface</i> ) hard with a smooth surface but indentations are permitted.
Flag-posts	Between 1.20 and 1.50 m in height placed at each corner of the field & must not be dangerous if unbreakable, flag-posts must be attached to a spring base flag-posts carry flags, not exceeding 300 mm in width or length.



### Goalkeeper's Equipment

A goalkeeper should have: *Helmet, Throat Protector, Chest Protector, Arm guards, Left and right hand Protectors, Groin/ Pelvic Protector, Padded Shorts, Kickers, Leg Guards, Hockey Stick, Different Coloured Shirt*

Hand protectors	each have a maximum width of 228 mm and length of 355 mm when laid flat, palm upwards must not have any additions to retain the stick when the stick is not held in the hand.
Leg guards	each have a maximum width of 300 mm when on the leg of the goalkeeper.



### Duration & Start

Timings	Period 1 – Half-time Interval – Period 2 35 min – 5 min – 35 min
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	<p style="text-align: center;"><b>4 Halves</b></p> <p style="text-align: center;"><b>15 min – 2 min – 15 min – 5 min – 15 min – 2 min – 15 min</b></p>
<b>Start &amp; Restart</b>	<p>Coin tossed to decide <b>Side</b> or the <b>Pass</b></p> <p>Direction of play is reversed in the second half of the match.</p> <ul style="list-style-type: none"> <li>• A centre pass is taken to start and restart:</li> <li>• to start the match by a player from the team winning the toss if they chose this option ; otherwise by a player from the opposing team</li> <li>• to re-start the match after half-time by a player of the team which did not take the centre pass to start the match</li> <li>• after a goal by a player of the team against which the goal was scored.</li> </ul>

- **No Extra-Time or Overtime**
- Penalty Shootout
- 5 players from each team take 8 sec. shootout and try to score.
- Team scoring more goals wins
- Even if tie is not resolved then Sudden Death
- 1 player from each team takes shootout
- Difference in goal wins

#### Fouls

A player may not:

- Shield or obstruct the ball from an opponent with the body or stick. All players must have an equal chance to gain control of the ball as it is dribbled or passed down the field.
- Play the ball with the rounded side of the stick.
- Interfere in the game without a stick
- Charge, hit, shove or trip an opponent
- Play the ball in a potentially dangerous way.
- Use the foot or leg to support the stick in order to resist an opponent
- Raise the stick in a dangerous or intimidating manner while approaching, attempting to play or stop the ball
- Advance the ball by any means other than with the stick.
- Stop or deflect the ball in the air or on the ground with any part of the body
- Hit, hook, hold or interfere with an opponents stick: Free Hit
- A free hit is awarded to the non-offending side following an infraction and are usually taken at the spot the foul occurs.
- No player of the opposing team may be within 5 yards of the ball when hit.
- The ball must be stationary and the striker must push or hit it. The hitter may not replay the ball until another player has touched it.
- If the infraction is committed by a defender within the shooting circle, the attacking team is awarded a penalty corner.
- Since 2015, the 23 metre line has also been used for the attacking team to resume play when it has gone over the back line (this replaced long corners).



#### Cards:

Green (Triangle): 2 min suspension  
 Yellow (Square): 5 min Suspension  
 Red (Round): Permanent Suspension



## HOCKEY SKILLS

General Skills	Penalty Corner	Goalkeeping
• <i>Grip</i>	• <i>Pull out / Drag</i>	• <i>Stance</i>
• <i>Passing: Pushing, Tapping,</i>	• <i>Stick Stop / Trap</i>	• <i>Blocks</i>
• <i>Hitting / Sweep Hitting</i>	•	• <i>Basic Movements</i>
• <i>Trapping</i>	•	• <i>Diving</i>
• <i>Ball Carrying/ Dribbling: Rolling &amp; Indian Dribble</i>	•	• <i>Sliding</i>
• <i>Hitting</i>	•	• <i>Kicking</i>
• <i>Flick / Scoop &amp; Reverse Flick</i>	•	•
• <i>Flip &amp; Jink</i>	•	•
• <i>Tackle</i>	•	•

**GRIP:** This is the basic grip for receiving, dribbling, pushing and passing, the left hand at the top of the stick, and the right hand halfway down the handle – around 30cm (*Not too far down to close off vision by bringing head down*)

#### Coaching Points

- Check left forearm is in line with stick so back of wrist points forwards
- Both arms slightly bent at the elbows

#### Common Errors:

- Hands around wrong way
- Hands too close together
- Eyes down all the time
- Ball too close to the feet



## PASSING SKILLS

**PUSHING/PUSH:** Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.



### Coaching Points

- Grip – left hand at top- right hand further down shaft for control
- Stick starts against lower part of ball
- No backswing involved
- Low posture and follow through to target
- Transfer weight from right foot to left
- Quick footwork

## RECEIVING (TRAPPING)

### Coaching Points

- Early preparation and concentrating on the task
- Grip – left hand at top- right hand further down shaft for control
- Stick on ground
- Watch the ball on to your stick
- Soft hands to absorb the ball (this will negate rebounds off stick)
- Lower hand (right) moves back with the ball slightly to control ball
- Players should use their vision before receiving the ball so they know their options and the position of players around them – “receive in daylight”
- Footwork very important - moving to trap the ball
- Forehand and Reverse (*this should only be encouraged in the upright position*).
- Expect to stop everything

## BALL CARRYING (DRIBBLING)

### Coaching Points

- Hands apart
- Low body position
- Ball out in front of body
- Ball outside right foot
- Head up, good vision
- Passing off right foot
- Identify different forms and their uses – closed, open, Indian



**HITTING/HIT:** Striking or ‘slapping’ the ball using a swinging movement of the stick towards the ball. “Slap” hitting the ball, which involves a long pushing or sweeping movement with the stick before making contact with the ball, is regarded as a hit.

### COACHING POINTS

- Developing power
- Hands together
- Smooth controlled swing
- Hit through “bottom half” of the ball
- When hitting a moving ball ensure the final touch is in the direction that you wish to hit the ball in.



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**AIM**

*For players to be brought up to speed with international skills as soon as possible. This type of hit can be most effective when trying to disguise the direction of the pass or for a flat hit and when you are looking for a quick transfer onto the next player*

**COACHING POINTS**

- Two hands together (as for hitting) at the top of the stick
- Hit in front of the left foot
- Back swing and follow through must be along the ground
- Toe of the stick is always facing straight up (*Right angles to the turf*)
- Follow through is a quick knocking motion of the wrists
- The ball should be hit down the shaft of the stick (approx. 6")
- This style of hit uses mostly wrists to develop power
- Knuckles need to be almost touching the ground

**PROPER EXECUTION OF THIS SKILL ALLOWS**

- The full length of the stick to be used
- Ball to be hit quickly along the ground
- Good deception

**FLICK:** Pushing the ball so that it is raised off the ground.

***Scoop or Forehand Flick***

Raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.

**USES**

- Lifting or popping the ball over a defender's stick
- Shot on goal – forehand flick, reverse flick, squeeze shot, slap
- High lift – overhead – to get out of defence or used as a pass
- Pass to other team members when an obstacle may be in the path
- Ball carrying with little flips – makes it difficult for defender

**Method (as in photos)**

1. Hand position like in a push
2. Angle stick slightly backwards
3. Stick underneath ball and open face
4. Low body position to get elevation
5. Follow through to target

**COACHING POINTS**

When trying to learn to flick take out distance and just concentrate on height

- Stand close to a line goal – try lifting over line
- Stand close to goal trying lifting into net

***Reverse Flick*****USES**

- Lifting over goalkeeper

**COACHING POINTS**

- Ball starts on left side of body
- Hands apart
- Ball closer to body to get head and body over ball
- Transfer of weight will mean weight will be on right foot and often left foot up in air
- Head of stick under the ball

**FLIP / JINK**



AIM: For players to be able to lift (flip/jink) the ball over defender's stick and while it is in the air touch it again to change its direction

### COACHING POINTS

- Ball is level with the front foot
- Wrists turned backwards to open up the face of the stick (allows lifting)

### Forehand

Playing a ball which is to the right of the player in a forwards direction.

### Tackle

An action to stop an opponent retaining possession of the ball.

### Coaching Points

- Mobility
- Patience
- Footwork
- Posture-Head Up (ensure you stay down in correct position)
- Versatility – Players need to practice this tackling on both sides of their body
- Reverse side tackles – players need to roll the stick over and try to smother the ball (not use the leading edge and hit the ball away)
- Encourage players to stay down on the ball until the dribbler has run on past
- Encourage players to have good movement (footwork) after a successful tackle to ensure a quality pass
- Encourage players to make flat-stick tackles in advance of square (stick angle)
- Ensure players are tackling with one foot in advance of the other

### PENALTY CORNER SKILLS

All players need to develop a penalty corner skill – can be attacking or defensive

### PULL OUT / DRAG

### COACHING POINTS

- Low stance to generate power
- Forearm an extension of the stick
- Ball is placed on the base line with the right foot behind the line (see photo)
- Ball is gathered in hook of the stick and dragged for as long as possible.
- Get ball moving before putting in power
- Can be used as a deceptive pass or goal shot



### TRAP / STICK STOP

There are several techniques that can be used especially seeing that the ball no longer needs to be 'stopped dead'. However, players do need to learn the art of stick stopping as in the photos below

### COACHING POINTS

- Trap the ball in a position that allows the hitter a view of the ball
- Stick face should be at right angles to the line of the ball tilted slightly forward to control the ball

- Body and arms need to stay steady. Do not jab forward
- Bunt the ball forward
- Hand position on the stick is an individual choice, but need to develop a consistent method.



# Official NFHS Field Hockey Signals

1  <b>FREE HIT</b>	2  <b>16-YARD HIT</b>	3  <b>LONG HIT</b>	4  <b>PENALTY CORNER</b>
5  <b>PENALTY STROKE</b>	6  <b>SIDE-IN</b>	7  <b>ADD TEN</b>	
8  <b>STICK INTERFERENCE</b>	9  <b>ADVANCING</b>	10  <b>DANGEROUS USE OF STICK</b>	11  <b>OBSTRUCTION</b>
12  <b>THIRD PARTY OBSTRUCTION</b>	13  <b>DANGEROUS PLAY</b>	14  <b>TIME-OUT</b>	15  <b>GOAL SCORED</b>
16  <b>BULLY</b>	17  <b>ADVANTAGE</b>	18  <b>RAISED BALL</b>	19  <b>NO GOAL</b>