

## Field Hockey Study Guide

Field Hockey is a combination of both hockey and soccer rules played out on a regulation size grass or turf field.

### GENERAL RULES

1. All players are only allowed to use their sticks to touch the ball. (Exception: The goalie can touch the ball with any part of his/her body to save a shot)
2. If a penalty occurs, a “free hit” will be taken from the location where the penalty or foul occurred.
3. Advancing the ball – may not be done with the hand.
4. Raising the stick above shoulder level while playing the ball is not allowed.
5. Hooking an opponents stick will result in a foul.
6. Field players may only play the ball with the “face” of the stick (not the back side).

### TEAMS

- Field hockey is played with two teams
- In general, a field hockey team consists of 11 players: 10 field players and 1 goalie
- Field players that are in possession of the ball are **attackers**
- Those players on the team without the ball are called **defenders**

### TACTICS and TERMS

\*\*The ball is moved around the field of play by players using the following:

**Dribble:** Player controls the ball with the stick and runs with the ball

**Push:** Player uses their wrists to push at the ball

**Hit:** Contact with the ball is made quite forcefully

**Flick or Scoop:** Similar to the push, but with additional wrist action to force stick at an angle and lift the ball off of the ground

[http://en.wikipedia.org/wiki/Field\\_hockey#The\\_field\\_of\\_play](http://en.wikipedia.org/wiki/Field_hockey#The_field_of_play)

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