

# Hockey Knowledge Organiser

Hockey Positions:

## PLAYER POSITIONING



### Tackling skills



Job tackle	Job tackle. Like its name suggests, the job tackle is executed by jabbing the stick straight at the ball
Block tackle	Block tackle. The block tackle involves knocking the ball out of the opponent's possession by placing the hockey stick on the ground, parallel to the ball.
Rules of the tackle	You can't tackle from behind You can't have two defenders against 1 defender



### Reverse stop

This core skill is when a player receives the ball on the reverse from the front. The player receives the ball on the right hand side of their body with their stick in a reverse position facing the player passing the ball.

### Passing skills

Push pass	A push pass is used to move the ball speedily over shorter distances
Teaching points	Hands apart on stick Knees bent Stick constantly stays in contact Release the ball in front Aim for team members stick
Why	Used for accuracy and safety

## FOULS AND UMPIRE SIGNALS USA FIELD HOCKEY

GOAL SCORED	16 YARD HIT	BACK OF STICK	STICK OBSTRUCTION	OBSTRUCTION	THIRD PARTY OBSTRUCTION
DANGER	PENALTY CORNER	HIGH PENALTY CORNER HIT	PENALTY STROKE	FREE HIT	FOOT

**PENALTY CARDS**

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

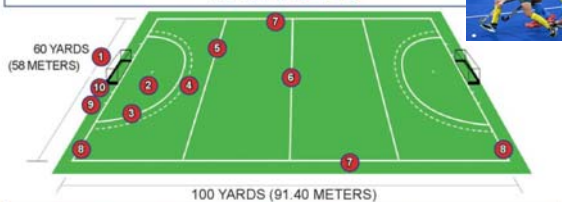
**GREEN** - Player must leave the field for 2 minutes and the team plays short (no replacement).

**YELLOW** - Player leaves for at least 5 minutes (at the discretion of the official) and the team plays short.

**RED** - Player leaves the game and cannot be replaced. They may be suspended for subsequent games.

<b>GOAL SCORED</b> - signaled when the ball entirely crosses the goal line as a result of a hit or deflection by an offensive or defensive player within the scoring circle.	<b>DANGER</b> - 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.
<b>16 YARD HIT</b> - A free hit awarded to the defense when ball goes out the end line after last being touched by an offensive player.	<b>PENALTY CORNER</b> - a scoring opportunity awarded to the offensive team when the defense commits a foul within the scoring circle, or an intentional foul within the 25 yard line.
<b>BACK OF STICK</b> - called any time a player touches the ball with the back (rounded) side of the stick.	<b>HIGH CORNER PENALTY HIT</b> - on the initial hit of a penalty corner, the ball must cross the goal line no higher than 18' for a goal to be scored.
<b>STICK OBSTRUCTION</b> - 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.	<b>PENALTY STROKE</b> - awarded when a defensive player commits a penalty to prevent a goal, or commits an intentional foul in the circle. The ball is placed on the 7 yard mark and the offensive team selects a player to take the free shot against the goalie.
<b>OBSTRUCTION</b> - called when a player possessing the ball uses their body to prevent an opposing player from making a play. The player with the ball cannot stop their motion or push back and opposing player must be actively trying to get the ball.	<b>FREE HIT</b> - 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).
<b>THIRD PARTY OBSTRUCTION</b> - signaled when a player intentionally or unintentionally uses their body to block an opposing player from access to player possessing the ball.	<b>FOOT</b> - the most common penalty, called when the ball hits a player's foot causing an advantage for their team. If there is no advantage, the umpire may choose to hold their whistle and play on.

## 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. Indoor Field Hockey is played on a smaller hard surface with different rules.
- Goals - goals are 7' high, 12' wide and 4' deep. In addition to nets, goals have an 18" board lining the bottom inside sides and back.
  - Stroke mark - dash centered in front of each goal, 7 yards from the goal line marking the position where a penalty stroke is taken.
  - Scoring circle - solid semi-circle surrounding the goal, 16 yards from the goal center. Only balls hit or deflected into the goal within this circle are a score. Defensive fouls within the scoring circle result in a penalty corner.
  - 5-yard mark - a dash-lined semi-circle 5 yards outside the scoring circle. Penalty corners and when the ball crosses the 5-yard mark.
  - 25-yard line - intentional or repeated fouls from this line to the near end line result in a penalty corner.
  - Center line - solid line that divides field in half. The ball is taken from the middle of this line at the beginning of each half and after a goal.
  - 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. Players feet can be outside of sideline as long as the ball is inside or on the line.
  - End line - boundaries along the width of the field. Offensive hits that cross this line result in defense getting the ball at 16 yards. Defensive hits that cross this line result in either a long corner or penalty corner if deemed intentional.
  - Corner mark - short dashes 11 yards (10 meters) from the edge of each goal cage that mark the place from which penalty corners may be inserted.
  - Defender mark - short dash 5.5 yards (5 meters) from the edge of each goal marking the the closest position which a defender may stand to the inserter on a penalty corner.

## Shooting Technique

Drive shot	Both hands on the stick Knees bent Feet shoulder width apart Lift back to the waist Follow through after the shot is made
Slap shot	More powerful shots Hit the ball Lift back to the waist at speed Follow through after the shot is made
Why	Drive shot is more accurate and a slap shots generates more power.

Extra reading <https://www.englishhockey.co.uk/>  
Find a club - <https://www.englishhockey.co.uk/play/find-a-club>

1. What is the role of a goal keeper?	11. What is the law of a goal scored?	21. Why is movement important in hockey?
2. What is the role of a defender?	12. What is the law of a penalty corner?	22. How do we attack space?
3. What is the role of a midfielder?	13. What is the law of a free hit?	23. How could you use formations to be more effective in defence?
4. What is the role of an attacker?	14. What is the law of a foot contact with the ball?	24. Why is passing and moving needed?
5. What are the two tackles called?	15. What is the law of the back of the stick?	25. Can you score from outside the semi circle?
6. What are the teaching points of a jab tackle?	16. What is the law of obstruction?	26. What factors are included when identifying space?
7. What are the teaching points of a block tackle?	17. What is the law of third party obstruction?	27. What does movement off the ball allow players to do?
8. Name a local hockey club?	18. Why is it important to create space for the team?	28. How does crossing help the attack?
9. What are the two types of shot in hockey?	19. Write down 5 umpire signals and when they are used.	29. A player on your team is in a better shooting position, what could you do?
10. Which shot get you more power?	20. Where is space created when using width?	30. Should you pass or shoot with the goal is block by defenders?