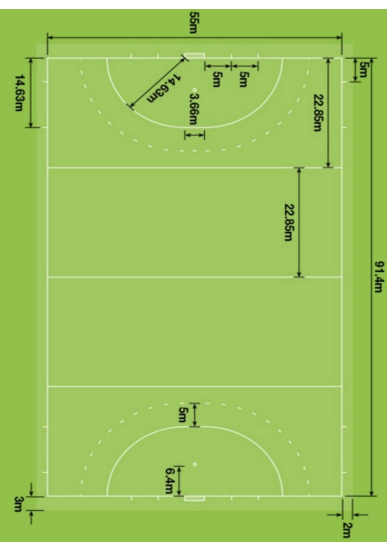


The Hockey Pitch



Hockey

Shooting Circle – There must be touch from the attacking team inside this area for the goal to count.

Only the goalkeeper is allowed to use their feet. If the ball hits the foot of an outfield player (whether intentional or not) it will be a free hit to the other team. Free hits are awarded when offences are committed outside the scoring circle. Opponents must move 5m from the ball when a free hit is awarded. A free hit must be taken from within playing distance of the place the offence for which it was awarded. The ball must be stationary when the free hit is taken. If a hit is awarded within the 23m area, the ball must travel 5m from where it is taken before it can enter the circle.

Types of Foul

Obstruction – This is awarded against a hockey player who uses their body or stick to prevent an opponent from reaching the ball.

Third-party obstruction – This is awarded when a hockey player positions themselves between the ball and the opponent allowing a teammate an unobstructed play on the ball.

Advancing – This is awarded against a player who shoves, pushes, or advances the ball in any way, using part of their body.

Backsticks – This is awarded against the player who strikes the ball with the rounded back of the hockey stick.

Stick Interference – This awarded against a player who uses their stick to hit an opponents stick, whether intentionally or not.

Undercutting – This is awarded against the player who lifts the ball in a dangerous manner.

Sticks – This is awarded against a player who raises their stick dangerously near another player.

Lesson Overview

1. Ball control and Dribbling
2. Passing and receiving
3. Outwitting Opponents
4. Shooting
5. Defending
6. Assessment

Stick Basics

There is no such thing as a left handed stick!

Only use the flat side of the stick.



Key Terminology

Push – method of moving or passing the ball in which the stick is in contact with the ball and the ground.

Tackle – Defensive effort to take the ball from an opponent.

Open stick side – this is when the ball is on the right hand side of the body.

Reverse stick side – this is when the ball is on the left hand side of the body.