



Overview



- Hockey is a fast-paced team sport played on grass, artificial turf, or indoors. The game involves two teams of 11 players each (outdoor hockey) or 6 players (indoor hockey). Players use a curved stick to hit a small, hard ball with the aim of scoring goals in the opponent's net.
- Hockey is played worldwide and has different variations, such as field hockey, ice hockey, and indoor hockey.
- The modern form of field hockey originated in England during the late 19th century, and it is now an Olympic sport.

Rules

- Game Duration: Matches are usually played over four quarters, each lasting 15 minutes.
- Scoring: A goal is scored by hitting the ball from within the circle.
- Field Size: Typically, 91.4m x 55m for outdoor hockey.
- Equipment: Players use a stick with a curved end, a hard ball, shin guards, and mouthguards.
- Fouls: Common infractions include dangerous play, using the stick incorrectly, and obstruction.
- Penalty Corner (Short Corner): Awarded for defensive fouls within the shooting circle.
- Penalty Stroke: A free shot taken 6.4 meters from goal after a deliberate foul by a defender in the circle.
- Officiating: Two umpires oversee the game, ensuring the rules are followed.

Further Support

- International Hockey Federation (FIH): The global governing body for field hockey. [FIH Website](#)
- England Hockey: Governs hockey in England. [England Hockey Website](#)

Did you know?

Olympic Sport: Field hockey has been an Olympic sport for men since 1908 and for women since 1980.

Popular Countries: The sport is widely popular in countries like India, Netherlands, Australia, Germany, England, and Argentina.

Women's Hockey: Women's participation in hockey has grown significantly, with many professional leagues and international competitions.

Skills

Dribbling: Moving the ball up the field while maintaining control.

Passing: Using the stick to move the ball to teammates, essential for building play.

Shooting: Striking the ball towards the goal with power and accuracy.

Tackling: Gaining possession from an opponent, done with a flat stick.

Receiving/Trapping: Controlling a moving ball by softening the stick's impact.

Positioning: Being in the right place on the field, both in attack and defense.

Goalkeeping: Special skills for blocking shots, using pads, a helmet, and a goalie stick.

Vocabulary

Dribble

Flick

Scoop

Tackle

Hit

Push Pass

Penalty Corner

Circle / D

Reverse Stick

Obstruction