

Basic Field Hockey

Rules and Concepts



WYB Middle School Field Hockey 2013

Basic Field Hockey Rules

The Game:

- Two 20 minute halves each with a 5 minute half time
- 11 players per side, including the goalie
- Can only play the ball with the flat side of the stick
- A goal is scored when an attacker shoots the ball into the goal from within the shooting circle. The shooting “circle” is a 16-yard half-circle around the front of the goal.

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
- Charge, hit, shove or trip an opponent
- Play the ball in a potentially dangerous way
- Raise the stick above the waist in a dangerous manner while attempting to play or stop the ball
- Advance the ball by any means other than with the stick
- Touch the ball with their feet—cannot 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 opponent’s stick
- “Hack,” or continuously whack an opponent’s stick while trying to get the ball

Penalty corners:

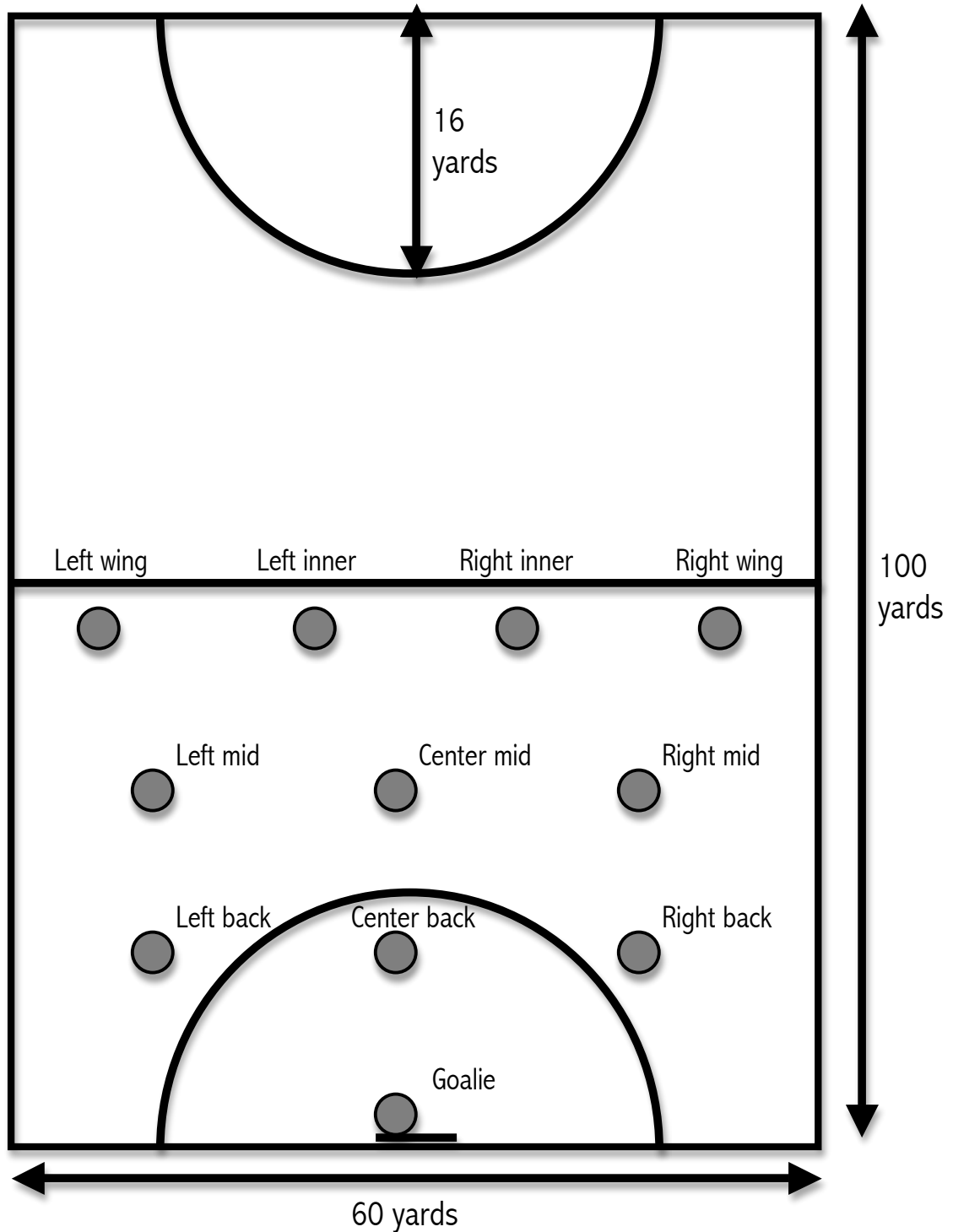
- A penalty corner is awarded if a defender fouls inside the shooting circle, or if a defender intentionally hits the ball over the goal line from any part of the field
- On a penalty corner, the ball is placed on the goal line 10 yards from the nearest goal post. One attacking player hits the ball to a teammate just outside the shooting circle line.
- All attackers must be outside the circle and all defenders must be behind the goal line before the hit is taken
- The ball must go outside the circle before any shots can be taken
- On defense, a maximum of five defenders (including the goalie) may be behind the goal line while the remaining teammates must be positioned beyond the 50-yard line
- The initial shot must be on the ground. The only exception is if the initial shot does not have a back swing. If no backswing, the shot can go anywhere on goal.

Free hits:

- When a foul occurs outside the shooting circle or the ball goes out of bounds, a free hit is awarded
- The player taking the free hit can pass or dribble the ball themselves
- If the free hit is taken inside the opponent’s 25-yard line, you must dribble at least five yards before passing the ball

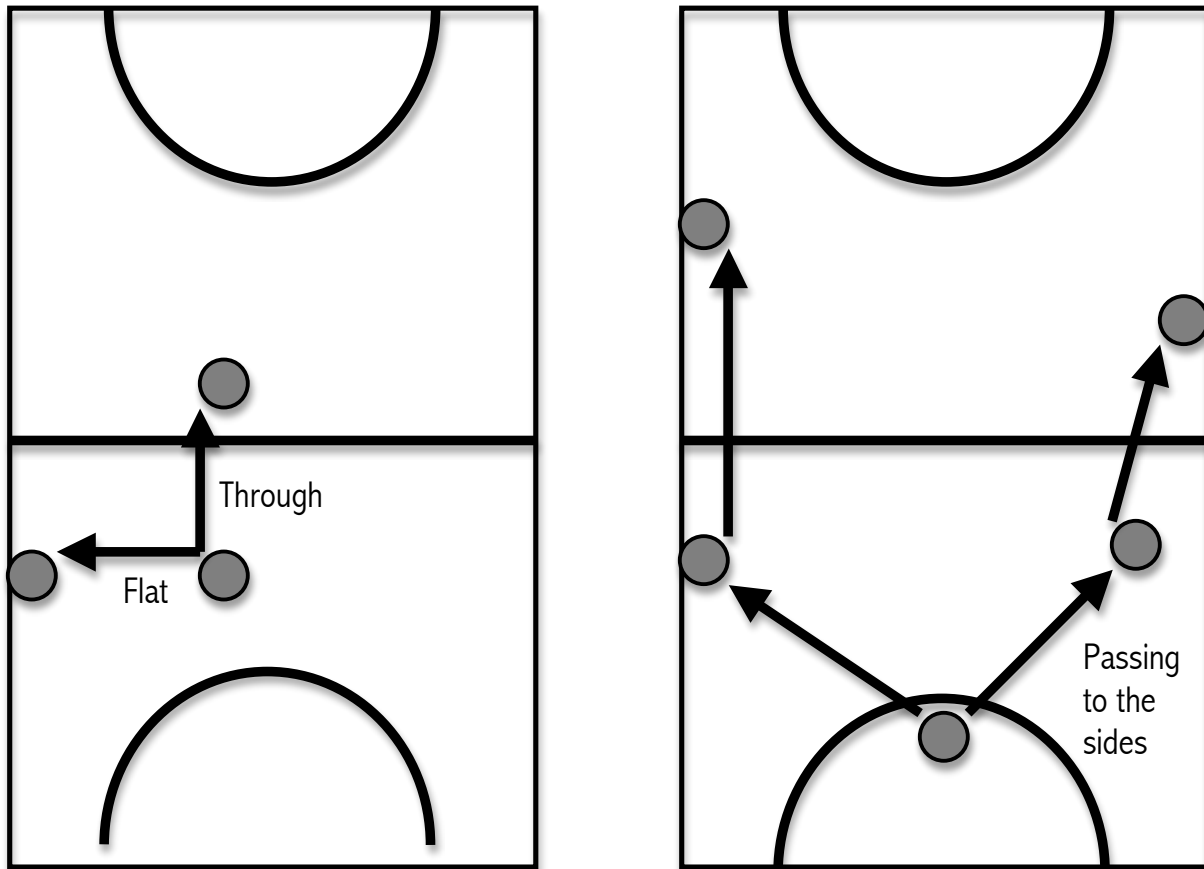
10 Important Field Hockey Concepts for Games

1. Flat/through passing
2. Using the sides of the field
3. Defense on a diagonal
4. Pressure/cover
5. Staying on your side of the field
6. Penalty corners
7. Marking
8. Pulling around defenders
9. Staying low
10. Communication



Flat/through passing

- Flat=sideways on the field (either side)
- Through=up the field
- Someone should be to the side of and in front of the player with the ball at all times while we are moving the ball up the field
- Forms a triangle between the person with the ball and two teammates
- Each of the players needs to communicate, yelling “flat,” “through,” and “I got ball” so that their teammates know where they are and where they are going

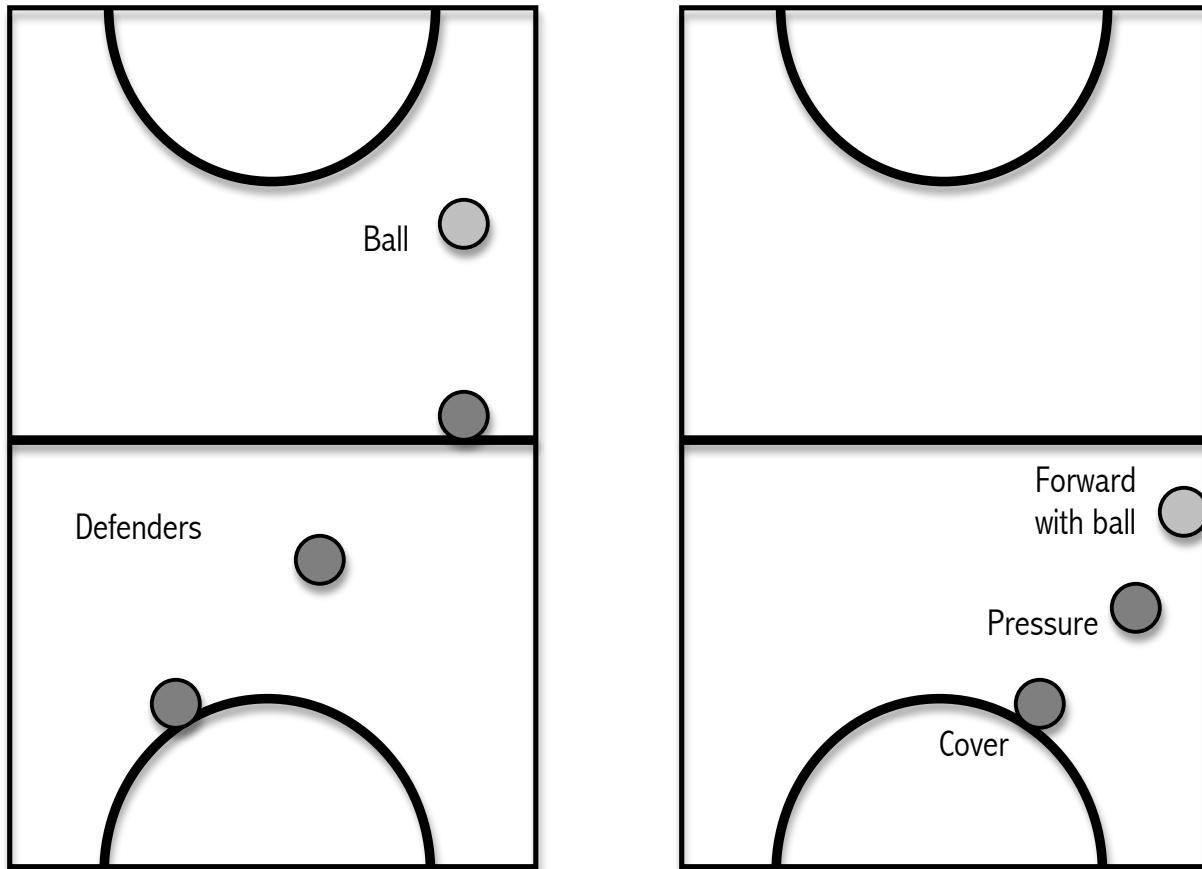


Using the sides of the field

- It is always better to take the ball up the sides of the field rather than up the middle
- The middle is usually more crowded and it will be easier to dribble & pass up the sidelines
- Pass to the sides of the field when possible, except when near the shooting circle
- Defenders want to clear the ball out to the sides of the field rather than to the middle

Defense on a diagonal

- The 3 defenders want to form a diagonal line with one another
- The side that the ball is on determines which defender is the furthest up the field—if the ball is on the right side, then the right defender is the furthest up and the left defender is the furthest back, and the opposite is true if the ball is on the left
- This formation allows the defenders to back each other up, so if a forward gets through one of the defenders another one is behind them to pressure the ball



Pressure/cover

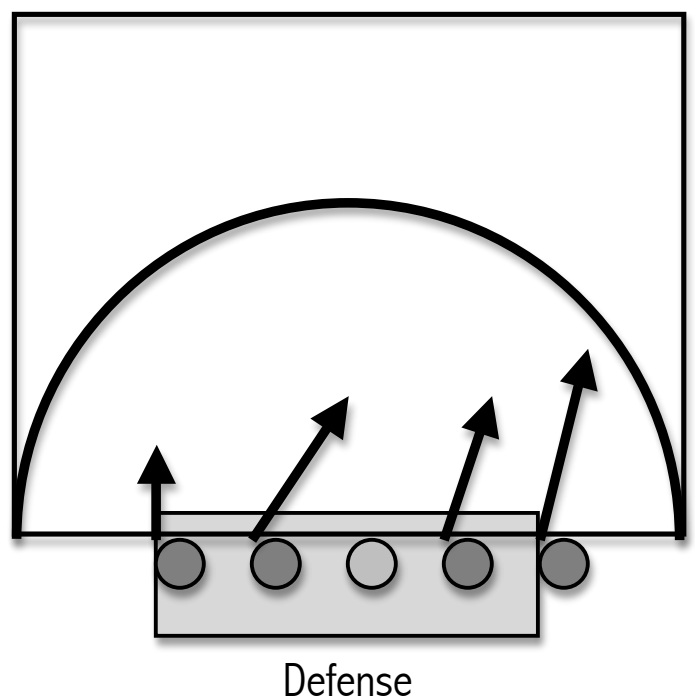
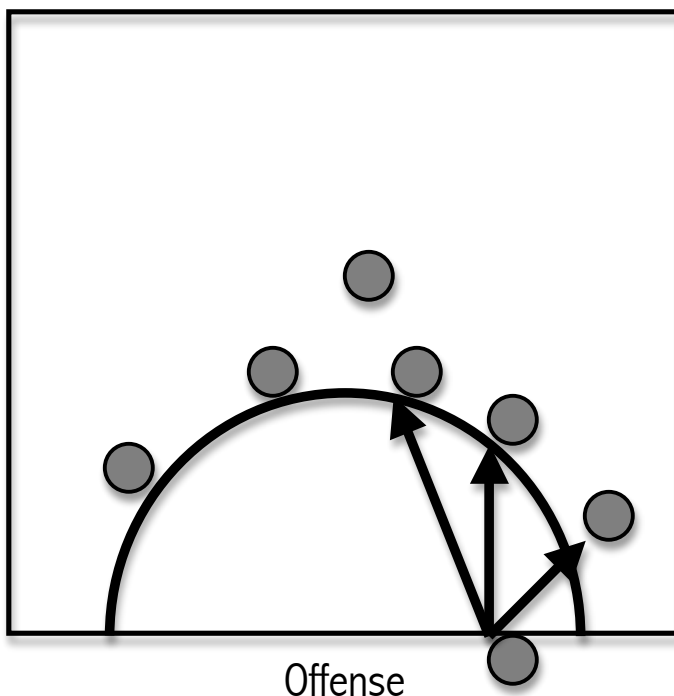
- On defense, one person should always be putting “pressure” on the ball, which means approaching the forward with the ball and playing defense on them
- Another person should always be the “cover,” meaning they are several feet behind the defender playing pressure, backing them up in case the forward gets by
- Each of the players needs to communicate, yelling “pressure” and “cover” so that each of them knows their role
- If the opposing forward gets through the defender playing pressure, then that person needs to run back and play cover for the next defender

Staying on your side of the field

- When a player is given their position, they generally need to stay on their side of the field
- This helps prevent crowding around the ball
- It makes it easier to pass when people are spread out and playing their positions
- Exceptions:
 - When the ball is in the circle and we are playing defense, then our players should mark up and follow their mark wherever they go in the circle
 - When the ball is in the circle and we are playing offense, our players should be getting open (trying to get away from defenders) and taking shots on goal

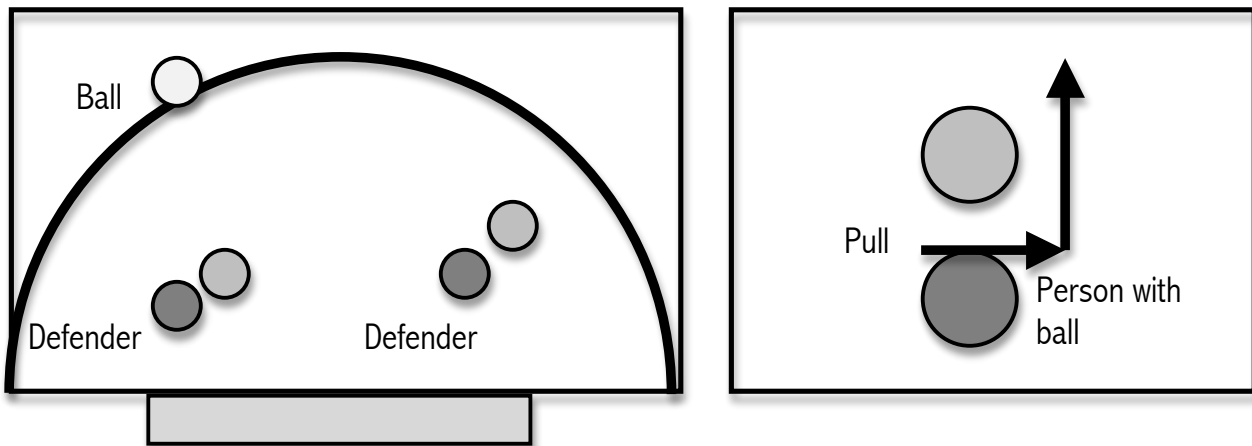
Penalty corners

- When the defense commits a foul inside the circle, a penalty corner is called
- 4 defenders plus the goalie stay behind, while the rest of the team has to go to the 50-yard line and must sprint back after the pass is taken by the opposing team
- The defenders sprint out from the cage (the goal) after the pass is made, with one person pressuring the ball, one person backing them up, one person in the middle of the circle and one person marking the opposing offense on the “post” (the side of the goalpost)
- Nobody can move until the pass is made
- 5 attackers line up along the circle, one player is on the end-line to pass the ball into play, and one midfielder backs up the players at the top of the circle
- The ball must cross outside the circle before any shots can be taken



Marking

- When we are playing defense inside the 25-yard line, it is important to “mark up” on the other team
- This means that defense needs to be “ball side-goal side” (closer to the goal than the forward that they are marking while still able to see the ball)
- Everyone needs to communicate, letting one another know which opposing players need to be marked, who has each number, and where to go
- The defenders should be touching the opposing player, marking them very tightly
- If a defender gets the ball, they should clear it out to the sides of the field instead of up the middle



Pulling around defenders

- Making a pull to get around defenders when you have the ball is very effective
- Need to practice making strong pulls to eliminate the defense

Staying low

- In everything you do, you can do it better if you bend your knees and stay low
- Being low gives you more control over pulls, dribbling, stopping the ball, playing defense, etc.

Communication!

- Teammates should **ALWAYS** be talking to each other
- On offense: tell your teammates where you are on the field, if you are open, if a defender is coming to challenge the person with the ball, calling the ball
 - Examples: flat, through, I’m open, man on, ball, I got ball
- On defense: tell your teammates if you have pressure or cover, when people need to mark, who is open, who you are marking, calling the ball
 - Examples: pressure, cover, mark up, I got [# of player], I got ball
- The game goes much more smoothly and easily if we are talking