



Hockey. a beginners guide





About me....

Name:

Age:

Club:

Team/Grade:

Team Colours:

My favourite position is:

My favourite hockey player is:





A sport for everyone

Hockey is a team sport played with a stick and ball where the aim is to score goals by hitting or pushing the ball in the opposing teams goal. The team that scores the most goals in a game is declared the winner. Hockey can be played by boys and girls of all ages. Hockey is played either on artificial turf or grass, but people can have a hit of hockey on any surface.

Each team consists of 11 players on the pitch, including one goalkeeper. They are also allowed up to 5 players each on the bench and can substitute players freely throughout the game. Hockey is a very tactical game and each player must play their role for their team to be successful. Some general keys to hockey are:

- Play your position – learn the role of each position and try to perform these roles at all times
- Do not crowd the game – stay in your position to help keep space
- Passing – hockey is a team sport and passing is the best way to move the ball towards your goal
- Learn from your game – ask questions to your coach to help understand your role and how you can improve





Equipment

Hockey players require the following equipment when training or playing a game:

Stick – Sticks come in many brands, materials and feel. The important thing is to get one that feels comfortable for you. The hockey stick should be approximately hip height, a rough size guide can be seen on this chart.

Stick Size Charts

Stick Length	28" inch	30" inch	32" inch	33" inch	34" inch	35" inch	36.5" inch	37.5" inch
Players Height	Under 4'	4' - 4'3"	4'3" - 4'6"	4'6" - 4'9"	4'9" - 5'	5' - 5'3"	5'3" - 5'8"	5'8" +

Mouthguard – These are compulsory when playing hockey in South Australia - dentist fitted mouthguards are recommended.

Shin guards – These should cover the majority of the shin, and specialist hockey shin guards should be used to deal with the hard ball.

Shoes – Hockey shoes should have suitable grip and support. Football sprigs are not permitted on artificial surfaces, but are suitable for grass surfaces





Basic Rules

The most basic rules of Hockey are:

Foot – the ball is not allowed to touch the feet of players (excluding the goalkeeper)

Back of stick – players are only permitted to play the ball with the flat side of the hockey stick

Dangerous ball – the ball is not allowed to be played into the air that will create danger to other players

Goal scoring – players are only allowed to score from inside their attacking circle

Out of Bounds – if the ball goes out of bounds a free is awarded to the team which did not touch the ball last





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Positions & Roles





Positions

Hockey teams are most commonly made up of 4 groups of positions – Strikers, Midfielders, backs and a goalkeeper.

Strikers (3)–

the main role of the strikers is to work together to create, set-up and score goals for their team. They are also the first line of defence when their team does not have the ball.

Midfielders (3) -

the main role of midfielders provide a link from the backs to the strikers. They help also help the backs stop the other team from scoring.

Backs (4) –

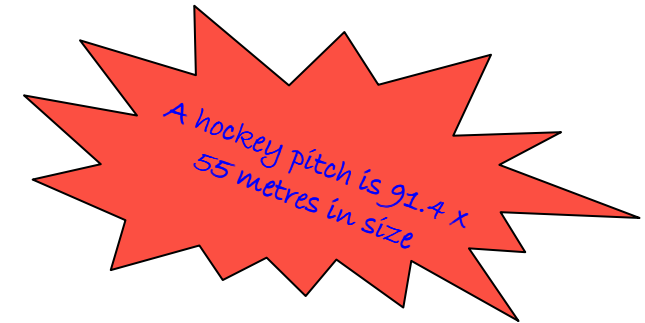
the main role of the backs is to stop the other stop the other team forwards from scoring. They also back up the midfielders set-up play when their team has the ball.

Goalkeeper (1) –

the main role of the Goalkeeper is to stop the opposing forwards from scoring. They must also help direct play by using their voice.



Positions



This is the most common and traditionally used formation in Australia – an attacking style of hockey

Strikers –

Left Striker (LS), Centre Striker (CS), Right Striker (RS)

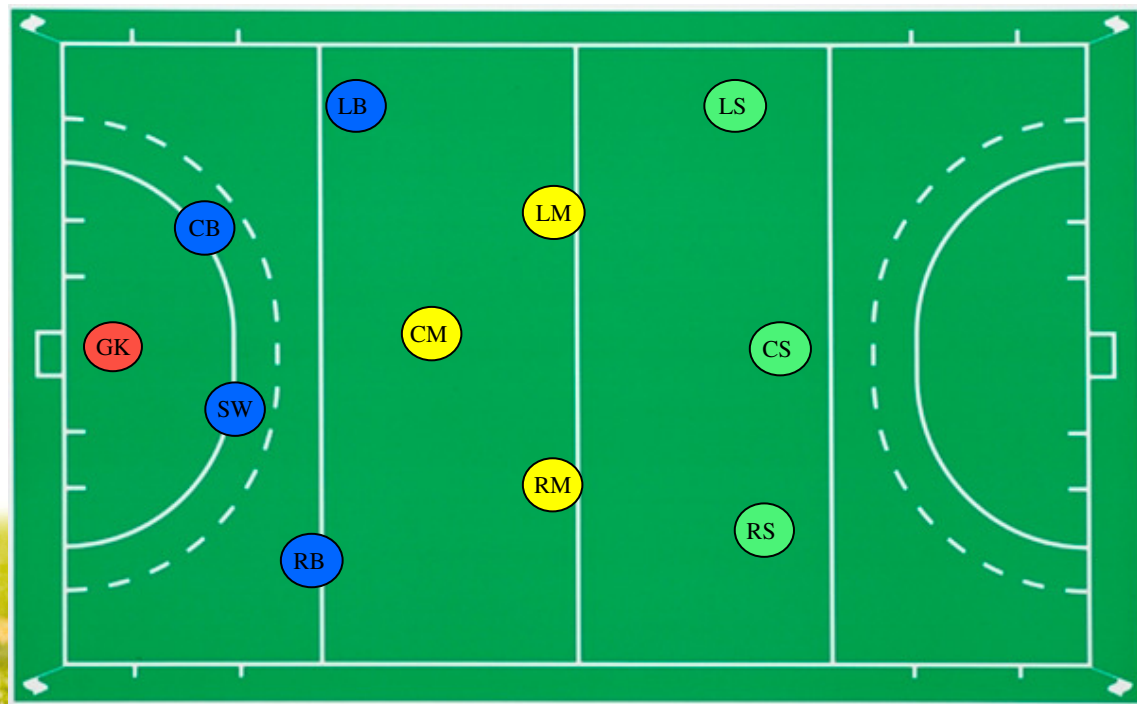
Midfielders –

Left Midfield (LM), Centre Midfield (CM), Right Midfield (RM)

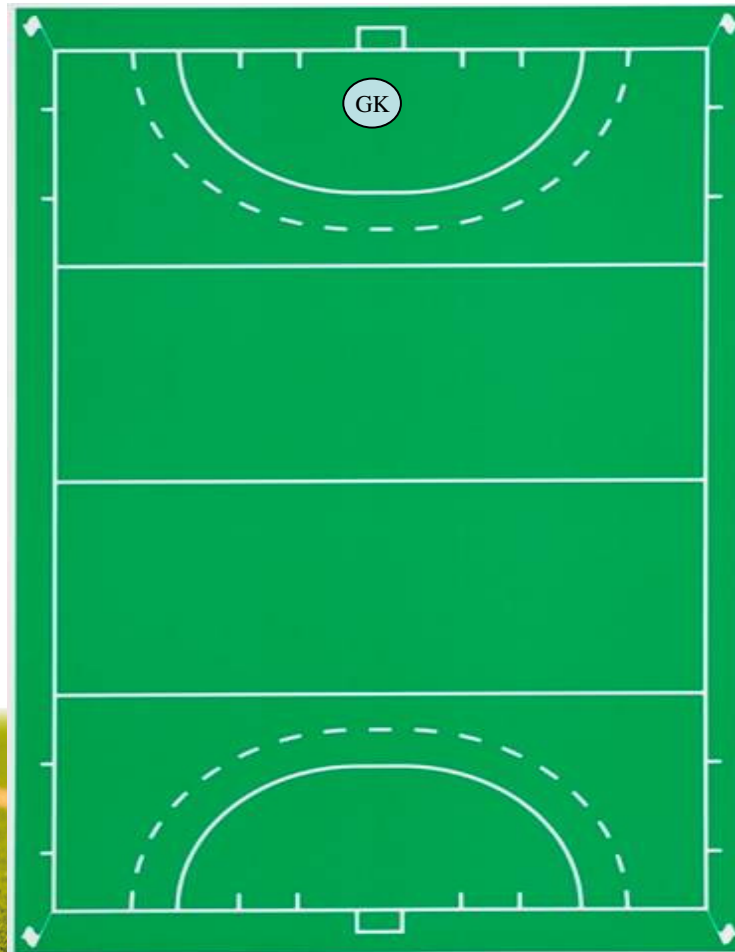
Backs –

Left Back (LB), Centre Back (CB), Sweeper (SW), Right Back (RB)

Goalkeeper (GK)



Goal-keeper (GK)



Goal-keepers should be very loud and vocal during games of hockey. Using their voice they should set-up and control their team.

Where do I go?

- Goal-keepers should stay almost exclusively in their defensive circle.

My team has the ball....

- Direct and set-up defence ready for counter attack

My team does not have the ball....

- Control and set-up defenders with voice
- Take responsibility of circle
- Save shots at goal



Centre Back (CB)

Where do I go?

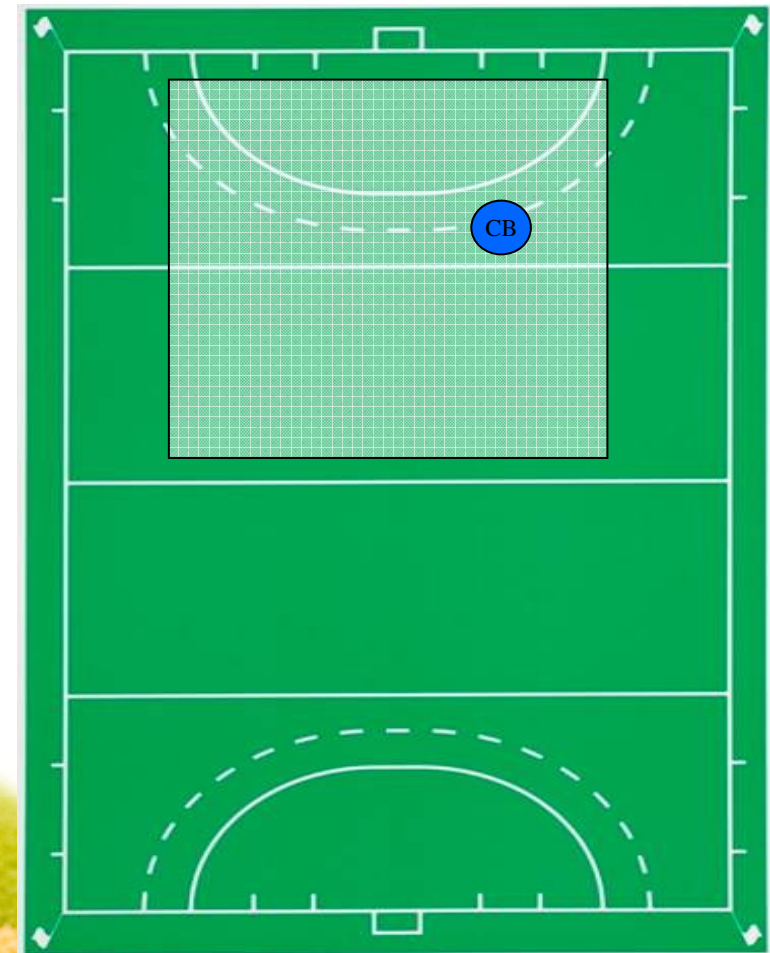
- The CB will stay mainly in the teams defensive half of the pitch

My team has the ball....

- Be available for transfer and back passes
- Make passes and take majority of defensive free hits

My team does not have the ball....

- Mark and be responsible for the opposing centre striker (CS)
- Direct and assist players in front of them in marking players and positioning



Sweeper (SW)



Where do I go?

- The Sweeper should always position themselves between the ball and the goal. They may play in front of behind the CB.

My team has the ball....

- Direct and set-up defence ready for counter attack
- Be an option for transfers and assist in setting –up the attacking play
- Create and deliver passes

My team does not have the ball....

- Play in front of CB as spare defender
- Remain on the danger line from the ball to the goal
- Make tackles on or pick up and spare players in your area



Left Back (LB)

Where do I go?

- The LB will cover the majority of the left side of the back half of the pitch

My team has the ball....

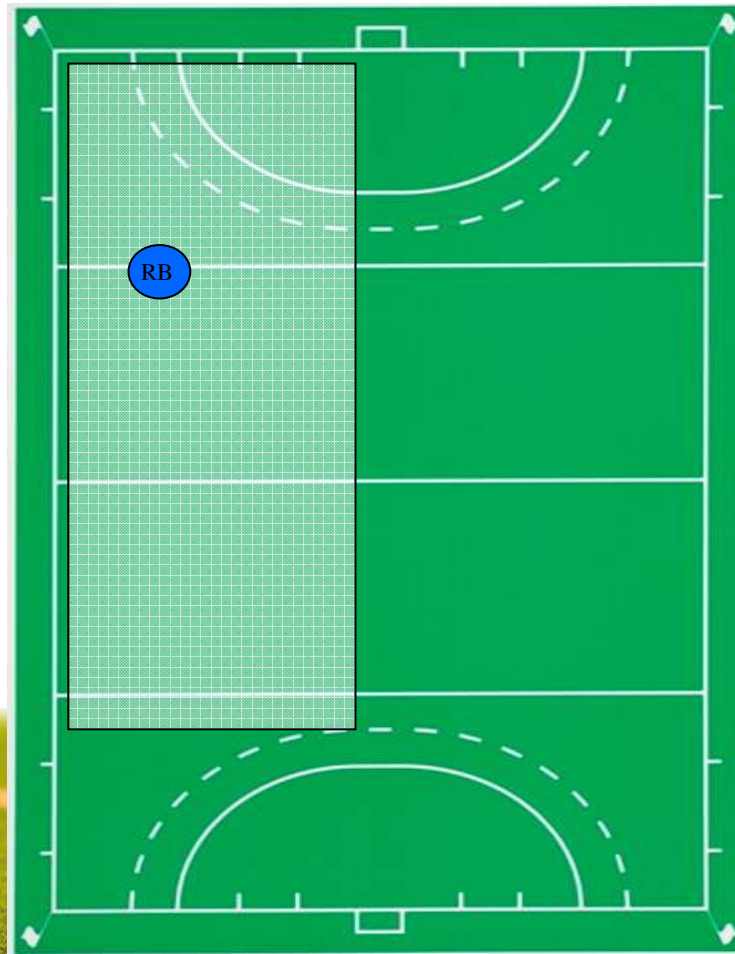
- Be an option for getting out of defence
- Assist in the attacking down the left side of the pitch
- Take majority of free hits down left side of pitch

My team does not have the ball....

- Mark and be responsible for the opposing Right Striker
- Cover defence when the ball is on the help side of the pitch (far side of pitch)



Right Back (RB)



Where do I go?

- The RB is responsible for covering the back half of the right side of the pitch. They will also move into the attacking half and overlap

My team has the ball....

- Be an option for getting out of defense
- Assist in attacking down the right side of the pitch
- Take majority free hits down right side of pitch

My team does not have the ball....

- Mark and be responsible for the opposing Left Striker
- Cover defence when the ball is on the help side (far side of the pitch)



Centre Midfield (CM)

Where do I go?

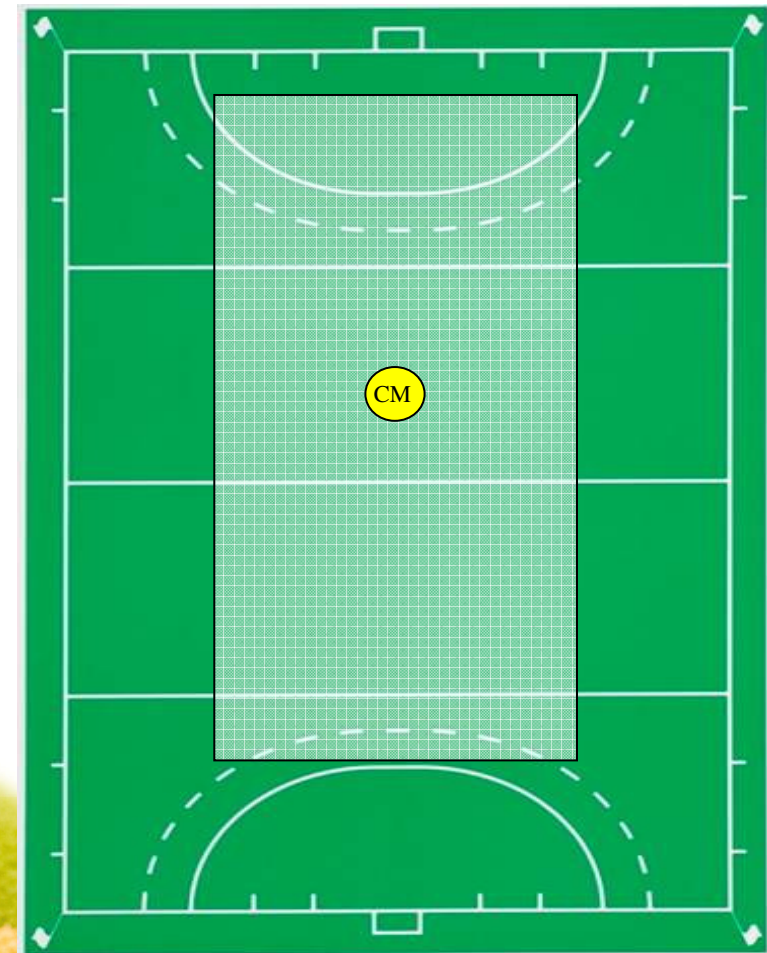
- The CM needs to control the middle of the pitch and needs to cover a large amount of the pitch. They should cover from circle to circle.

My team has the ball....

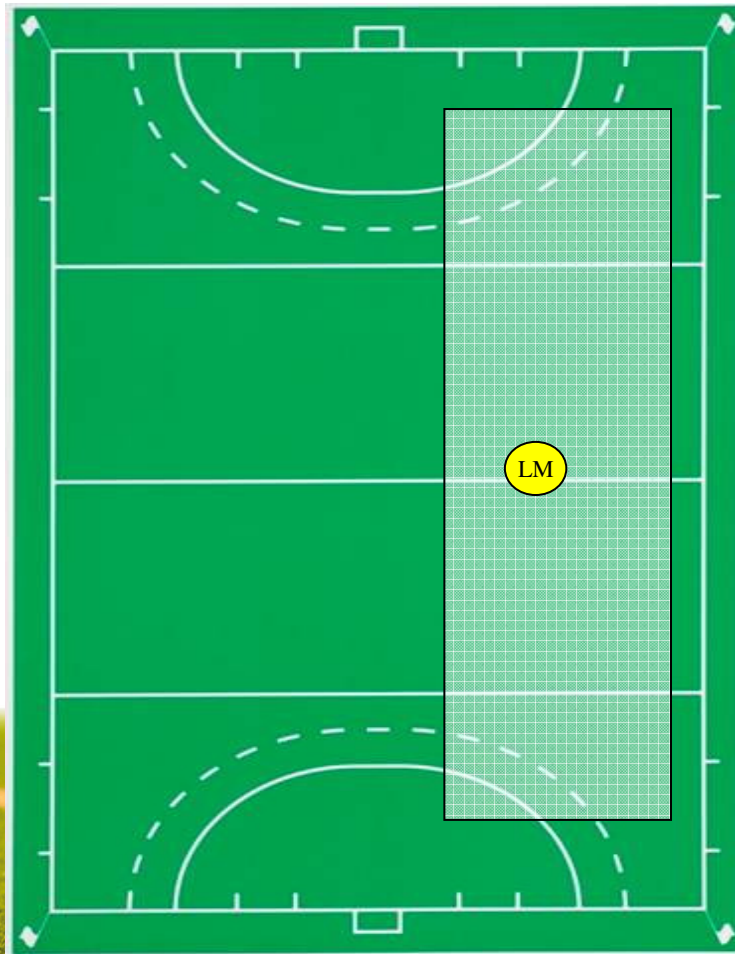
- Create and manage play going forward
- Distribute the ball to all areas of the pitch
- Be available for passes from HB and MF players
- Take majority of free hits in MF areas

My team does not have the ball....

- Mark and be responsible for opposing team CM
- Cover space in middle of pitch



Left Midfield (LM)



Where do I go?

- The LM controls a channel down the left hand side of the pitch. LM is required to work up and back almost the whole pitch

My team has the ball....

- Create and drive attacking play down the left side of the pitch
- Act as a link to get the ball from defence to attack. Be available for passes out of defence
- Stay close and link with CM

My team does not have the ball....

- Mark and be responsible for the opposing Right Midfield
- Help assist cover space on left hand side of pitch



Right Midfield (RM)

Where do I go?

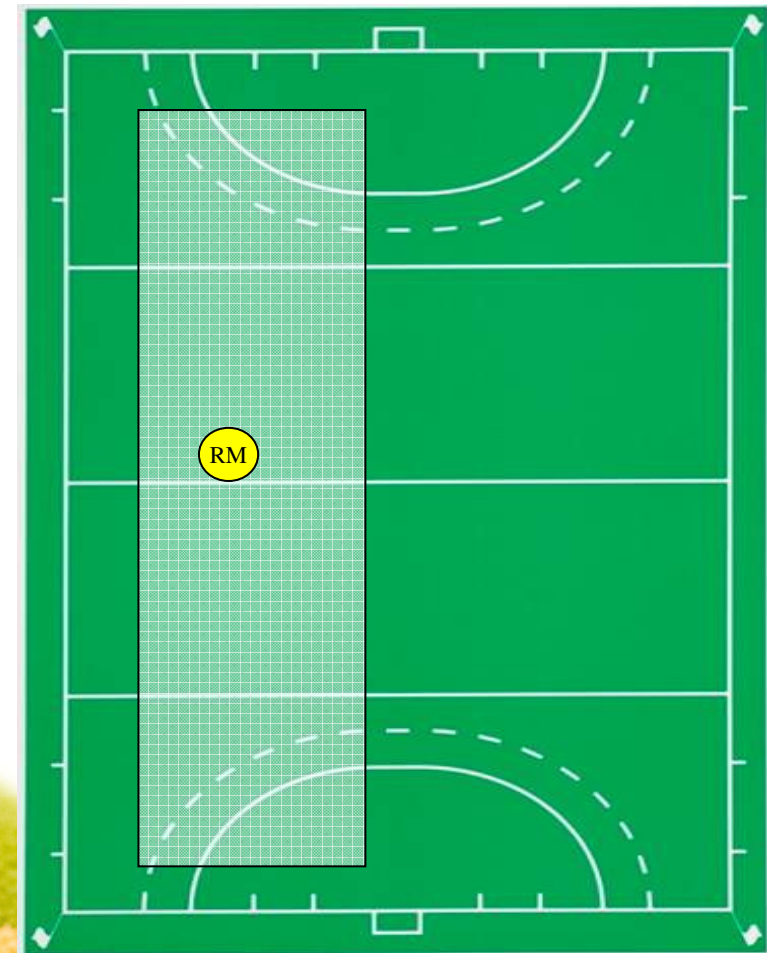
- The RM controls a channel down the right hand side of the pitch. RM is required to work up and back almost the whole pitch

My team has the ball....

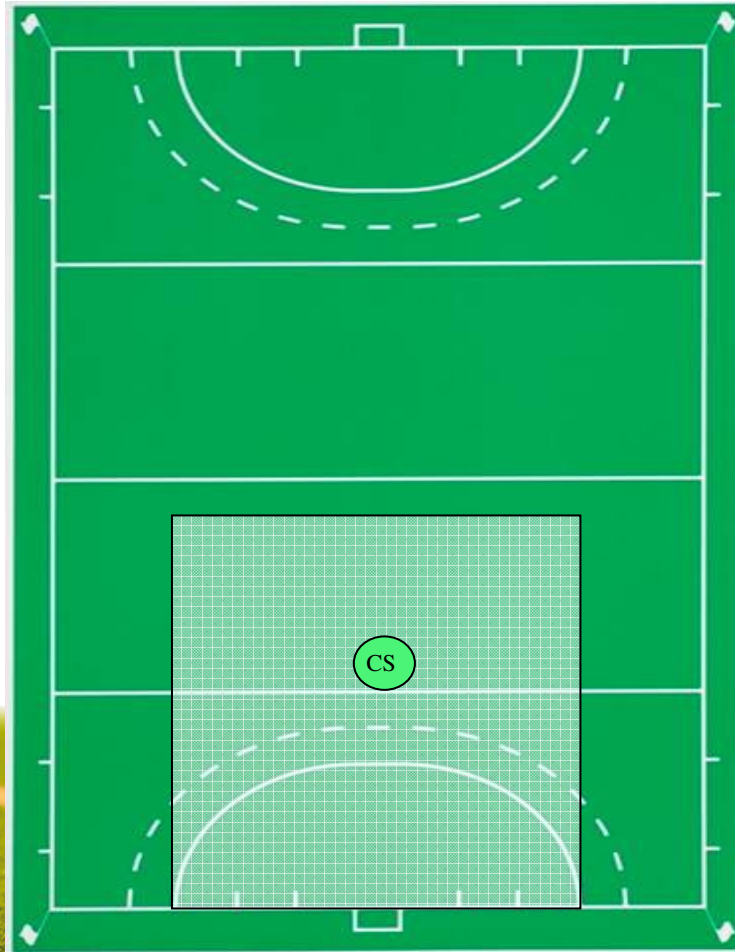
- Create and drive attacking play down the right hand side of the pitch
- Act as a link to get the ball from defence to attack. Be available for passes out of defence
- Stay close and link with CM

My team does not have the ball....

- Mark and be responsible for the opposing Left Midfield
- Help assist cover space on right hand side of pitch



Centre Striker (CS)



Where do I go?

- The CS is one of the team main goal scorers and should always be in a position to score or help set-up goals.

My team has the ball....

- Work with other Strikers to create and score goals
- Be available with Midfield and assist in bringing the ball forward
- Score goals

My team does not have the ball....

- The CS makes sure that the opposition Centre Back and Sweeper are covered (not letting the other team pass around the back)
- Be the first line of defence for the team



Left Striker (LS)

Where do I go?

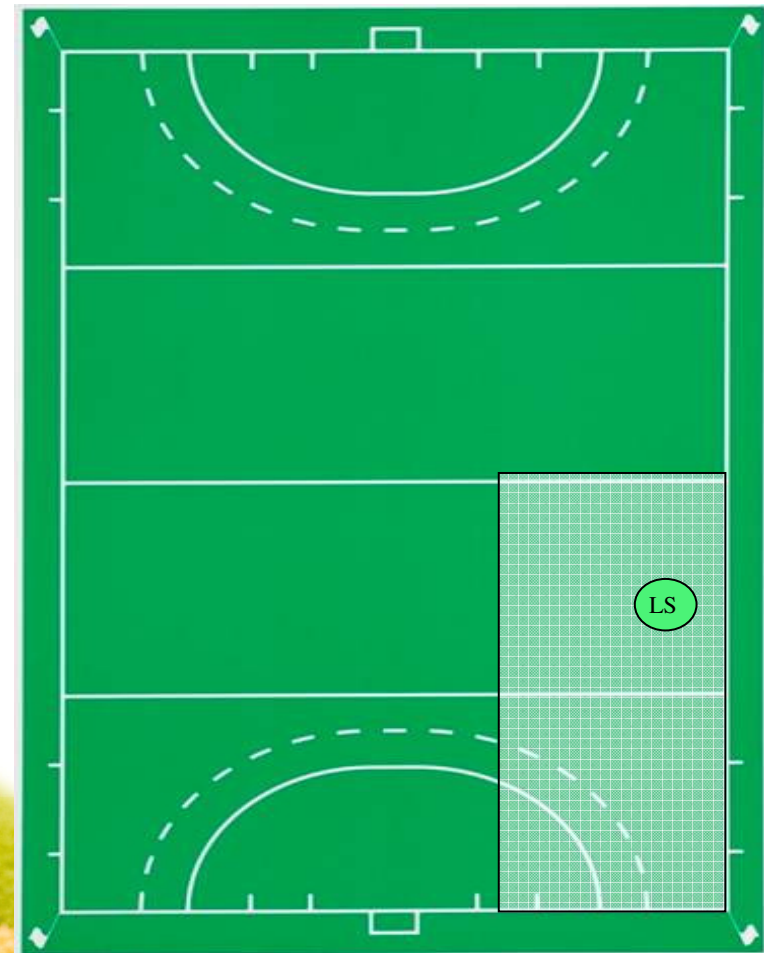
- The LS should stay as wide as possible to create space and be a passing option out wide. They should also be positioned on the baseline/post when the ball is in attacking circle.

My team has the ball....

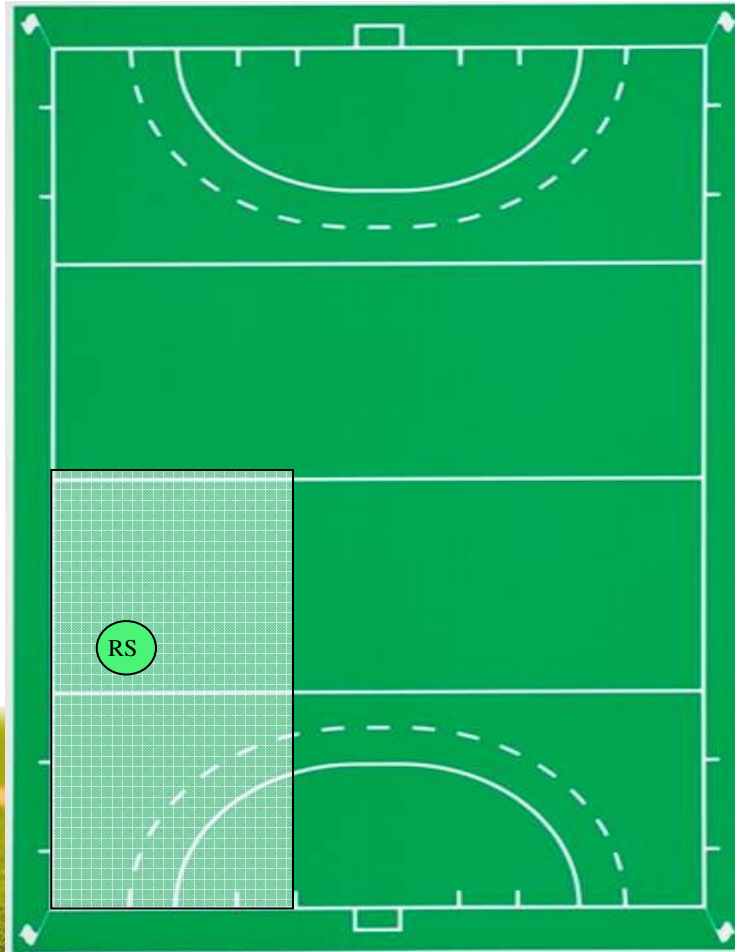
- Be available for passes from LB and LM
- Create and score goals
- Create space by staying wide and deep when ball is in attack

My team does not have the ball....

- Mark and be responsible for the opposing RB
- Be the first line of defence for the team



Right Striker (RS)



Where do I go?

- The RS should stay as wide as possible to be a passing option out wide. They should also be positioned on the baseline/post when the ball is in attacking circle.

My team has the ball....

- Be available for passes from RB and RM
- Create and score goals
- Create space by staying wide and deep when ball is in attack

My team does not have the ball....

- Mark and be responsible for the opposing LB
- Be the first line of defence for the team.





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Taking care of yourself





Taking Care of yourself

Warm-up

Why?

It is important to warm-up so your muscles and your body are ready to play hockey.

How?

2-3 minute light jog to raise your heart rate

Stretching

Why?

Stretching will increase flexibility and muscle tension to help reduce the risk of injury

How?

- Hold each stretch for 10-20 seconds – DO NOT bounce
- Repeat each stretch 2-3 times
- Stretching should be gentle and slow
- Stretch only to the point of tension – NEVER pain
- Focus on the major muscle groups used when playing hockey

Cool Down

Why?

Cool down help reduce stiffness and lactic acid build up in your muscles

How?

Light 2-3 minute jog/skip

Stretching – same process as warm-up

Hydration

Drink Plenty of water

even small dehydration will affect your performance

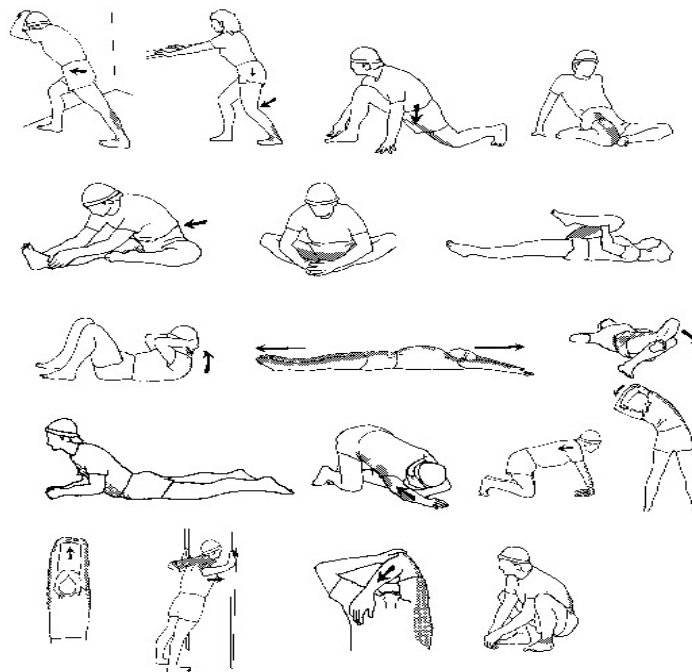
Drink cool water – it is absorbed faster then warm water

If exercising for a long period time drink a sports drink (PowerAde)

Do not wait until you are thirsty to drink water!



Sample Stretches





Have fun, play fair and enjoy your hockey

See you on the pitch!

