



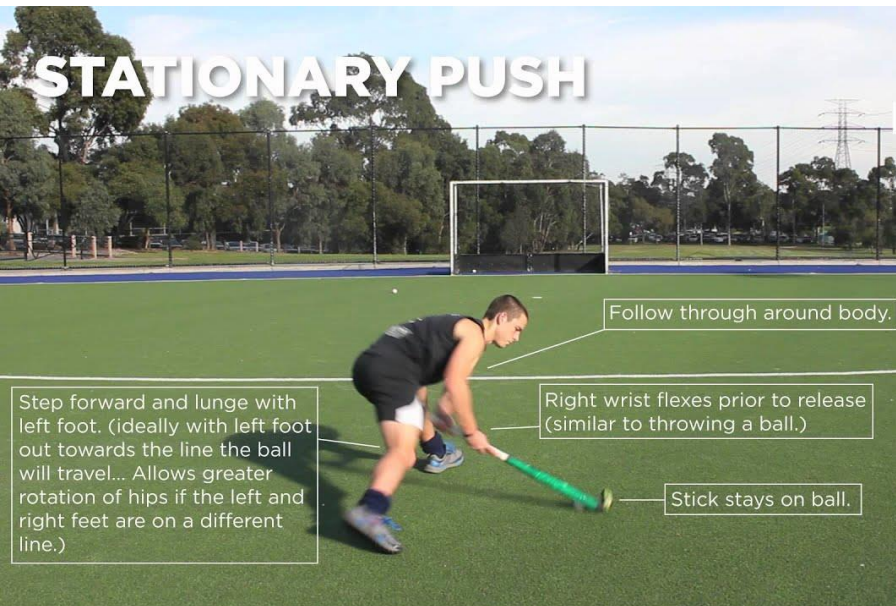
Only one player can tackle another at a time

Year 9 Hockey

FIELD HOCKEY BASICS



Indian Dribble



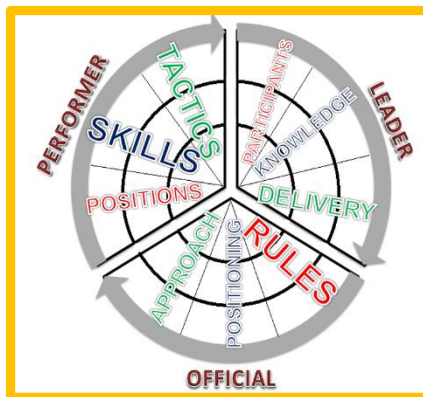
STATIONARY PUSH

Follow through around body.

Right wrist flexes prior to release (similar to throwing a ball.)

Stick stays on ball.

Step forward and lunge with left foot. (ideally with left foot out towards the line the ball will travel... Allows greater rotation of hips if the left and right feet are on a different line.)



Stick must remain below waist height!

BY THE NUMBERS

11	Players per side (including goalkeeper)
2	Halves (4 quarters for international play)
30 or 35	Minutes each half (15 minute quarters for international play)
5 or 10	Minute halftime

STOPPING THE BALL (defensive)

Block Tackle - Player lowers the stick close to the ground and uses the length of the stick to block a ball's advance. Using the entire stick widens the area available to intercept or steal the ball and slows the offensive player's motion.	
Jab Tackle - Player jabs the stick toward the ball with left hand extended (flat side up), then quickly returns to both hands and regains a balanced position. This swift motion can disrupt the advance of the play and possibly cause a loss of possession.	
Reverse Tackle - Used when an offensive player is on a defender's weak (left) side, defensive player extends left arm out with stick inverted close to the ground to slow the play, block the ball's path and try to cause a loss of possession.	

STICK BASICS

There is no such thing as a left-handed stick
 Only push or hit with the flat side or edge of the stick
 Only goalies can use their body to stop and move the ball
 Good stick skills and passing are the keys to success!

MOVING THE BALL (offensive)

Push - This skill is executed with player's hands apart. The head of the stick stays in contact with the ball as it is pushed and there is no backswing. This allows for good control, quick movement, and is used for accurate passing or shooting.	
Hit - A powerful motion where the stick is brought down swiftly from a back swing and strikes the ball with a long follow through. The hit is fast and favored for sending the ball long distances or for making a hard shot on goal.	
Lift, Flick, Aerial - A skill in which the ball stays in contact with the head of the stick as it is lifted into the air. There is no back swing. Lifts are used primarily to raise the ball over long distances or as hard shots on goal.	
Forehand Sweep - Commonly used on turf or a smooth playing surface, player lowers stick parallel to ground and sweeps the ball in a circular motion. A sweep allows for more power than a push, making it effective for quick yet long hard passes and shots.	
Reverse Sweep - Player uses the same motion as the forehand sweep with the ball starting on player's left side. Player uses a different grip and must use the side of the stick with the flat side up. This is an effective motion for passing and shooting.	
Drag Flick - Considered a push, this specialty skill is used by advanced players as a variant to the straight shot or hit on a penalty corner. It can be as powerful as a hit yet requires no back swing, making it especially deceptive. It's an important skill to develop for high level competition.	

- Sport Ed Unit Roles:**
- Student Captains/Coaches (Stay same throughout unit: "captain" plays in games, "coach" does not play in games)
 - Players (play & do additional roles according to rotating schedule)
 - Equipment Managers (Rotate daily)
 - Publicists (Rotate daily)
 - Fitness Trainers (Rotate daily)
 - Assistant Coaches (Act as a player, but also fill in for anyone absent and are the in-game referees)

- Qualities of a good coach**
- Be enthusiastic and show enjoyment of coaching
 - Be self-confident, consistent, friendly and fair
 - Have a sense of humour and make things fun!
 - Dress appropriately
 - Be a good role model for the participants
 - Maintain discipline throughout the session
 - Be well organised
 - Include all participants, regardless of ability, disability, age, gender and ethnic background

