

Subject Knowledge Organiser

Hockey – Rules, Officials, Scoring, Player Positions & Pitch Dimensions

Rules

- Teams consist of ten outfield players and one goalkeeper, substitutions can also be used as many times as a team chooses.
- You can only use the flat side of the stick.
- The ball cannot hit your feet other than the goalkeeper.
- The stick cannot be raised above waist height.
- The ball cannot be lifted above the knee, a free hit will be awarded to the opposing team if the ball is raised dangerously.
- Opposition can only tackle the player with the ball face on. Tackling from behind is a foul and a free hit is awarded to the attacking team.
- Shins pads and a gum shield must be worn.
- The ball can be passed or dribbled using the stick on the pitch.

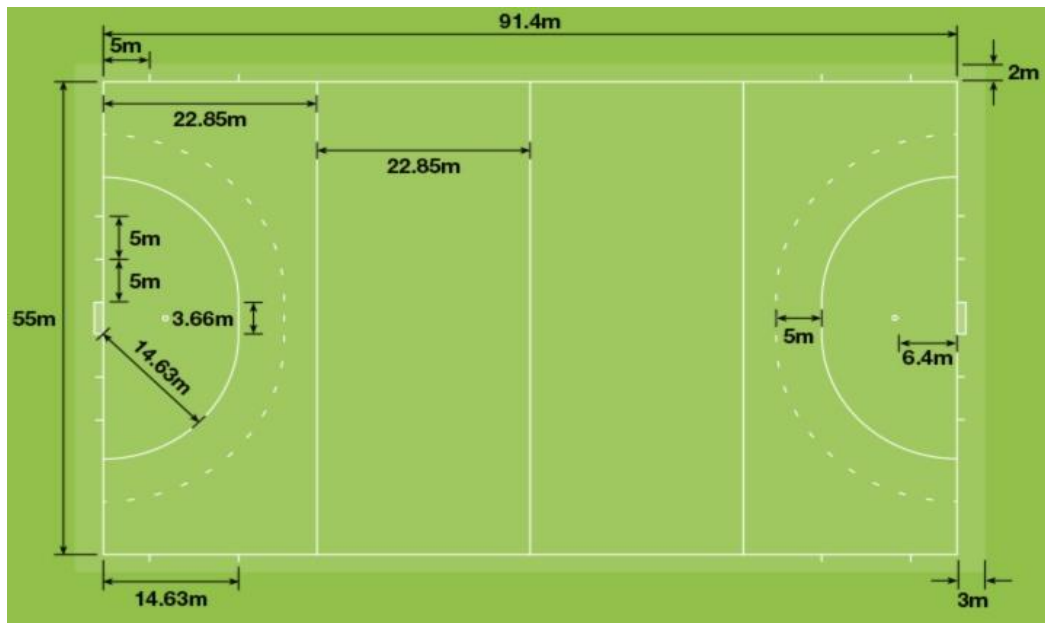
Officials

During a competitive game of hockey there are two umpires who are also time keepers and score keepers.

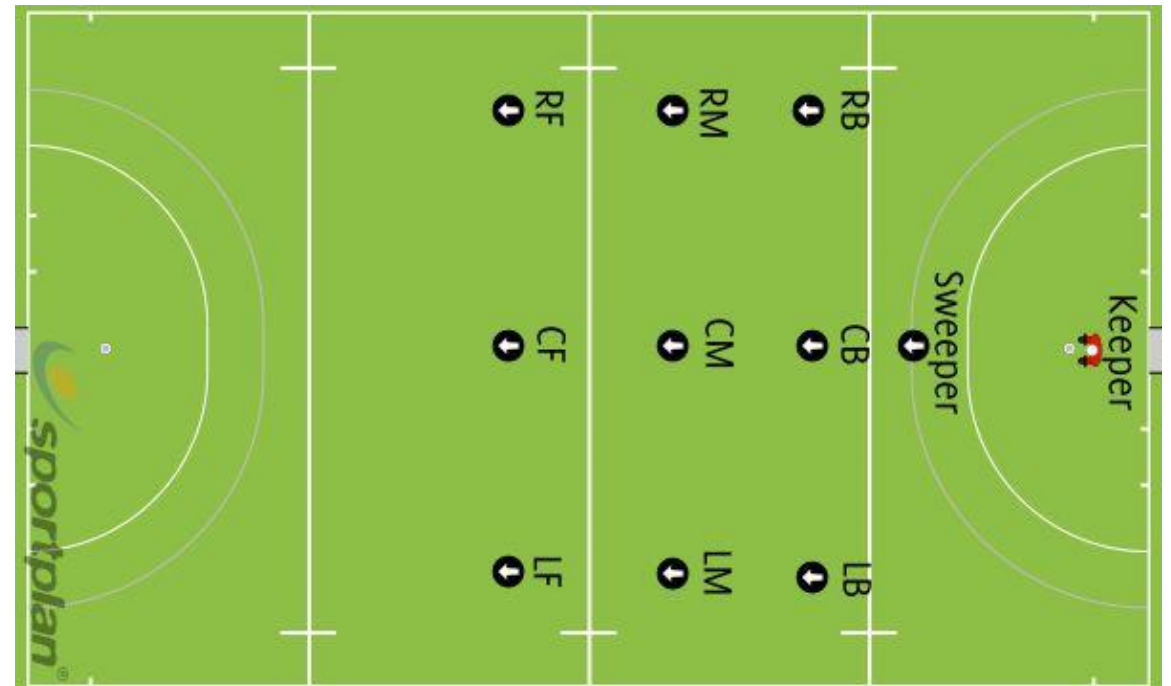
Scoring

In a game of hockey the team that scores the most goals wins the game. Each goal is worth one point. Goals can only be scored in the scoring circle. A shot from outside the scoring circle must be deflected in the scoring circle into the net to score.

Pitch Dimensions



Player positions



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Hockey – Push Pass, Slap Pass & Hit

Push Pass

A push pass is a short pass that enables the player to find a teammate in a crowded area. It's a quick pass to help keep possession and move the ball around.

Stage one

Hold the stick in the correct position and point the left shoulder at the intended target.

Place feet a little wider than shoulder width apart and keep your body weight on the balls of the feet. Place the hockey stick against the middle and lower half of the ball. Ensure that the stick maintains a closed face by slightly turning it towards your body.

Stage two

Step with your left leg forward and push the ball with the head of the stick. Extend the left arm and hand to pull the stick forward. Push the right hand through to generate power and direction of the pass. Maintain a still head throughout. Hold the position and finish with body weight over the front foot and stick pointing in the direction of the pass.

Slap Pass

Slap pass is great for passing over a middle distance to a teammate or for shooting on goal. A slap shot is stronger and faster for hitting the ball than a push pass.

Stage one

Your hands should be apart as if you were dribbling with your lower hand holding the lower half of the grip and your upper hand near the top. Feet should be shoulder-width apart. Allow the ball to sit a few feet ahead of you. Your front foot should be level with the ball as you take your shot. Your back knee should be almost touching the ground.

Stage two

Bring the stick back so the hook is level with the ground. When you hit the ball keep low and follow through pointing the toe of the stick toward the target. Aiming to contact the ball with the base of the shaft, not the hook. Follow through, while looking at your target.

Hit

A skill that allows players to switch the location of the ball very quickly to create space, find a teammate or to catch out the opposition. It can also be used to strike on goal.

Stage one

Maintain eye contact with the ball. Point the left shoulder at the intended target. Slightly bend the trunk and keep the head over the ball. Place feet shoulder width apart with knees flexed and keep the ball in line with the front left foot (30-50 cm). Hold the left arm almost straight, flex the right arm and keep the elbow tucked into the body.

Stage two

Step forward onto the front left leg and quickly swing the stick down. Keeping eyes on the ball, the ball should be struck when the left and right hands are vertical. Strike the bottom half of the ball. Finish with body weight transferred onto the front foot, the knees flexed, arms extended and the stick extended in the direction of the target.