

Hockey

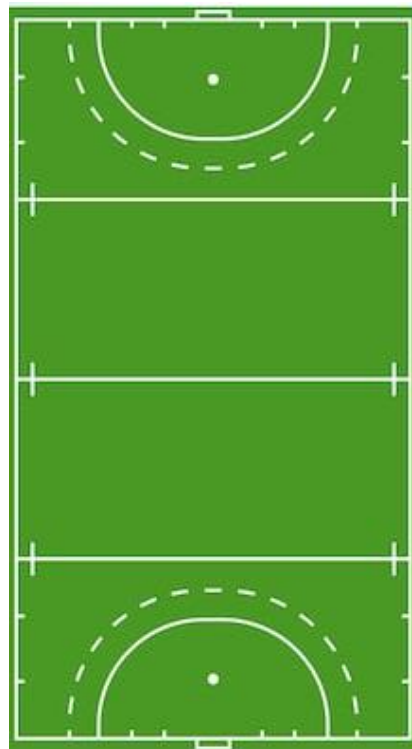
Big idea: Outwitting opponents as a team

Introduction to Hockey

An invasion game played on Astro Turf. Each team fields 11 players including a goal keeper and uses sticks to control the ball. The aim of the game is to work as a team to pass the ball and aim to shoot it into the opponents goal. Only one side of the stick is allowed to be used at all times.

Techniques and skills

- Push pass
- Dribble
- Indian dribble
- Full stick stop
- Trapping



5 rules

1. You can only use the flat side of your stick to contact the ball
2. The ball is not allowed to hit your foot at all during game play
3. 11 players on a team
4. You can only score from inside the shooting circle
5. Shin pads and gum shield must always be worn

Current world champions

Men – Belgium
Women – Netherlands

Skills

Passing Shooting Tackling Running Dribbling Teamwork
Communication