

Preface

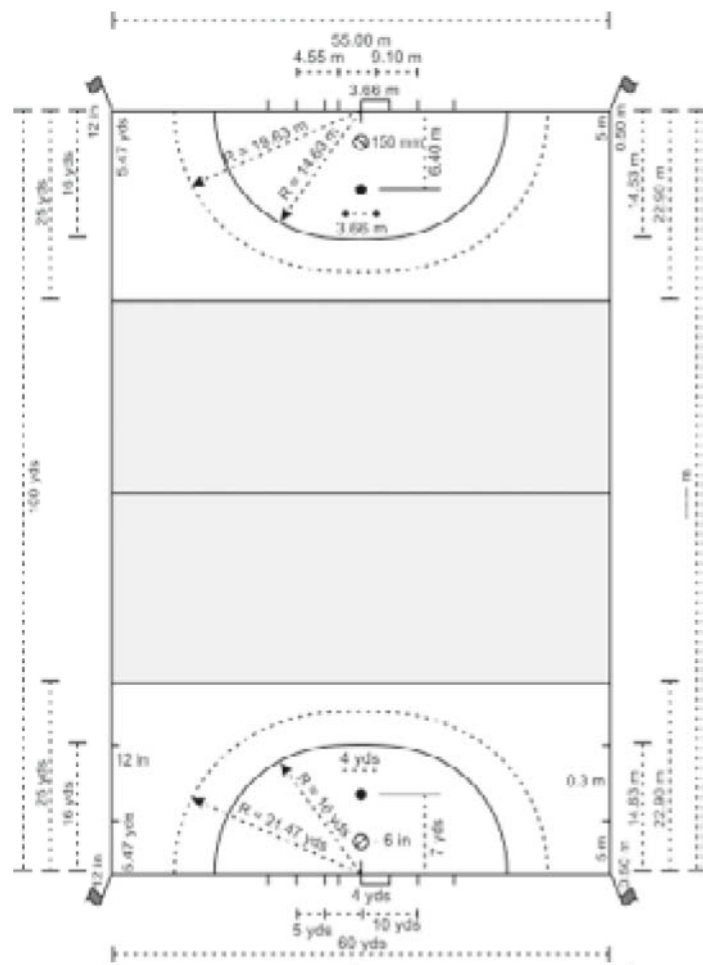
Though cricket is most popular game in India, our National game is Hockey. When is this game started for that there is no evidence found. It is presumed that in ancient time, a game played with bent rounded stick and ball who played in PARSHIYA. This game derived from Parshiya to Greece and Rome.

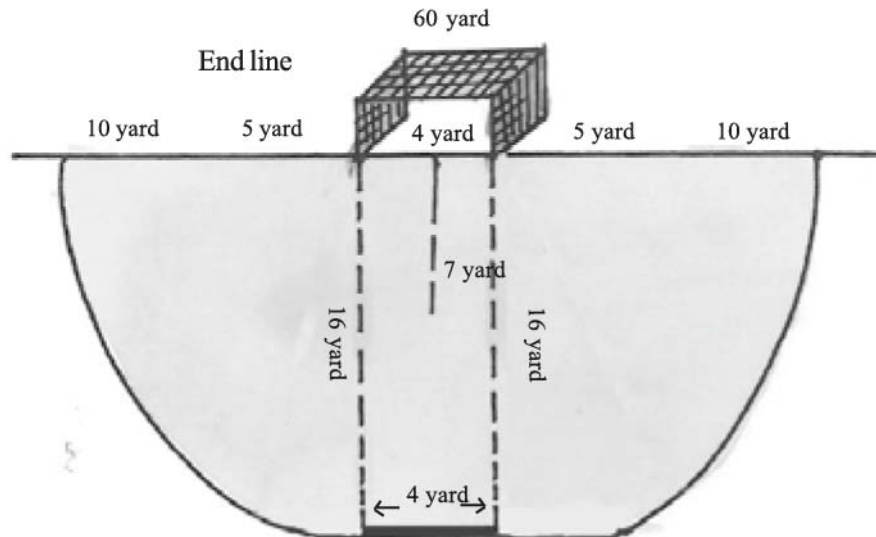
Hockey word is derived from the french word 'Hotic'. Hotic means a stick rounded at one end. In India this game was being played in the times of Mahabharat in the form of 'Gedi-Dada' American 'Auka' Japanese 'Kanchi', Scottish 'Shinti' games are almost similar to Hockey.

Modern Hockey game has been presented by England to the world. In 1861, the first world Hockey club was established in Blackkith. In 1875 the first world Hockey conference was organised in England. The rules of Hockey were framed in this conference. In India, hockey game was started by English Military officers in Kolkata in 1885. This game was introduced in Olympic game for the first time in 1908. All India Hockey Association was established in 1925-26. India participated in 1928 Olympic games organised in Amstardum. India had won gold medal in this Olympic game. Since then (1928) India had been winning the gold medals continuously upto 1956 Olympic games. In 1964 and 1982 Olympic games also India had secured gold medals. In getting maximum gold medals, the contribution of Hockey vizard Dhyanchand was the greatest. In reality his contribution was Gupara Ibel.

The Hockey Ground

The hockey ground is a rectangular field. The measurement of hockey ground is decided in yard, foot and inch at International level, but the measurements are also given in Metric system metre-centimeter-millimeter in the figure. The detailed of the ground with measurements are given in the figure.





Shooting Circle

(1) The hockey ground is a rectangular field. Its length is 91.40 m (100 yards) and its width 55 m (60 yards). The surface of the ground should be flat and levelled, without pits and bumps. The lines on the length side are known as 'side lines' while those on the width side are called 'goal lines'. The thickness on the end-lines and side lines is 7.5 cm (3 inches). All these lines are regarded as part on the playing field. At the National as well as International levels the surface of the ground is made of synthetic substances like 'Astra turf'.

(2) The Central or Middle line joining the two side lines is drawn at the middle of the ground and parallel to the Goal lines. It divides the hockey ground into two equal parts. Each part is called a 'Court.'

(3) Between the Goal lines and the Middle line, at a distance of 22.5 m (25 yards from the goal line and parallel) to the central line, two lines are drawn which join the side lines. These are known as the 25 yard lines.

(4) Near all the four corners of the ground at a distance of 4.55 m (5 yards) marks are made for 'corner' on the Goal lines and the Side Lines.

(5) Taking a radius of 14.63 m (16 yards) from the centre of each goal line, circular lines (arcs) are drawn on both the sides where by a shape like 'D' is formed on the front side of the goal post. These lines or arcs are joined a straight line 3.65 m (4 yards) long. This D shaped area is called the 'shooting circle'.

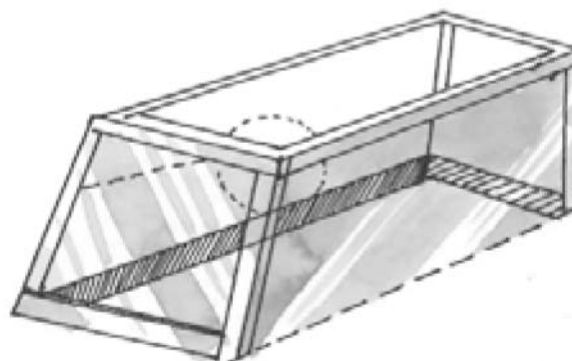
(6) At a distance of 4.55 m (5 yards) and 9.10 m (10 yards) marks for the penalty corner are made on both sides of the goal lines.

(7) From the centre point of each goal line 'penalty Stroke Points' are marked on the ground.

(8) Parallel to the shooting circle and outside it two semi-circles are drawn on the ground with broken lines at a distance of 19.63 m (21 yards) from the centre of the Goal Line with a radius of 19.63 m (21 yards). On all the corners of the ground flag posts are fixed which are 1.20 to 1.50 m about the ground in height and flags 300 mm × 300 mm are fixed on the flag posts.

Goal

The goal Posts are fixed on the ground at a distance of 1.83 m on either side of the central point of both the goal lines so that the inside distance between the two posts is 3.66 m (4 yards). The height of each post above the ground is 2.14 m. A horizontal crossbar is fitted on the top of the Posts. This cross bar is 7.5 cm broad and 5.1 cm thick, having a rectangular shape. The goal Posts and cross-bars are painted white.



Goal and Goal boards

Back-boards (Goal Boards) :

To stop the ball after it enters the goal a back-board is placed behind the goal. The length of the back-board is 3.66 m (4 yards) and its width 1.22 meter and the height is 46 cm. It is painted on the inside in a dark colour.

Net

As shown in the Picture a net is fixed at the backside of the goal Posts and the back-boards. The net is made of strong thread and each knitted square is about 45 mm wide.



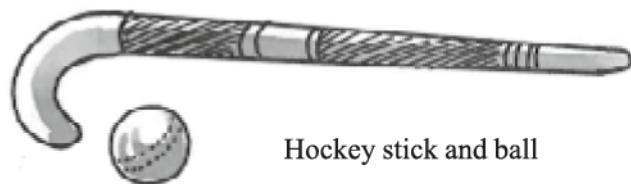
Net

Equipment

Hockey Stick :

The left side of the stick and the bend portion at the bottom should have a flat surface. The length of the stick should be between 75 cm to 93 cm (33 to 37 inches) and its weight should not be less than 12 ounces or more than 28 ounces.

The entire stick should pass through a ring with a circumference of 5.08 cm (2 inches). Metal is not used in preparing stick. The stick is made by joining two pieces of wood, so that it has some flexibility.



Hockey stick and ball

Ball

The outer colour of the ball should be white made from leather or some synthetic material. The circumference of the ball must not be less than 22.4 centimeter ($8\frac{13}{16}$ inches), nor should it be more than 23.5 cm ($9\frac{1}{4}$ inches). The weight of the ball must be not less than 156 gm ($5\frac{1}{2}$ ounce) or more than 163 gm ($5\frac{3}{4}$ ounce).



Ball

Pads and Gloves for the Goal-Keeper

During a game the goal keeper can wear specially made pads or leg guards on both his legs to protect his legs from being injured. Similarly, he can wear hand gloves to be able to stop the ball without causing injury to his hands.

Chest Guard

With a view to protecting himself from injury likely to be caused to the chest by a bumping ball, a goal-keeper can wear a chest guard.

Helmet : A goal-keeper can wear a helmet to protect his head from being injured by ball bumping high.

Shin guard (Shin bone guard) :

During play, the shins of the players are likely to be hit and injured by the sticks of the opponents or the ball so in order to protect the shin bones shin guards can be placed inside the stocking used by the players.



Goal-Keeper's
Pads and shoes

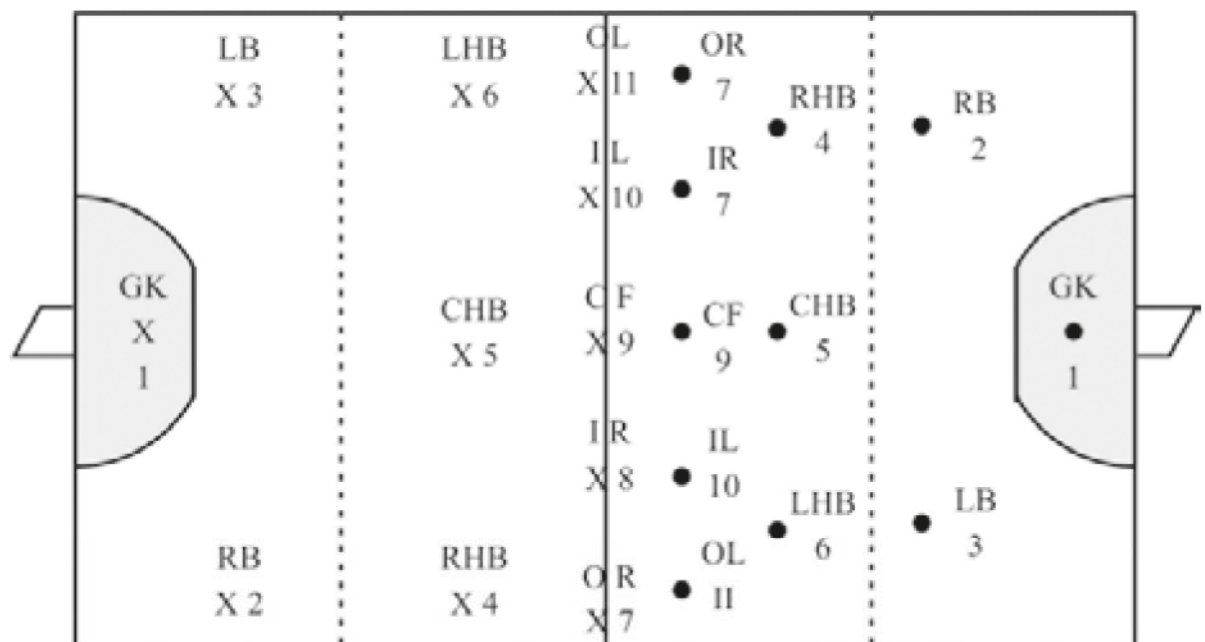
Fully equipped goal-Keeper
(front view and side view)

PLAYERS :

There are 16 Players in each team. Of these 11 players are actually on the ground during play, while five stay out as substitutes. These eleven players take their position at their appointed places and each player is known by the position he occupies on the ground at the start of Play.

These Positions are as follows

(1) Goal-Keeper (G.K.) (2) Right Full Back (R.B.) (3) Left Full Back (L.B.) (4) Right Half Back (R.H.B.) (5) Centre Half Back (C.H.B.) (6) Left Half Back (L.H.B.) (7) Out-side Right (O.R.) (8) Inside Right (I.R.) (9) Centre forward (C.F.) (10) Inside Left (I.L.) and (11) Out-Side Left (O.L.).



Positions of the Players on the ground

Skills of the game :

Dribbling: This is a basic skill of hockey. Due to this skill one can control on the ball and he can move speedy with ball.

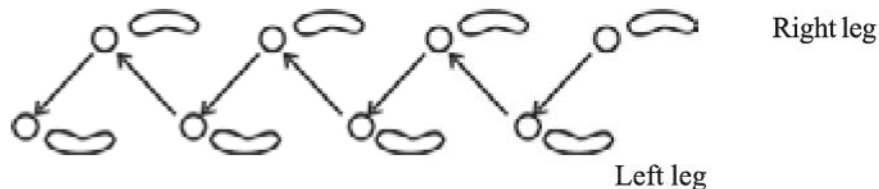
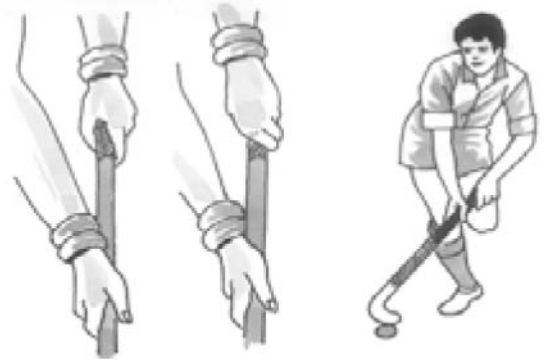
Teaching steps

Grip of the stick : The stick should be gripped with the left hand at the upper end of the stick in such a way the flat side of the stick stays on the left side. The stick should be held at the middle part in a loose grip of the right hand. So that while dribbling, the stick can be quickly moved in either direction with the left hand.

Body Position : The legs should be in wide-spread. The body should be bent forward from the waist. The eye sight should be fixed mainly on the ball.

Position of the ball : Keep the ball at a distance 24 to 30 cm in front from the front leg.

Dribbling Action : First put one leg on the front side, and then dribble the ball at an angle of 45° in the opposite direction of the front leg. Then putting the other leg in front, dribble the ball at an angle of 45° in the opposite direction with reverse stick. Thus dribble the ball and go ahead



Hitting (Striking the ball)

There are various types of hitting, for example the straight hit, the reverse hit, hit on the wrong foot etc.

Straight Hit :

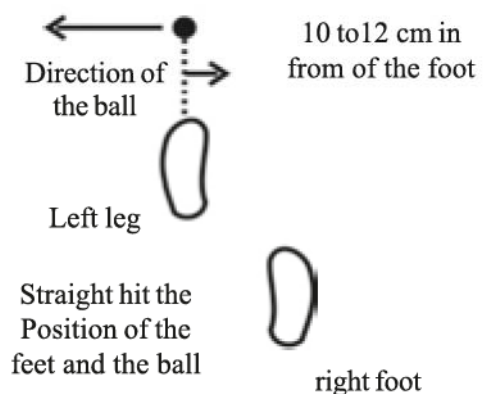
The action of hitting the ball to send it straight in the forward directions is called the straight hit.

Teaching Steps :

The Grip of the stick :

Leaving a 10 to 12 cm portion at the top of the stick, the stick should be held tightly with the left hand in such a way that the flat side of the stick is turned towards the left side. Then placing the right hand just below the left hand and just touching hit, take a strong grip on the stick with the right hand

Position of the body : Place left foot forward. Most of the weight of the body should be on the left foot. The right foot should be placed slightly at the back of the heel of the left foot. (It will also do if toes of the right foot are placed in such a way that then touch the ground). The body should be bent in the forward direction. The eyes should be on the ball and the left shoulder will be turned in the direction in which the ball is to be hit.



Position of the ball : The ball should be placed at a distance of 10 to 15 cm.

The Action (of hitting) : Raise the stick in the back ward and upward direction on your right hand side, and bringing it down quickly in the same way hit the ball using the strength of the wrist with the middle part of the bent part of the stick. Take care to see that the stick does not normally go above the level of the shoulders before or after hitting the ball.

The follow through action : The stick should be taken in the same direction in which the ball has been put and then the body should be turned in the direction of the ball.

Stopping :

This is a very important skill. It is essential that the player has the self confidence to be able to stop the ball. Stopping can be done in various ways. For example, stopping the ball coming from the opposite direction, stopping the ball coming from the right side, stopping the ball coming from the left side, stopping the ball coming through the air etc., Here we will see the stopping the ball coming from the front.

Grip of the stick : Hold the stick firmly with the left hand at the top end of the stick. Grip the stick slightly loosely in the middle part with the right hand in such a way that the flat side of the stick is in the direction from which the ball is coming.

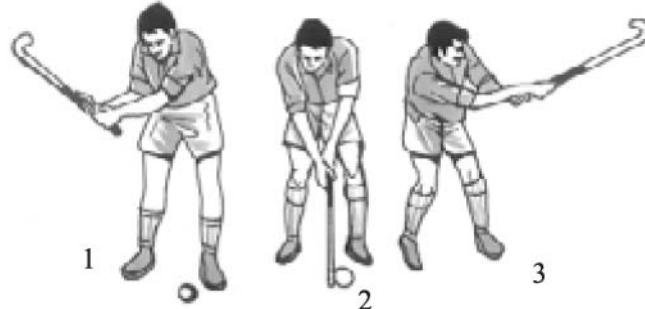
Positioning of the Body : Both feet should be placed at a natural distance near each other. The weight of the body should be kept on both the legs. The body should bend forward from the waist as needed and the eyes should be on the ball coming from the opposite direction.

Action : When the ball is within the reach of the stick, holding the stick in such a way that its flat side faces the ball, the ball should be stopped with the flat side of the stick. As soon as the ball touches the stick, the stick should be pulled a little behind with right hand so that the ball, after striking, will be stopped nearby.

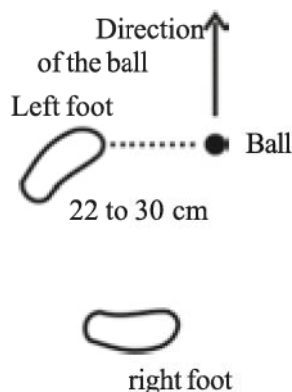
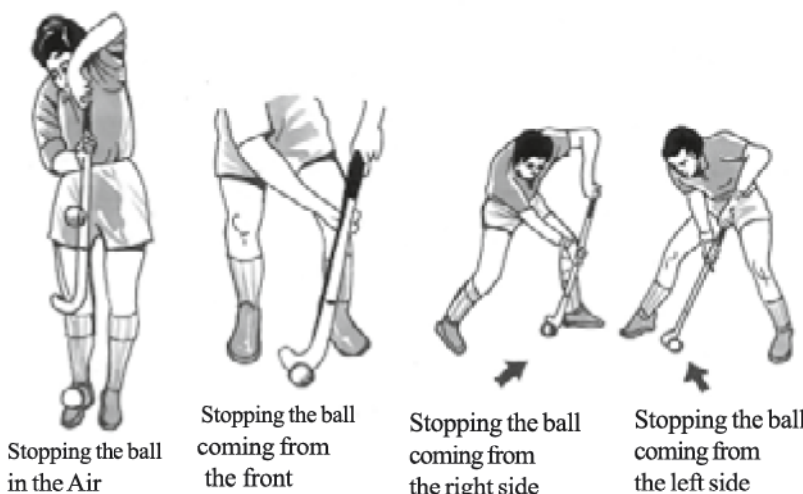
Pushing : Straight Push :

In this skill the stick is placed touching the back side of the ball and the ball is pushed with the stick. The different types of pushes are; straight push, sweep push etc.. Here we will discuss for pushing the ball forward, which is called the straight push.

Grip of the stick : Hold the stick firmly with the left and at the top end of the stick and grip it in the middle with the right hand in such a way that its flat part faces the left side.



Various positions of the body before hitting the ball at the time of touching the ball and after hitting the ball.



Straight push-Grip at the stick and Position of the body

Position of the Body : Place the left foot forward in such a way that the toes are in the direction in which the ball is to be pushed. Place the right foot behind the left foot at a distance of 45 to 60 cm such a way that both the feet are at an angle of 45 degrees. The body should be leaning in the front in the direction of the ball. The entire weight of the body should be on the right foot before passing the ball and on the left foot after pushing the ball.

The Position of the Ball : The ball should be placed on the ground in front of the toes of the left foot, slightly on the right side 30 to 40 cm away.

Action : Three types of action are to be performed almost simultaneously.

- (1) Push the ball forward with the stick with the help of the arm.
- (2) Transfer the weight from the right foot to the left foot.
- (3) Turn the body also in the particular direction in which the ball in the front is pushed. If all the three actions are synchronized, the ball can be pushed in the desired direction.

The follow-through Action : Extend the stick in the direction in which the ball has been pushed and turn the body in the direction in which the ball is pushed and straighten it.

Flicking :

The ball is tossed with the stick in such a way that it passes over the opponent's stick and remains in motion even after falling on the ground. Generally, the ball is tossed with the stick knee high or even chest high.

This action is called the 'Flick'. The different types of Flicking are. Flicking the stable ball, Flicking the rolling ball straight stick, reverse flick etc. Here we will see the straight flick.

Straight Flick : In this skill the ball is tossed with the stick straight over the opponent's stick.

The Grip of the stick : Grip the stick fully the upper end with the left hand while grip it slightly above the middle part with the right hand in such a way that the flat surface of the stick faces the left side.

The Body Position : Place the left foot forward in such a way that its toes point towards the direction in which the ball is to be flicked. Right foot should be placed behind the left foot in a distance of 1.5 to 2-0 feet $\frac{3}{4}$ of the weight of the body should be on the left foot, while $\frac{1}{4}$ of it will be on the right foot. The body will be bent from the waist in the forward direction and sight will be in the direction of the ball.

The Position of the Ball : The ball should be placed near the toes on their front side at a distance of 45 to 60 cm.

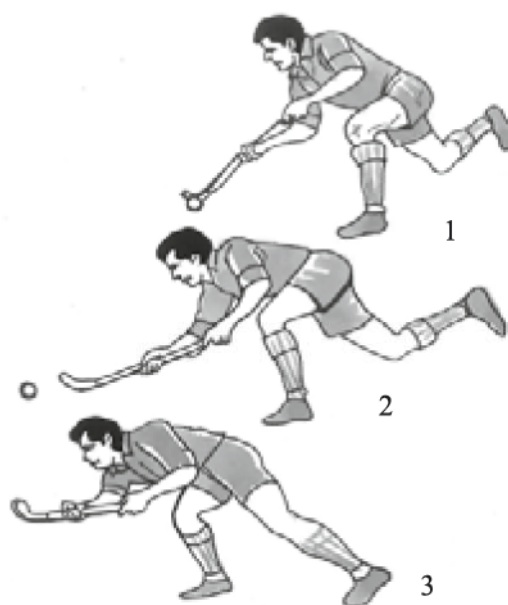
Action : The middle part of the curved part of the flat side of the stick should be placed just below the ball, touching it, in a slanting Position. Then, with the left hand, push the stick at the bottom towards the front side. At the same time pull the stick upwards with the right hand.

The Follow Through Action : Extend the stick on the front side straight in the direction in which the ball is travelling after being tossed, so the ball will not change direction.

Scooping

The action of sending the ball towards one's team-mate by tossing it higher than the opponent's head is called 'scooping'. When it is not possible, to send the ball to a team-mate by pushing or hitting it with the stick, this skill is being used.

There are various ways of scooping, for example : (1) straight scoop (2) Reverse scoop (3) Push scoop. The push scoop is mostly similar to straight flick. The straight scoop is being done differently. We will see here



Various positions before, during and after flicking

the straight scoop.

The Grip on the stick : Hold firmly with the left hand at the upper end of the stick, Grip it at the middle with the right hand. The flat part of the stick should face the sky.

Position of the Body : Place the left foot forward in the direction in which the ball is to be tossed. The right foot should be placed behind the left one on the side 45 to 60 cm distant from it. Most of the weight of the body will be on the right foot in the beginning. The right leg will be bent, at the knee and the sight will be on the ball.

The position of the Ball : The ball should be placed on the front side of the forward foot at a distance of 15 to 25 cm from the toes of the leg.

Action : Put the rounded, flat part of the stick, behind the ball. Pushing the left hand stick downward, pull it at the same time upward.

The Follow Through Action : The stick should be raised in the direction in which the ball is tossed, taking care to see that the stick does not go higher than the shoulder. The body should be strightend.

Tackling

This skill is used to take the control over the ball from an opponent, If a ball is not snatched, the player tries to intercept the speed of opponent in this, he will give a chance to his player to adjust in a suitable place.

There are may methods of tackling, for example, shadow tackling, Lunge tackling, as a last defender etc.



Push-Scoop



Shadow Tackling



Lunge Tackling

Shadow Tackling : In this type of tackling, a defending player will run along with the attacker like the latter's shadow and will create obstruction in attacker's way. A soon as an opportunity arises, he will try hard to snatch the ball from the opponent. In this way he will continue to shadow the attacker and slow down his (the attacker's) progress until he succeeds in getting possession of the ball or until his team mates have taken tactically advantageous positions on the ground.

Lunge Tackling : In this skill the defending player moves one forward and holding the upper part of the stick with only one (left) hand extends the stick forward. When the attacker raises his stick to hit the ball, the defender quickly takes the ball in his possession or passed the ball away from the attacker with his extended stick.

Tackling as a last Defender : When there is no player except Goalkeeper behind the defender, the defender gives his suitable open place to the attacker who is coming with ball. So that the attacker entices to forward in that direction with ball. During this the defender runs with attacker and snatches the ball and gets the control on it. Where attacker raises the stick for hitting the ball or he tries to pass the ball, he tries to snatch the ball.

DODGING :

The action of moving ahead with the ball by confusing and deceiving the opponent is called 'Dodging'. This action particularly needs agility and speed on the part of the dodger. Dodging is done in many different ways.

Dodging on the Defender's Right side : The skill of moving ahead with ball after dodging the opponent by his right side when the opponent comes near you to snatch the ball from you, before he comes within the reach of the ball you should pretend, with a deceitful movement of the stick that you are taking the ball by his left side. You should actually move ahead with the ball by his right side after confusing and deceiving him with your action.

If another opponent comes to snatch the ball from you, you can dodge him in the same manner and move ahead towards the opponent's goal with the ball.

Dodging on the Defender's left side : In this action you have to move ahead with the ball by the left side of the opponent after confusing him. When you are facing an opponent who approaches you with a view to snatching away the ball from you, before he succeeds in coming within the reach of the ball, you will pretend to proceed further by the right side of the opponent, so that he will move in to that direction. At this time you will reverse the stroke suddenly on your right side and tap the ball with the reverse stick on the left side of the opponent. Having deceived him, you will proceed further with the ball.

Similarly, if another opponent approaches you, you will tap the ball again on your right side and will proceed with the ball by the left side of the opponent.

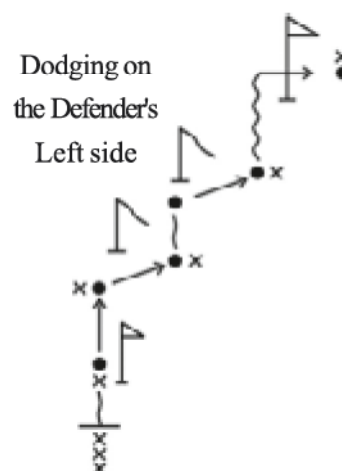
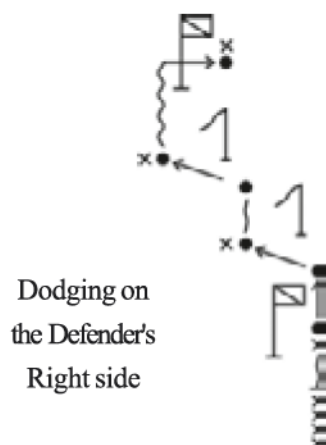
Passing :

The skill of sending the ball rolling towards one's treatment using various techniques is called passing. The various passes are explained below.

Through Pass : When the situation is favorable for sending the ball from between two opponents to your teammate, the ball is passed to the teammate by passing the opponents standing in between.

Return Pass : When your team-mate is facing an opponent, he passes the ball to you. Finding an opportunity, you pass the ball back to the team-mate who had sent it to you.

Back Pass : When the situation is not favorable for proceeding towards the opponents goal with the ball, the ball is sent towards the team-mate who is on your back side. This action is called the 'Back Pass'.



Parallel Pass : Particularly when a player on the right outside or left outside reaches near the goal while playing and when he is not in a position to score a goal, he passes the ball to team-mate running parallel to him in the striking circle in a parallel line so as to enable that team-mate to convert the ball into a goal. This action of passing the ball in a parallel line is called the 'parallel pass'.

Forward Pass

The action of passing the ball with the stick towards the teammate who is ahead of you during play is called 'Forward Pass'.

Bully :

In this skill two players from the opposing teams (one from each) stand facing each other with their feet parted with the ball placed on the ground between them. Then each of them raises his stick and touches the ground with it. This action is done thrice. After this the player who gets an opportunity gains possession of the ball. There are various techniques of getting possession of the ball after performing the Bully. Some of these skills are as under :

(1) Pushing the ball with the reversed stick, It is sent to the team-mate of centre half player.

(2) The ball is pushed towards the team-mate standing near the opponent in the forward direction. The ball passes from between the stick and the legs of the opponent.

(3) The player participating in the Bully himself dodges his opponent and with agility takes possession of the ball and moves forward.



Players exchanging
Bully

Goal-Keeping

The art of goal-keeping is the heart of the game. A Good goal-keeper brings victory to his team, for the main responsibility of saving goals is on his shoulders. Good and skilful goal-keeping can be done by goal-keeper who possesses qualities like the power of reaching the correct inference in the ever changing circumstances during play, courage, logical thinking, the power of making quick decisions and a sharp eye-sight.



The goalkeeper trying to stop the ball going
in the goal post

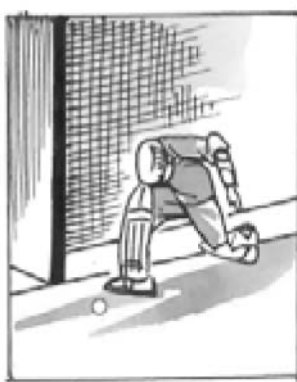


A goal keeper kicking the
ball to prevent a goal

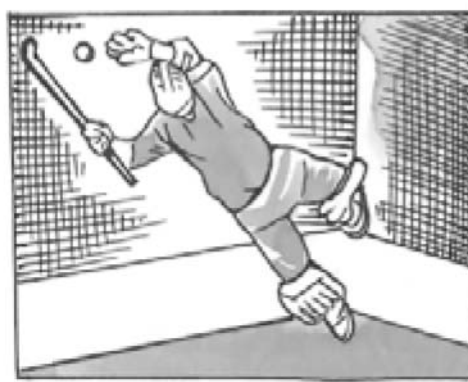
The goal-keeper has special privileges inside the striking circle. He can stop the ball with any part of this body. He can stop the ball with his feet or even kick it. Generally, the ball should be sent to a vacant area on the ground or towards a player of his team. If it is not possible, he should send the ball outside the ground, beyond



(1)



(2)



(3)

the side. The goal-keeper must not send the ball out side the ground from his goal-line.

(1) A goal-keeper stopping the ball with his stick (2) A goal-keeper protecting his goal by kicking the ball away. (3) A goal-keeper stopping the ball in the air.

Rules of Hockey

Game Time : The playing time is divided into two halves of 35 minutes each. A rest period of 5 minutes is given between the two halves. If both the captains agree and the referee gives his consent the rest period can be of 10 minutes. If any time is lost during the play, the play can be extended by the time lost.

The starting of a game :

(1) Before play commences the ground or the 'centre pass' is decided by tossing a coin. The captain of the team winning the toss can choose between the ground or the centre pass. The team which was lost the toss has to accept the other option.

(2) At the time of starting the game with centre pass all the players except the player who is to start the play, will take their respective position in their own half of the ground.

(3) The centre pass is done either with a push or a hit, whichever is convenient to the starter. He can pass the ball to any part of the ground that he likes.

(4) At the time of the centre pass, all the players of the opposite team should be at least 5m away from the player who is executive the centre pass.

(5) Only after the ball passed or hit has travelled the distance of 1m can any player, except the one who has executed the centre pass, play the ball. Only after it has been played by another player, the player who has executed the centre pass can play it again.

(6) After a goal has been scored, a player belonging to the team against whom a goal has been scored can start the game again through a centre pass.

(7) Before beginning play in the second half of the game, both the teams exchange their sides of the ground. A player from the team whose opposite team had started the game in the first half will start the game in the second half with a centre pass.

Substitution : There are 16 players in each team of whom 11 actually participate in the play on the ground. During a game (except when a penalty corner is awarded to a team) any number of substitutions can be done. But if a player has been sent out as punishment, he cannot be replaced by a substitute.

Goal : When a member of the attacking team hits a ball with his stick from the shooting circle while he is in the defender's half and sends it across the goal-line and inside the goal posts, the attacking team is said to have scored a 'goal'.

General Rules of Hockey

- (1) The ball can be played only with the flat side of the stick
- (2) When there is a player within a distance of five metres no player will hit the ball dangerously or in such a way that it will cause injury to another player.
- (3) No other player but the goal-keeper can stop or play the ball except with a hockey stick. Only the goal-keeper is allowed to stop the ball with any part of his body and even kick the ball away.
- (4) No player will obstruct an opponent with his stick or any part of his body. He will not also come in between the opponent and the ball or pass from between them.
- (5) If during play, the ball dashes against the Referee or if the ball hit by a player hits the goal post and returns to the ground, it will still be regarded as being in play.

Free Hit :

- (1) Generally, if a rule is broken in any part of the ground except the shooting circle, the party opposing the one that has committed the breach is given the chance of putting the ball in play against with a 'free hit' executed from the spot where the breach was committed.
- (2) When a player is executing a 'free hit' all the players in the opposite team are required to stand at least five metres away from the 'hitter'.
- (3) A ball is hit by a free hitter, he (free hitter) will not play the ball again until another player of any team plays it.
- (4) While executing the free hit the ball can be either pushed or hit.

Push In :

- (1) A player from the team opposing the team of the player who is responsible for sending the ball out, will be given a chance to put the ball again in play with a 'push in', at the place from when the ball goes it.
- (2) At the time of 'push In', the players of the opposite team should be at least 5 metres away from the player who is executing the push in.

Bully

The game is started again with a 'Bully' under the following circumstances :

- (1) If, by chance, during play the ball is caught in the goal-keeper's pad or any other's players or the referee's clothes.
- (2) When players of both the teams commit a foul at the same time.
- (3) When during play the ball is torn open and it becomes necessary to take a new ball.
- (4) When the game has to be stopped because of a serious injury caused to a player during play.

Under the above circumstances, the game is started again with a Bully, from a spot decided upon by the referee. The spot should be 14.63 metres away from the back-line. In this action one player from each side stands facing the other in such a way that his right shoulder is turned towards the goal/back line of his side with legs placed apart at shoulder width distance. The ball is placed on the ground between these two players and the action of 'Bully' is executed when the referee gives a signal.

Misbehavior : If during play, the player is found to act in an unsportsman like manner, is playing violently, does not obey the decision of the referee or uses abusive language, the referee punishes him in the following ways, depending on the seriousness of his misbehaviour.

(1) If the player is misbehaving for the first time and if his offence is not serious, the referee calls and cautions him.

(2) Even after being thus cautioned, there is no improvement in the player's behaviour, the referee warns by showing him the Green card.

(3) If a player's misbehavior is of a serious nature, the referee shows him a yellow card and asks him to leave the ground for some definite period.

The power of deciding the seriousness of the misbehavior, rests with the referee. A player who has been sent out of the ground as punishment cannot be replaced by a substitute.

A player who has been sent out of the ground by the referee by showing him yellow card can return to the ground with the permission of the referee after completing the period of this punishment.

In case of Tie :

If after the completion of both the halves of the match, no goal has been scored by either team or when both the teams score an equal number of points, it is said that there is a tie in the game for deciding the winner. Under these circumstances even after the 'tie breaker' rule is applied, the tie is not resolute and the winner cannot be decided, each player of both the teams is given alternately five penalty strokes, under the 'Sudden Death' rule whichever team succeeds in scoring a goal first will be declared the winner and the game brought to an end.

Penalty corner :

The attacking team is awarded a penalty corner to be executed from a spot at a distance of 9 to 10 meters from the goal post behind the shooting circle area of the defending team under the following circumstance.

(1) If a foul is committed by a player of the defending team intentionally in the area between the back line of his side and the 20.90 m Line.

(2) When a defending player commits a foul in the 'shooting circle' area.

(3) If a player from the defending team hits the ball and intentionally sends the ball beyond the back-line.

If a foul is committed under the circumstances mentioned above a penalty corner is awarded as described below.

(1) The penalty corner is executed by placing the ball on the back-line, 9 to 10 m away from the goal post.

(2) While executing penalty corner, the ball can be hit or pushed.

(3) While the penalty corner is being executed, the player executing the penalty corner stands with one of his legs behind the back-line and all the other players of the attacking side stand outside the 'shooting circle'.

(4) While the 'penalty corner' is being executed the goal-keeper of the defending side and 4 other players of his team, i.e. five defenders in all stand behind the goal-line or back-line, at a distance of 4.55 m from the players executing the penalty corner while the other players stand in the ground in the front part of the central line.

(5) When the ball hit or pushed by the player executing the penalty corner goes out of the the shooting circle, the attacking player stops it and tries to hit it into the goal, after bringing it into the circle while the defending players try to stop the ball.

(6) Until the action of executing the penalty corner begins, players of neither party can enter the prohibited area.

(7) The player who executes the penalty corner cannot play the ball again until after another player has played it.

(8) During the execution of the penalty corner, if the defending team breaks a rule, the attacker is awarded another chance to take the penalty corner. However, if an attacker breaks a rule, the defending party will be awarded a free Hit from outside the shooting circle.

Penalty stroke :

When the attacking team is about to hit the ball from the shooting circle with a view to scoring a goal, if a player from the defending team breaks a rule and if the attackers are unable to score a goal, and if the referee feels that the attackers would certainly have scored a goal, under such circumstances the attacking team is awarded a chance to take a 'penalty stroke'. Also during the action of executing a 'penalty corner', if the defending team commits a foul intentionally and repeatedly, the attacking team is awarded a chance to take a 'penalty corner'.

At the time of the execution of a penalty corner, the goal-keeper stands steadily on his goal-line. The rest of his team-mates stand behind the 22.90 m long line on the side of the 'centre line', while one of the members of the attacking team stands near the penalty stroke point, for executing the 'penalty stroke'. His other team-mates also stand behind the nearby 22.90 m line in the direction of the centre line.

The player executing the 'penalty stroke' moves one step forward (only once) and tries to send the ball into the goal with a push, flick or a scoop. He cannot 'hit' the ball.

If the ball crosses the goal-line and enters the goal, the attacking team is awarded a goal. But if the goalkeeper steps the ball, play is resumed by giving a free hit to the defending team to be executed from outside the shooting circle, when a 'penalty stroke' is announced, the watch showing the time of play is stopped and is started again when the action of executing the penalty stroke begins.

Referees :

There are two referees and one table official in a game of Hockey. From two referees, each of whom gives decisions about his half of the ground. The judges record the timings of the game by agreement and in-co-ordination with each other. They also keep a record of the goals scored and of substitutions. Each of them also maintains a record of the cautions, warnings and dismissals in his own half of the ground.

EXERCISE

1. Answer the following questions in detail :

- (1) State the steps of teaching the skill of Dribbling.
- (2) Give the detail information of 'Penalty Corner'
- (3) When can a goal be considered to have been scored ? How is a game started again after a goal has been scored ?
- (4) State the types of Tackling, and give detail of one of them.

2. Answer each of the following questions in one or two sentences :

- (1) What is the length and width of the hockey ground ?
- (2) When does a free hit given in hockey game ?
- (3) When is Bully given in Hockey game ?
- (4) How many referees are there ?

3. Select a suitable-correct option from options given below the questions :

- (1) After taking 'penalty stroke, if it is unsuccessful from where game is started ?
(A) From the middle part of the ground (B) From the shooting circle
(C) Again from the penalty stroke point (D) From Side Line)
- (2) What will be the radius from Goal Posts for marking 'shooting circle' ?
(A) 14.75 metres (B) 14.90 metres
(C) 15.00 metres (D) 14.63 metres
- (3) When during a hockey match, players of both the teams commit a foul at the same time how does the game start again ?
(A) By corner Hit (B) By Bully
(C) By penalty corner (D) By free hit taken from middle part of the ground

Activity

- Draw a Hockey Ground on the play ground

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