

# Field Hockey: Basic Skills, Rules & Concepts

## Skills:

Drag Dribble- When the ball is directly on the face of the stick.

Tap Dribble- Tap the ball out in front, accelerate to it.

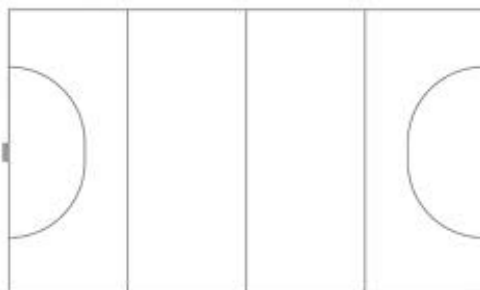
Windshield Wiper- Bring the ball from your right to your left, rotating the grip of the stick on your hand.

Push Pass- Ball already had contact with stick, step, push towards target, follow through.

Hitting- Swing back (slightly) contact forwards, follow through.

## BASIC RULES

- **No** body or excessive stick-to-stick contact allowed! → **Violation**  
*Penalty shot*
- **No** hacking /hitting/playing the ball in a dangerous manner→ **Violation**  
*Penalty Shot*  
\*Play the ball - not the opponent.
- Players must keep both hands on their sticks. → **Violation**  
*Change of possession*
- Players may only use the **FLAT** SURFACE of the stick→ **Violation**  
*Change of possession*
- Stick and ball must be below the knee at all times → **Violation**  
*Change of possession*
- Do not kick or **ADVANCE** the ball with any part of the body → **Violation**  
*Change of possession*



**Objectives:**

Students will learn and be able to describe the basic skills (types of dribbling, push pass, and hitting) and apply them in lead-up and modified activities. *NASPE 1& 2*

Students will know and understand the above terms/rules while participating in modified activities. *NASPE 2*

Students will experience and develop their teamwork and cooperation skills *NASPE 5*