



Key Vocabulary

Stick – The equipment used to hit and move the ball

Side In – Free hit awarded to a team after the opponent hits the ball out of bounds over the side line. Also called “hit-in” or “push-in.”

Free Hit – Awarded after most penalties. Defenders must stand five yards from the ball until it is played.

Control – keeping the ball as close to the stick as possible when dribbling or receiving the ball. Or knowing what you are doing with it to keep the ball away from defenders

Receive – when a teammate passes to you, you receive the ball

Block Tackle – Knees bent/ back straight/ stick flat on the floor/ left fist on the ground/ stick slightly tilted forward

Jab Tackle - Standing on the left of an opponent/ stick in left hand on reverse/ jabbing motion to knock ball away from opponent

Foot Foul – Occurs anytime an outfield player’s foot is hit by the ball even if unintentional

Key Knowledge and Skills

One Stick

In hockey all sticks are primarily the same, with a flat and curved side, which is always the same way around. Players may only touch the ball with the flat side of the stick, meaning that a player has to move their stick, or themselves when the ball is on their left-hand side. Top stick shows the flat side and bottom stick the curves side.



Grip

Left (top) hand above the right (bottom) is a great start and holding the top (grip) of the stick. Make sure there is a gap between the top and bottom hand as this provides control, this gap can decrease as control improves and also for certain passes. Holding the grip correctly allows an easy transfer to the reverse side.



Dribbling

Open stick: Left hand at top, right at bottom of grip/ knees bent/ back straight/ elbow up/ ball at 1/2o'clock on right hand side

Indian: Left hand at top, right hand at bottom of grip/ knees bent/ back straight/ stick rolls over ball pulling it right on reverse/ open stick dribble again slightly to the left before pulling right again



Passes/Shots

Push Pass: Left hand at top, right hand at bottom of grip/ left foot forwards/ push ball from behind body/ follow through with stick in direction you want ball to go. Used for a shorter pass



Slap Pass: Left hand at top, right hand at bottom of grip, hands can come together/ left foot forwards/ knees bent/ aim for chest on knee/head over ball/ stick draws semi-circle across ground contacting ball slightly in front of body. Used for a longer pass



Hit: Both hands at top of grip/ ball in line with left foot/ head over ball/ contact ball with flat stick face and follow through where you want ball to go. Used for more power.

Uni-hoc

Adopts many of the same rules as regular hockey with the main difference being the stick used and a softer ball. The uni-hoc stick is plastic and resembles for of an ice-hockey stick. This means that both sides of the stick can be used to hit the ball. This provides more control for young children and can be used to build to regular hockey

