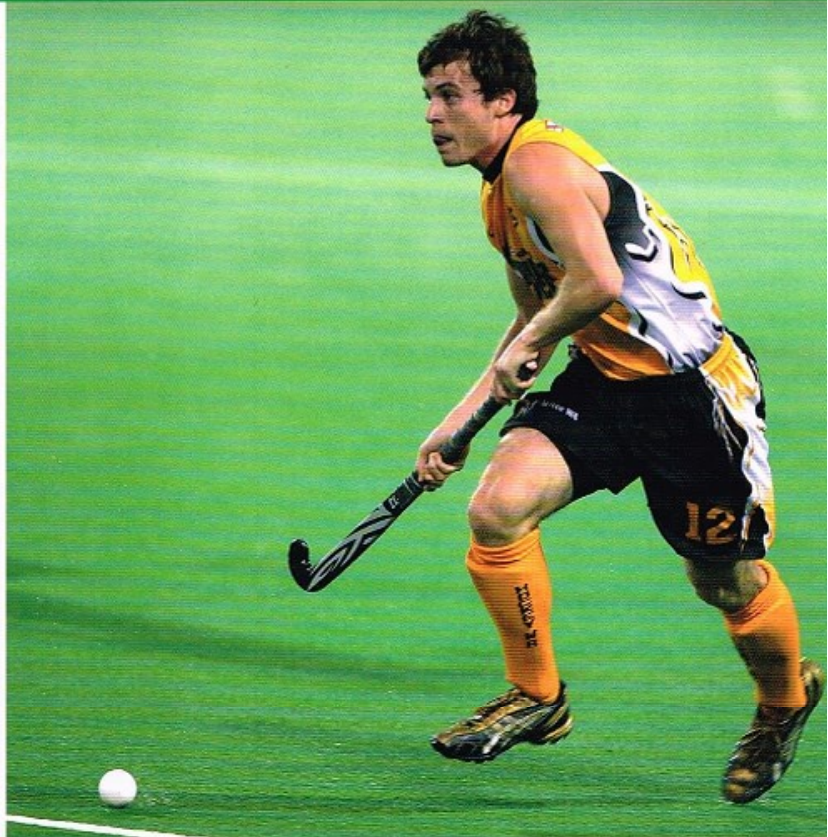


# HOW TO PLAY HOCKEY

Hockey WA is proudly sponsored by Healthway to promote the Heart Foundation's Smarter than Smoking message.



Hockey WA also recognise the contribution from the Gardner Trust in supporting junior hockey in Western Australia.



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# Junior Hockey

Hockey is a challenging game requiring a finely tuned balance of endurance, strength, flexibility, co-ordination and skill.

An upset in this balance leads to poor performance and possibly injury during practice or play.

Playing by the rules is a very important way to keep the game of hockey as safe and injury free as possible.

Equally important, is what each player does to prepare physically for this demanding game. Proper warm up and stretching before a game or training, and proper first aid for injuries are important in keeping you on the field as long as possible.

Please refer to this book all the time and get to know all the positions and what has to be done in each position.

Be sensible enough to realise that you don't know everything. Borrow hockey books from libraries, watch other teams play, go to training, practice all the time (even at home) and talk about hockey with your coaches.

Always try to learn more, try to improve your game and keep trying to be an even better player than you are now.

Above all - keep on enjoying the very skilful and rewarding game of hockey - after all, it is one of the greatest games on earth, played in over 104 countries, and it can take you all the way to the Olympics!!

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## What it's About?

This booklet is designed to give you a basic introduction to the playing and coaching of hockey and is targeted at young players moving from Hook in2 Hockey into full-field hockey for the first time.

It is by no means exhaustive, but does attempt to explain the basic player roles on the field and some of the set play situations. It is the intention of this booklet to provide young players and their coaches with a sound foundation in full-field hockey and to stimulate a long and enjoyable involvement in the game.

Have fun learning and applying the skills and tactics, get healthy through exercise, and make friends on and off the field!



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# What is Full - Field Hockey?



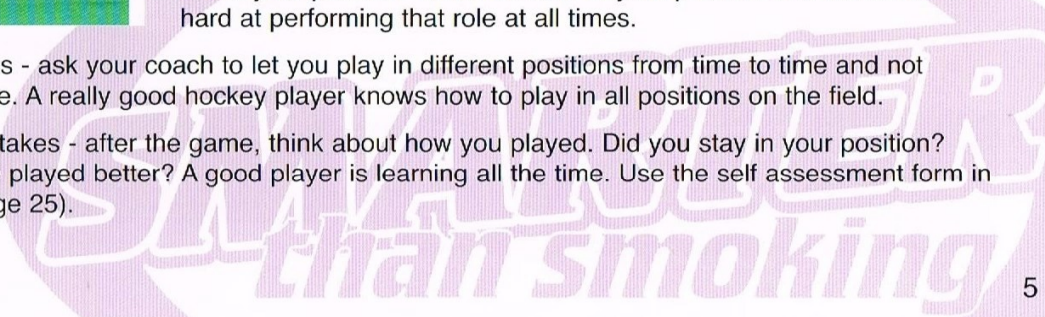
It is a game played by a squad of up to 16 players, where 11 people at any one time can take the field - regular interchange of players is permitted throughout the game.

Each player has a set position and must know how to play their position if their team is going to perform well.

Hockey generally does not have "rovers", i.e. a player who roams all over the field. Regardless of how good they are, this rarely helps the team, and in fact can damage the team by creating confusion.

Some very important things to remember are:

1. Don't get overcrowded - stay in your position and make passes to other players on your team, especially the wings. Remember that hockey is a team game and passing is quicker than running.
2. Know your position - learn the role of your position and concentrate hard at performing that role at all times.
3. Try different positions - ask your coach to let you play in different positions from time to time and not always the same one. A really good hockey player knows how to play in all positions on the field.
4. Learn from your mistakes - after the game, think about how you played. Did you stay in your position? How could you have played better? A good player is learning all the time. Use the self assessment form in this booklet (see page 25).



## Meet the Team

A hockey team is made up of three main groups of players. They are:

### Forwards

(Left Wing, Right Wing, Left Inner, Right Inner, and Centre Forward)

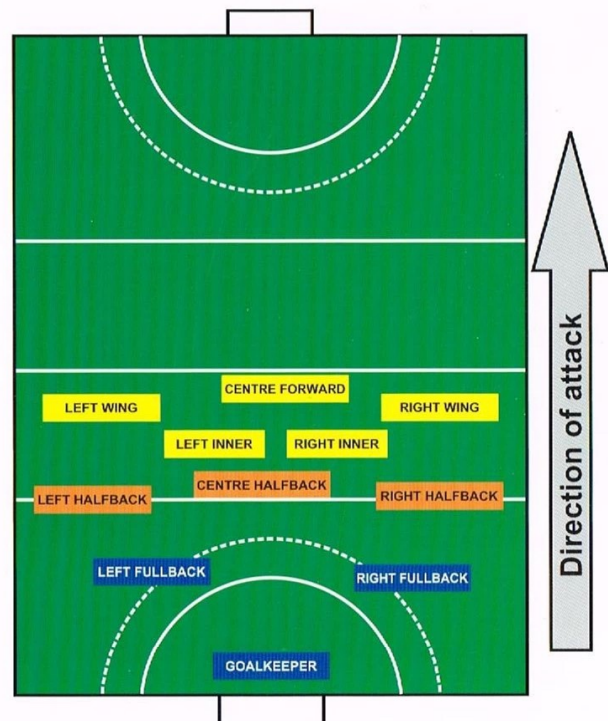
### Halfbacks

(Left Half Back, Right Half Back, and Centre Half Back)

### Defenders

(Left Fullback, Right Fullback and Goalkeeper)

At the start of the game this is how they are arranged on the field:





# Main Jobs of the Team



The **FORWARDS** main job is to work together to score goals.

The **HALFBACKS** main job is to provide a link between the Forwards and the Fullbacks. They have to help the Fullbacks as well as pass balls to the Forwards, backing them up when they are going into attack.

The **DEFENDERS** main job is to stop the other team's Forwards from scoring goals. Both Fullbacks always back each other up and pass the ball to the Halfbacks and Forwards.

The main job of the Goalkeeper is to stop goals from being scored.

The following pages outline each position on the hockey field and what each has to do to perform well. Please read and learn all of them!

Study the diagrams on the following pages carefully, get to know your position, your team-mates position and understand the main duties of each.

Remember when each player on your team starts to play their positions correctly, your team will be a lot better, harder to beat and you will enjoy the game a lot more!

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## Left Wing - LW

### Left Wing Zone

#### Left Wing Duties

1. Stay on your wing as much as possible.
2. Help your Left Inner and Left Halfback - offer yourself for passes and assist in defending.
3. Dribble the ball down the wing and pass the ball across to your other Forwards.
4. Take part in penalty corners (see page 21).
5. Score goals.

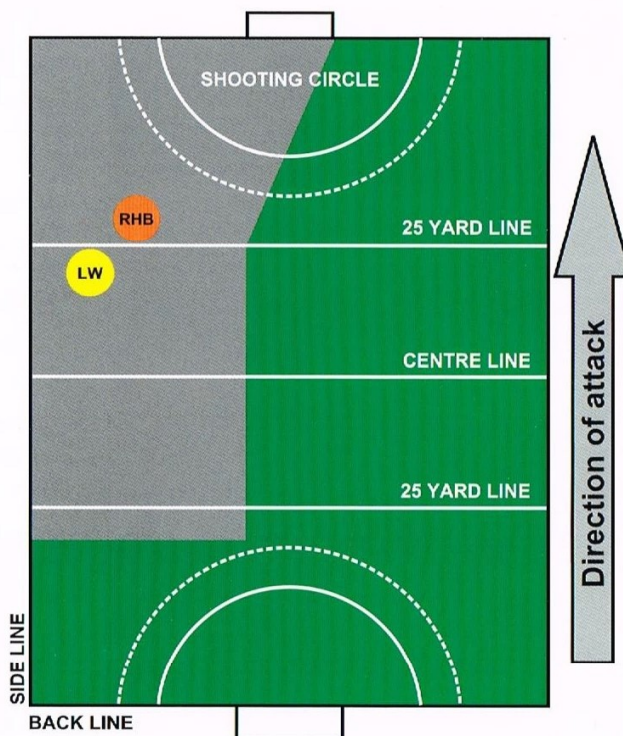
#### Left Wing Opponent

It is your responsibility to watch the other team's Right Halfback (RHB).

#### Did you know...

Nicotine, one of many chemicals found in cigarettes, is more addictive than heroin or cocaine.

**Smoking . . .  
not a smart move.**





# Left Inner - LI

## Left Inner Zone

### Left Inner Duties

1. Stay in your position as much as possible.
2. Help your Centre Forward and Left Wing.
3. Help your Left Halfback and Left Fullback when defending.
4. Take part in penalty corners (see page 21).
5. Score goals.

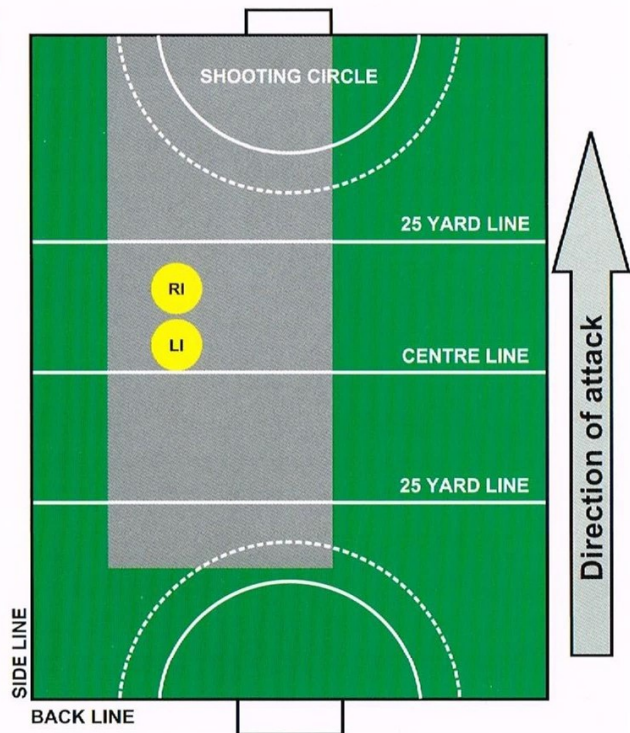
### Left Inner Opponent

It is your responsibility to watch the other team's Right Inner (RI).

### Did you know...

You'd have to take around 60 fast food orders to earn enough money for a single packet of cigarettes.

Smoking is pointless...  
all it does is cost you.



9

# Centre Forward - CF

## Centre Forward Zone

### Centre Forward Duties

1. Stay in your position. You are the team's main goal scorer and you should be in a position to score and create goals as much as possible.
2. Work with your Inners by passing the ball, dribbling and running hard.
3. Take part in penalty corners (see page 21).
4. Score goals.

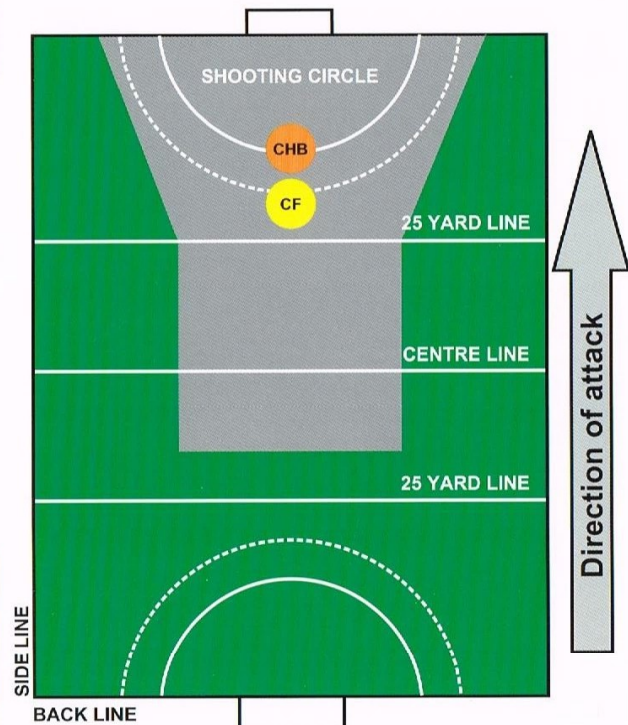
### Centre Forward Opponent

It is your responsibility to watch the other team's Centre Halfback (CHB).

### Did you know...

At around ten bucks a pack, spending your money on cigarettes means you'll have a lot less to spend on other stuff.

Smoking...  
not a smart buy.





# Right Inner - RI

## Right Inner Zone

### Right Inner Duties

1. Stay in your position as much as possible.
2. Help your Centre Forward and Right Wing.
3. Help your Right Halfback and Right Fullback when defending.
4. Take part in penalty corners (see page 21).
5. Score goals.

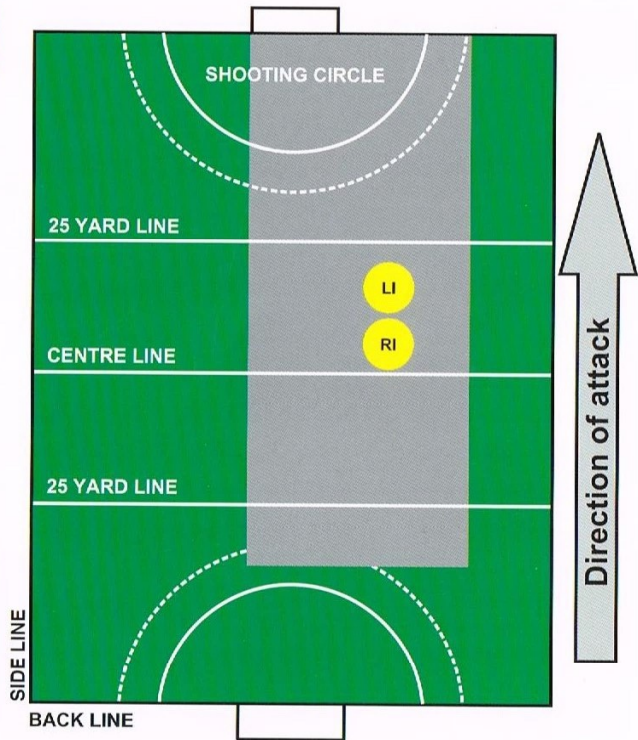
### Right Inner Opponent

It is your responsibility to watch the other team's Left Inner (LI).

### Did you know...

Smoking kills more people in Australia than all the people killed by alcohol, other drugs, road crashes, poisoning, drowning, fires, snakes and sharks.

**Smoking...**  
all it does is cost you.



11

# Right Wing - RW

## Right Wing Zone

### Right Wing Duties

1. Stay on your wing as much as possible.
2. Help your Right Inner and Right Halfback.
3. Dribble ball down the wing and pass the ball across to your other Forwards.
4. Take part in penalty corners (see page 21).
5. Score goals.

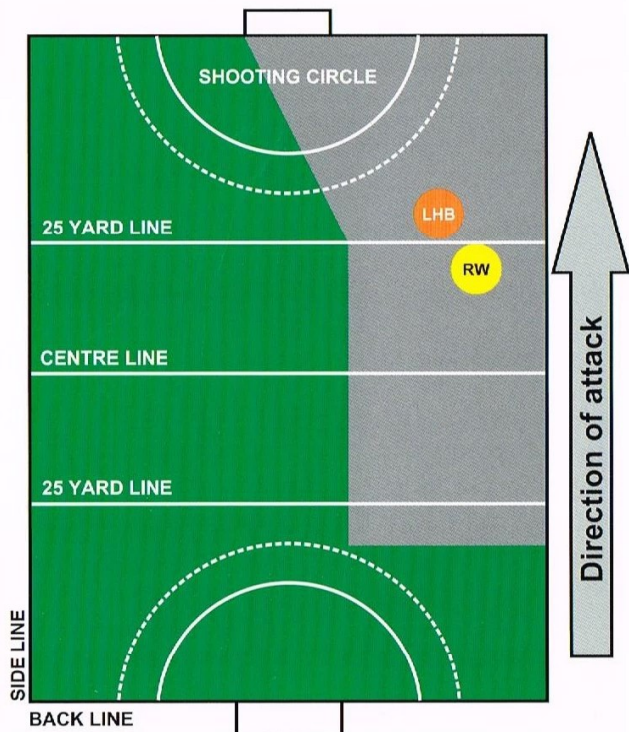
### Right Wing Opponent

It is your responsibility to watch the other team's Left Halfback (LHB).

### Did you know...

Smoking cigarettes gives you bad breath, stained teeth, yucky skin, yellow fingers and smelly hair.

**Smoking...**  
not a smart look.



12



# Left Halfback - LHB

## Left Halfback Zone

### Left Halfback Duties

1. Stay in your position as much as possible.
2. Pass the ball to your Forwards to set up attacking moves. Back your Forwards up.
3. Help your Left Fullback in defence.
4. Take "hit-ins" along the left side of the field.
5. Defend penalty corners (see page 22).

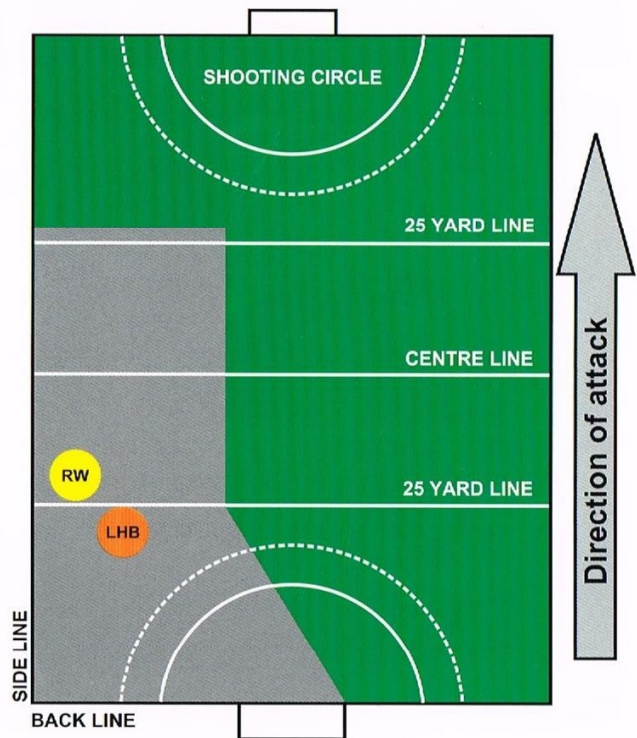
### Left Halfback Opponent

It is your responsibility to watch the other team's Right Wing (RW).

### Did you know...

Cigarette smoke contains over 4,000 chemicals, some are commonly used as ingredients in mothballs, floor cleaners, pesticides and paint stripper.

**Smoking...  
not a smart idea.**



13

# Centre Halfback - CHB

## Centre Halfback Zone

### Centre Halfback Duties

1. Stay in your position as much as possible.
2. Pass the ball to your Forwards to set up attacking moves. Back your Forwards up.
3. Help both Fullbacks in defence.
4. Take "free hits" in the midfield area.
5. Take part in both attacking and defending penalty corners (see page 21 and 22).

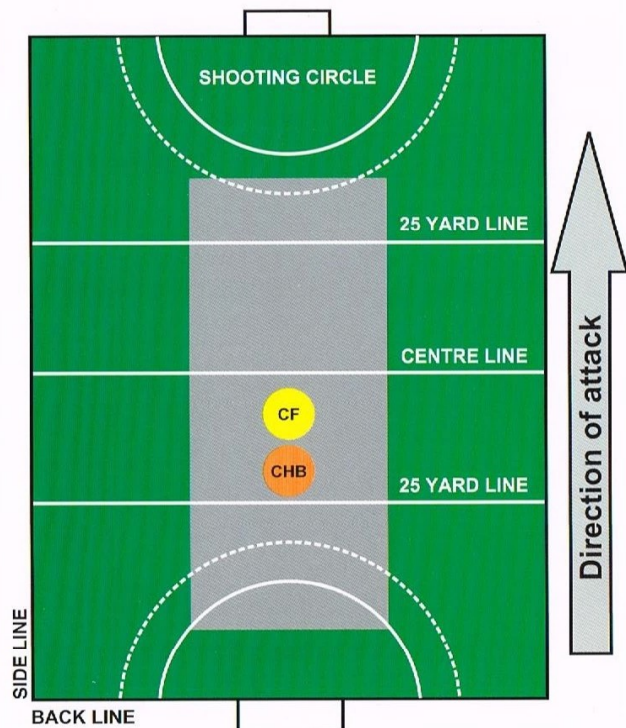
### Centre Halfback Opponent

It is your responsibility to watch the other team's Centre Forward (CF).

### Did you know...

Each year 245 Western Australians have body organs partially or completely removed because of problems caused by smoking.

**Smoking is pointless...  
all it does is cost you.**





# Right Halfback - RHB

## Right Halfback Zone

### Right Halfback Duties

1. Stay in your position as much as possible.
2. Pass the ball to your Forwards to set up attacking moves. Back your Forwards up.
3. Help your Right Fullback in defence.
4. Take "hit-ins" along the right side of the field.
5. Defend penalty corners by "running out" (see page 22).

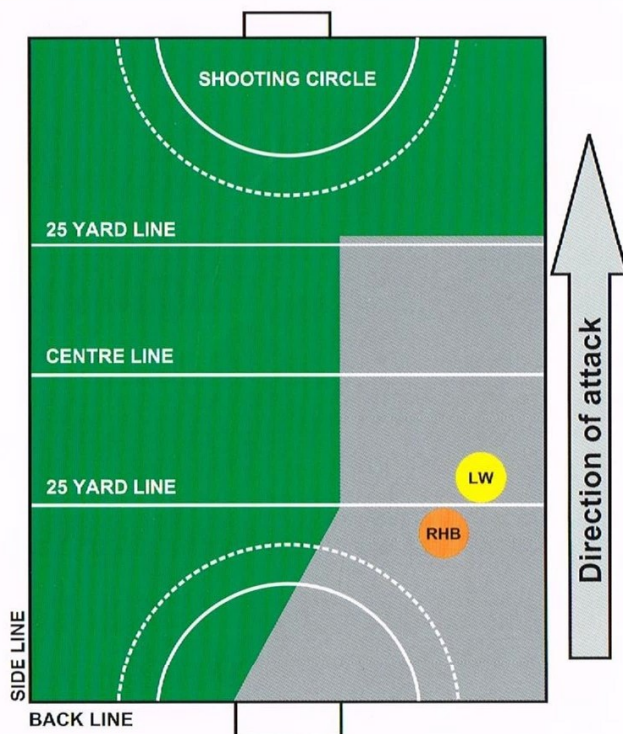
### Right Halfback Opponent

It is your responsibility to watch the other team's Left Wing (LW).

#### Did you know...

During exercise smokers are more easily exhausted, have reduced endurance, are slower to react and have poorer visual judgement.

**Smoking... makes being active a whole lot harder.**



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# Left Fullback - LFB

## Left Fullback Zone

### Left Fullback Duties

1. Stay in your position as much as possible.
2. Clear passes to Halfbacks and Forwards on the left side.
3. Back up the other Fullback and stop your opponents Forwards shooting at goal.
4. Take left side 16 yard hits.
5. Take "free hits" on the left side.
6. Defend penalty corners (see page 22).

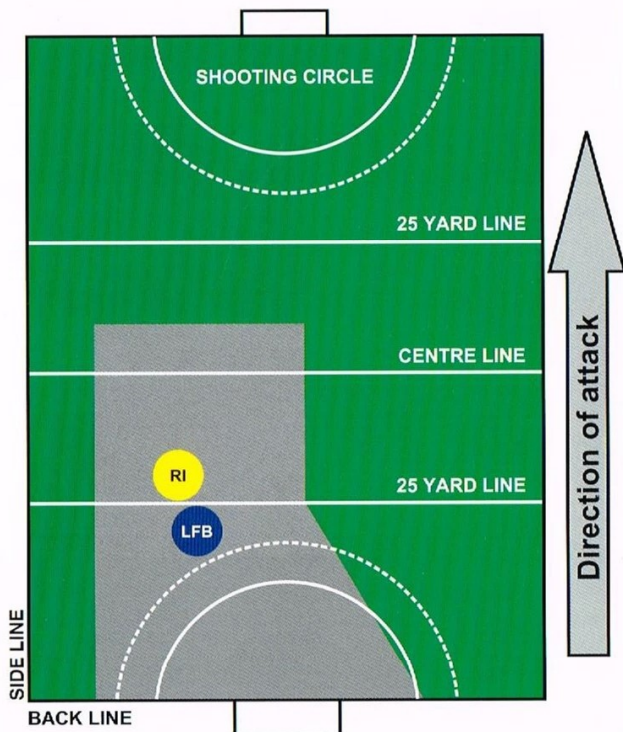
### Left Fullback Opponent

It is your responsibility to watch the other team's Right Inner (RI).

#### Did you know...

90% of young people aged 12-17 in WA don't smoke. This means the majority of young people really are Smarter than Smoking.

**Smoking... not a good look.**



16



# Right Fullback - RFB

## Right Fullback Zone

### Right Fullback Duties

1. Stay in your position as much as possible.
2. Clear passes to Halfbacks and Forwards on the right side.
3. Back up the other Fullback and stop your opponents Forwards shooting at goals.
4. Take right side 16 yard hits.
5. Take "free hits" on the right side.
6. Defend penalty corners (see page 22).

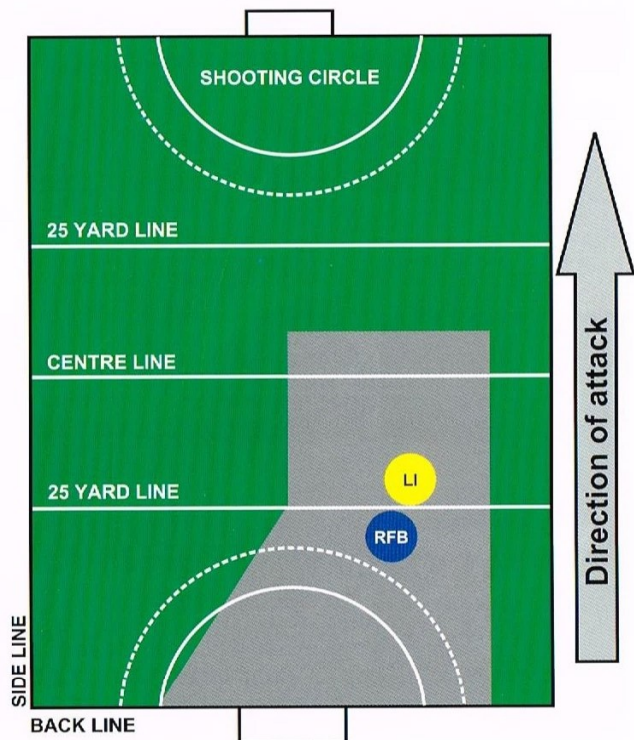
### Right Fullback Opponent

It is your responsibility to watch the other team's Left Inner (LI).

### Did you know...

Smoking kills your fitness.  
So if you smoke, how do you reckon  
you will keep up the pace?

Smoke and you miss out.



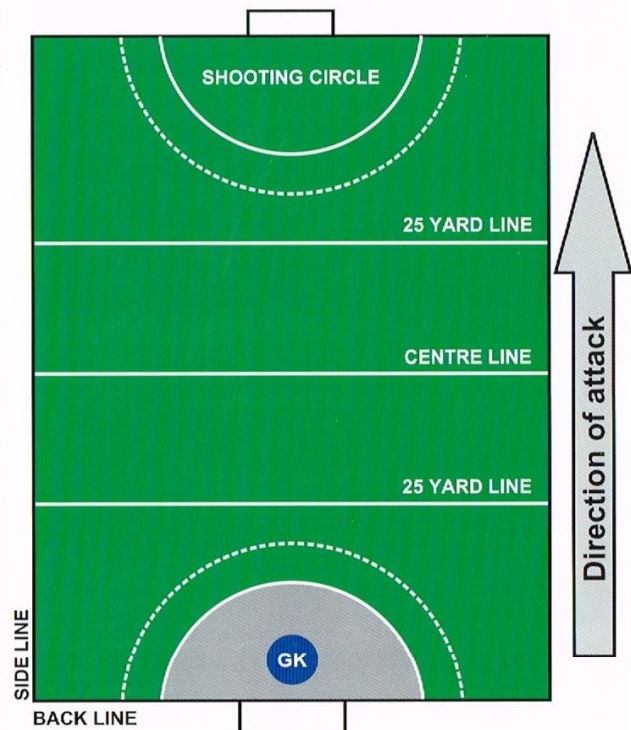
17

# Goalkeeper - GK

## Goalkeeper Zone

### Goalkeeper Duties

1. Stay in your defensive circle and in front of your goals.
2. Communicate to your Defenders.
3. Control the penalty corner defence.



18

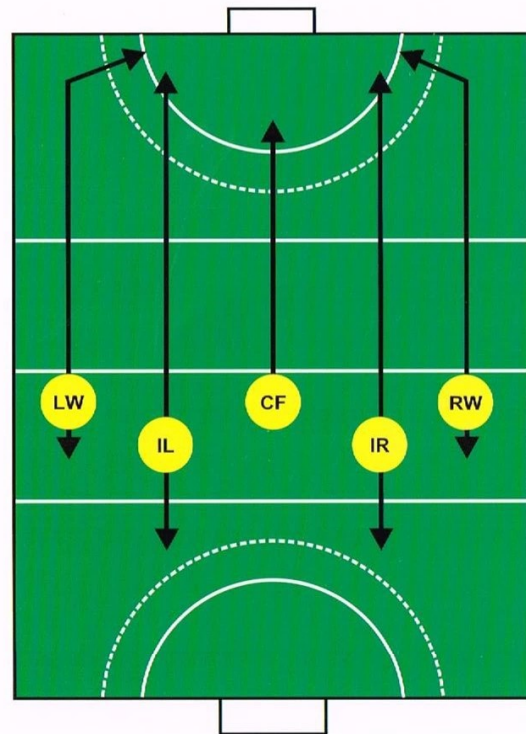


## Position Summary - Forwards

It is important to see how the five Forwards work together in their zones.

It is vital that they all play together, passing and controlling the ball.

One Forward, running with the ball, will not get a goal. Five Forwards running together, passing the ball and backing each other up will!



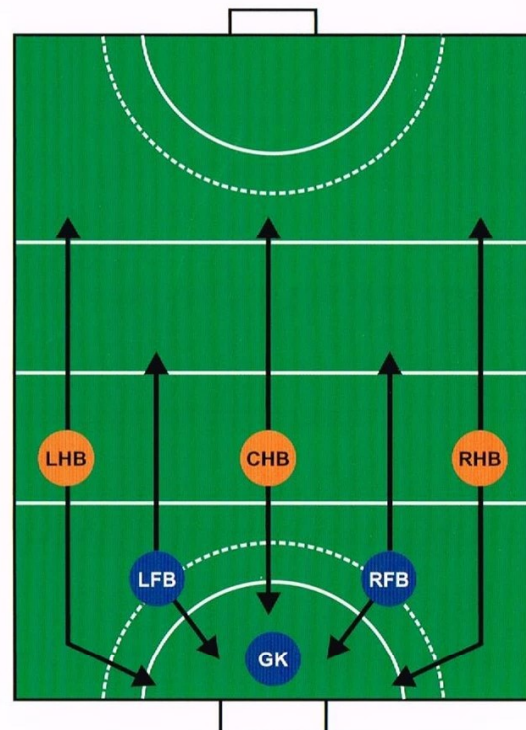
19

## Position Summary - Defenders

It is important that the six Defenders all work together to prevent goals being scored. The Goalkeeper needs their support - not left by themselves to save goals.

Defenders must work hard to guard their opponents and get the ball to their own Forwards so that they can score goals.

While your team has the ball you control the game!



20



# Penalty Corners - Attack

It is important that Players have at least one penalty corner attack skill!

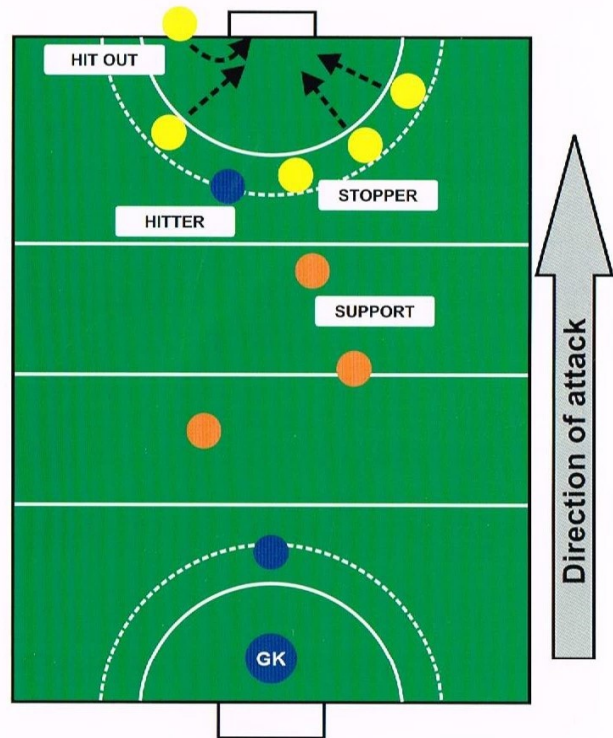
Penalty corners are a great chance for your team to score goals if they are planned.

The ball is hit from the back line to one of the Attackers on the top of the goal circle.

The Attacker must control the ball outside the circle, then bring it into the circle and shoot at goal or pass it to another Attacker who can shoot at goal.

The other Attackers must run in towards the Goalkeeper to look for deflections and rebounds (see the broken lines).

The penalty corner can be taken from either side of the goal.



21

# Penalty Corner - Defence

It is important that Defenders have at least one penalty corner defence skill!

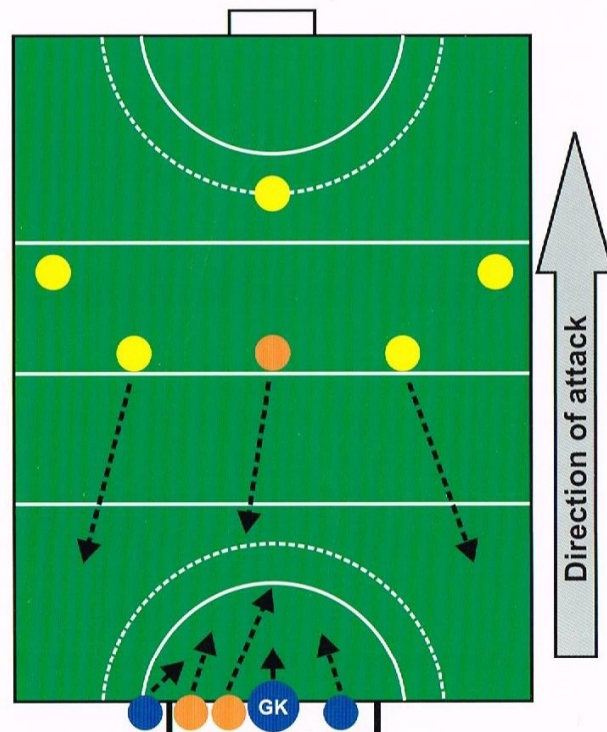
It is important that the Defenders work together to stop a goal being scored against them during a penalty corner.

Defenders run out to pressure the hit and counter passing options by the other team. The Goalkeeper moves out and faces the ball at all times. One Defender stays in the goals.

Your Forwards move down from the centre line to get the ball (see diagram), and help set up a counter attack move.



Note: There are several ways to position Defenders in defending penalty corners. The illustration is one example only.



22



# Tactics

## Forwards

- It is usual, but not always necessary, to have five Forwards.
- Be quick in thought, stick and feet.
- Be unselfish and trust other team members.
- Have an accurate shot at goal.
- Be keen, aggressive and determined.
- Tackle back when dispossessed of the ball.
- Be prepared to seek the ball, not wait for it to come to you.
- Help in defence if necessary.
- Move back quickly if your attack fails, to keep within reach of a pass from defence.



## Use of space

- Forwards should wait in space.
- The ball should be hit into the space nearest to a team member.
- The ball should be hit to the free side of the receiver as much as possible.
- Defenders should keep clear of their Goalkeeper - don't block their path or sight of the ball.
- Right Wing and Left Wing should keep to the sides of the field.

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# Tactics cont...

## Defenders

- Know where your opponent is at all times.
- There should always be some Defenders close up behind the Forwards, and some remaining deep. By tradition, the Halfbacks follow up and the Fullbacks stay back, but this may not necessarily be the best arrangement.
- Be prepared to cover behind a fellow Defender who has been passed by an opposing Forward - "cover defend".
- Go forward to meet an attack on your own side of the field; and hasten back to cover defend when play is on the other side of the field.
- A clearing hit should attempt to start an attacking move, not be a desperate measure.
- Be reliable, determined and careful.



## Marking

- Each Defender is responsible for an opposition Forward.



# Are You an Expert Yet?

Date \_\_\_\_\_ Opposition \_\_\_\_\_

What position did you play? \_\_\_\_\_

Draw the territory of that position on the field.

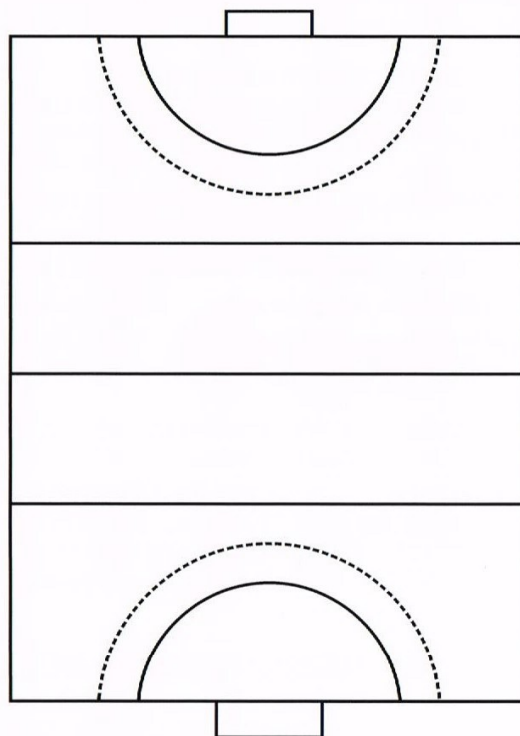
Which player/position were you responsible for in the other team? \_\_\_\_\_

Name 3 roles that you have in your position:

ROLE
1.
2.
3.

### To be my best I need:

Fast feet... **smoking won't help.**  
 Good reflexes... **smoking won't help.**  
 Stamina... **smoking won't help.**  
**Smoking is pointless...**  
**all it does is cost you.**



25

# Look After Yourself

## WARM UP

### WHY?

- to increase heat throughout the body
- to reduce risk of tearing or straining muscles by increasing their suppleness

### HOW?

- 2-3 minute jog, to raise a light sweat (complete before stretching)

## STRETCHING

### WHY?

- to increase flexibility and freedom of movement
- to reduce muscle tension
- to reduce the risk of muscle and tendon injuries

### HOW?

- hold stretch for 10-20 seconds - **DO NOT BOUNCE**
- repeat each stretch 2-3 times
- stretch gently and slowly, keep breathing
- stretch to the point of tension - **NEVER PAIN**
- select the major muscle groups used in your sport and stretch them through their full range of movement

## Stretching Examples



4. Triceps Stretch  
(pull elbow across and down)



9. Wrist Extensor Stretch  
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



12. Lumbar Extension and Abdominal Stretch  
(be gentle if sore)



16. Hamstring Stretch  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch  
(push down with elbows on knees very gently, keep back straight)

Your coach can show you more

## ENTIRE STRETCHING SESSION SHOULD TAKE 15-20 MINUTES

To increase or maintain flexibility and muscle suppleness, a 20 minute stretching session 2-3 times per week is recommended. This can be performed separate to your sporting activity.



# Look After Yourself cont...

## DRINK PLENTY OF WATER

- Even small degrees of dehydration will cause a decrease in performance and this can occur at any stage of a match/competition particularly in hot conditions.
- Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke.
- Children are at a greater risk of heat stress.
- Cool plain water is the best fluid replacement drink.

**DO NOT WAIT TO FEEL THIRSTY  
BEFORE YOU DRINK!**

- Thirst is a poor indicator, it is a late signal of severe fluid loss.

## FLUID REPLACEMENT ROUTINE

- Always start exercise well hydrated. Drink at least 500ml (2-3 glasses) 1/2 to 1 hour before a game.
- Drink at least 200ml (1-2 glasses) every 15 minutes during a game if possible.
- Drink at least 500ml to 1 litre (5-6 glasses) after a game and continue to drink until fluid losses are replaced.

**SMARTER  
than smoking**

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# Look After Yourself cont...

## INJURY ASSESSMENT

<b>STOP</b>	the activity to reduce the risk of further injury.
<b>TALK</b>	about what happened, and how it happened, and where does it hurt.
<b>OBSERVE</b>	the injured site compared with an uninjured site for swelling, distortion, or discoloration.
<b>PREVENT</b>	further injury by not returning to the activity if injury signs or symptoms are still present.

## INJURY TREATMENT

**For all sprains, strains and bruises.**

<b>REST</b>	the injury in a comfortable position.
<b>ICE</b>	the injury for 20 minutes every 2 hours for 48-72 hours. Apply in a damp cloth to avoid cold burns.
<b>COMPRESS</b>	with a firm wide bandage over a large area covering the injured part. Check circulation.
<b>ELEVATE</b>	the injured limb higher than the heart if possible.
<b>REFER</b>	to a doctor or physiotherapist if the injury shows no sign of improvement after 48 hours or if pain is severe.

**Don't apply heat as this will increase bleeding.  
Don't run or exercise too soon.  
Don't massage as this will increase bleeding.**

### DISCLAIMER

The information on this page is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional e.g. doctor, physiotherapist, podiatrist or dietitian.



# Code of Behaviour - Players

Play by the rules.

Never argue with an official. If you disagree, have your coach or manager approach the official during a break or after the competition.

Control your temper. Verbal abuse of officials, sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.

Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.

Be a good sport. Applaud all good plays whether they are made by your team or the opposition.

Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.

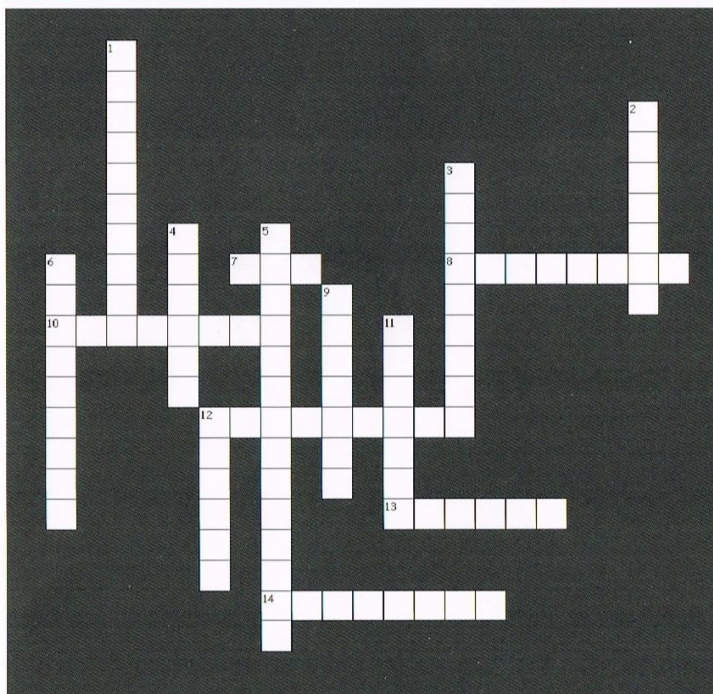
Cooperate with your coach, team-mates and opponents. Without them there would be no competition.

Participate for your own enjoyment and benefit, not just to please parents and coaches.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.



# Smarter than Smoking Hockey Crossword



### Across:

7. What is the chemical in cigarettes that stains hands and teeth?
8. What is the position in hockey that provides the link between defenders and forwards?
10. Which group of players have the main aim of scoring goals?
12. Cigarettes contain over four thousand of these.
13. If you smoke your teeth will turn this colour.
14. The chemical found in tobacco that causes addiction.

### Down:

1. What is the only position in hockey allowed to kick the ball?
2. What is the one thing you should always do before and after a game?
3. Some of the chemicals found in cigarettes are used in this product.
4. During exercise smokers suffer shortness of \_\_\_\_\_
5. What is the term used when one person breathes another persons smoke?
6. Which group of players have the main aim of stopping the other team scoring?
9. What is the largest cause of preventable death in the western world?
11. You give this away if you make an error in the defensive circle. \_\_\_\_\_ corner.
12. Smoking causes lung \_\_\_\_\_

Answers can be found on the Hockey WA Development page at [www.hockeywa.org.au](http://www.hockeywa.org.au)





Smoking is pointless. All it does is cost you.



## Autographs

