1. **Goalkeeper** will usually stay within the goal-circle, which is the only place they are allowed to use their body to play the ball. The goalkeeper’s main focus is to stop the ball from crossing the goal line.

2. **The Defensive** line up consists of the left and right halfbacks, two fullbacks and goalkeeper. The half line will usually stay in their allotted positions. The left and right halfbacks will focus on defending against the wingers and wide strikers.

3. **The Midfield** in field hockey are the inside-left and inside-right (inners) positions, and the centre half. They will roam the field and are used to link the defense with the offense, and are often required and expected to do a lot of running.

4. **Offensive Striker** Strikers (wings & centre forwards) will be adept at shooting goals and possess quick stick skills and have explosive speed and athleticism.

1) **Athletic Stance**:
   - Wide Base - Feet shoulder width apart
   - Knees slightly bent, slight squat
   - Elbows comfortably away from your body.

2) **Holding Grip**:
   - Firm left hand grip at the top of the stick
   - Right hand half way down the stick - **dribble, trap the ball & push passing**
   - Forefinger and thumb form a “V”.

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FIELD HOCKEY PASSING:

**Push Pass**: Use this pass to make a quick pass over a short distance.

1. When setting up to push the ball, position your hands in the basic grip.
2. Right hand midway down the stick and left hand should be at the top of the stick.
3. Your left side should be facing the target.
4. Place the ball to the right of your body, in line with your back foot.
5. Bend your knees and keep low.
6. Shift your weight from your back foot to your front foot as you push the ball forward and across your body.
7. You can step or stay stationary for the hit, just make sure your left foot is open, pointed towards the target.
8. As you are pushing your stick forward, rotate your hips to produce power. Once you have released the ball, your hips and stick's face should be facing your target.

**Forehand Pass** - Use this pass when passing to an unmarked teammate.

Any pass made off the right hand side (strong side) of the body. To pass, sweep your stick forward (from the back to the front) in one fluid motion.

As you move the stick forward, shift your bodyweight from the back foot to your front. The final motion is the follow-through: Make sure to point your stick and body at the target after having released the ball.

- **Push**: Place the ball behind your back foot. This will give you more torque for more power.
- **Slap & hit**: Place the ball in the middle of your feet.

1. All forehand passes should begin with the ball to the right of your body.
2. Before passing, keep the ball on bottom of your stick using flat part of your stick.
3. Position your body (shoulders and feet) to face your target.
RECEIVING THE BALL

Run towards the ball instead of waiting for it to come to you.

1. Left elbow should be as high as your shoulder in front of your body in an athletic Stance
2. Your thumb is pointed down towards the ground, angled stick, forming a trap.
3. Line up right of center, in line with the incoming ball.

DRIBBLING

Basic Dribbling :

1. Keep the ball out in front of the right side of your body and away from your feet.
2. Keep the stick in contact with the ball as much as possible.
3. It makes it easier to pass the ball in an instant and much harder for an opponent to tackle you without giving away a free hit.

Indian Dribble :

1. The left hand turns the stick while the right hand guides.
2. Bring the ball with the hook of the stick from the forehand to the backhand and, using the tip, back again.
3. Make sure that the stick turns over the ball: across the front of the ball and not behind the ball.
4. Keep the ball in front of the body.
DEFENSE

Individual Defense: No hacking or swinging allowed

Flat Tackle:

1. Only flat tackle when the opponent has no speed.
2. Always with one foot forward in a balanced and strong position - usually left foot forward. NEVER cross legs

The Jab:

1. “Snake strike” tackle, jab in and out, to reduce vision and speed of opponent
2. Can use two hands, starting point: stick pointing towards belly button