

## TOPIC : Hockey

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### Hockey

It is difficult to say where hockey originated, but it is of record that people of the ancient Greece, Romans, and Persians play the game as far back as 541 B.C. It is on record that the Persian noble played polo on horseback with sticks and ball, and the people played theirs on the ground as a modified polo. The year 1876 mark the beginning of modern hockey, when the rules and regulations were formed. The first woman hockey club was formed in England in 1887 and the international federation of hockey was formed in 1900. Hockey was introduced in U.S.A in 1901 and the first international competition was held in 1952.

Hockey is a field event played between two teams comprising eleven players each. The game is played with hockey sticks and ball.

### The nature of the game

The game is started by a center-pass. The formation on the field resembles that of the foot ball, as the numbers of players are the same.

The objective of the game is to get the ball by dribbling, passing ,hitting etc, into the striking circle from where it can be hit into the goal post of the opposing team to make a goal. The opponent shall defend and make counter attacks.

### Basic skills and technique involved in playing hockey

- The dribble/ dribbling
- The tackling
- The drive/ hit/ hitting
- The stopping
- The passing
- The scooping
- The flick
- The goal keeping

### Description of the skills

**Passing;** passing is the act of transferring the ball from one player to another member of the team

**The dribbling; dribbling** is the act of moving with the ball and avoiding the opponents. There are two popular dribbles;

- The straight dribble
- Indian zigzag dribble

### **The tackling**

Tackling is the act of dispossessing an opponent of the ball. It should be done without any rough play

### **The hitting**

Hitting is the act of striking the ball with the face of the stick to make it go a long distance

### **The stopping**

Stopping is the act of putting an end to the movement of a passed ball. It can be done in two ways

- **Stopping a rolling ball on the ground**, when the head of the stick is placed in line with the ball.
- **Stopping a ball in the air**, a ball in the air can be caught with the hand and dropped immediately.

### **The goal keeping**

- Goal keeping is the act of stopping a ball that is hit within the striking circle from getting into the goal
- Over the goal line
- Between the goal post
- Under the cross bar
- Either in the air or on the ground
- By the goal keeper

### **The rules and regulations**

Some of the rules include:

- A team consists of 11 players, 22 players play the game at a time.
- The game is started by a center-pass

- A goal can only be scored from within the striking circle.
- Players' jerseys must be numbered front and back
- A player cannot take part in the game with a stick
- A player must not deliberately kick the ball
- All player must remain in their own half of the pitch during the center pass
- A player must not throw the stick at the ball
- A player must not hit the ball with the rounded part of the stick
- A player must not raise any part of the stick above his shoulder
- A player must not under cut or turn in order to hit the ball.

### **Officials and their duties**

The officials are:

- Two umpires, one for each half of the field
- Two assistant umpires

Duties of the officials

#### **Umpires**

- Their decisions are final
- They shall inspect the equipments
- They shall conduct the toss for the choice of ends
- They shall blow the whistle to indicate any foul
- They have the power to disqualify any player for unsportmanlike behaviour

#### **The assistant umpire**

- They shall assist the umpire
- They shall indicate with the flag when the ball is out
- And any other infringement

### **The controlling world body**

Federation of international hockey (F.I.H) headquarters Brussels

Nigeria:

Nigeria Hockey Federation (N.H.F)