

Learn about the game!



ENGLAND
HOCKEY

For a quick refresher we have picked out the 7 most important rules below. There are a few more your coach will introduce as your Back to Hockey sessions develop. However don't worry they will be explained fully and don't hesitate to ask your coach if any are unclear.

- Try not to let the ball touch your feet
- Use the flat side of the stick, not the rounded side
- If the ball goes over the sideline it's the other team's free hit where it went off
- You must not play dangerously – either with your stick or your body – no pushing etc!
- You must not get in an opponent's way
- If you have a free hit then you can self pass – make one movement with the ball and then play it again yourself rather than having to pass it to someone else
- The ball must be in the shooting circle when it is struck for a goal to count if it goes in

