

# FIELD HOCKEY

January 18, 2011

## SPORTS TECHNIQUE

This Learning Object has two parts: (1) how to play and (2) opportunities to practice.

The text describes a particular sport, or physical activity, and within the history, why, playing techniques, training, motor skills, etc.

The Historical Context information and provides details from historical and appropriate of relevant or physical activity.



## INTRODUCTION

Field hockey is a team sport, played on a grass field or artificial surface. It is a fast-paced game that involves a lot of running, passing, and shooting. The game is played with a long, thin stick and a small, hard ball. The ball is made of a synthetic material and is designed to be durable and resistant to weather conditions. The game is played on a rectangular field that is 90 meters long and 45 meters wide. The field is divided into three sections: the attacking half, the defending half, and the center. The attacking half is the area closest to the goal, and the defending half is the area furthest from the goal. The center is the area in between. The game is played with 11 players on each team, including a goalkeeper. The goalkeeper is the only player allowed to use their hands to touch the ball. The other players use their sticks to pass, shoot, and defend. The game is played for 70 minutes, with a 10-minute break at halftime. The team that scores the most goals wins the game.

## BRIEF HISTORY OF THE GAME

Field hockey is thought to have been played in the ancient Olympics. There is some evidence that the Ancient Olympic games consisted of hockey. Ancient Persians and Romans all had their own version of the game.

British soldiers in the Indian "bushy" areas during the British "Empire" is thought to have been the origin of the game. The game was first played in India, and it is now one of the most popular sports in the world.

By the late nineteenth century, hockey was being played in England, Scotland, and the U.S. The Field Hockey Association of London was founded in 1886 and was the first to organize the game in England. The first rules were developed in 1887 and were based on the rules of the game in Persia. The first international hockey tournament was the 1908 Olympic Games in London. The game was played on a grass field and was a very rough game. The first international hockey tournament was the 1908 Olympic Games in London. The game was played on a grass field and was a very rough game. The first international hockey tournament was the 1908 Olympic Games in London. The game was played on a grass field and was a very rough game.

# Field Hockey Physical Education Learning Packet Answers

**Jin-Ying Zhang**



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