



INDOOR HOCKEY

1. A BIT OF HISTORY

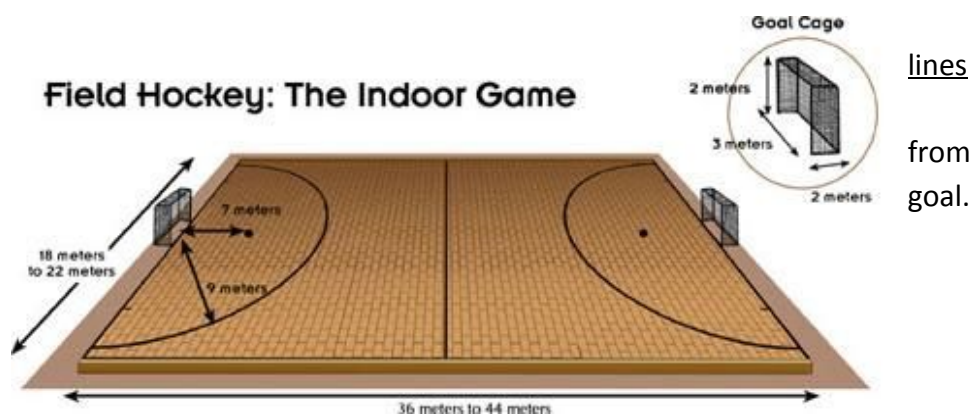
Indoor hockey dates back to the twentieth century. The impossibility of playing hockey on grass during the winter months led different clubs to train in covered areas. Later on, the International Hockey Federation unified the rules and organized the first championships.

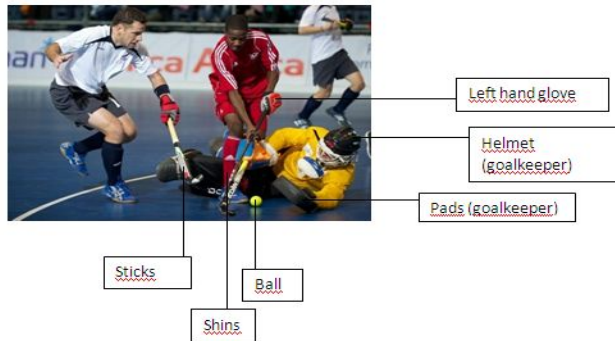


Did you know? There is a Greek Relief sculpture that is 4,000 years old. It shows two players fighting for a ball.

2. COURT, DURATION, PLAYERS AND EQUIPMENT.

- **Court:** The court dimension is 36 to 44 meters long and 18 to 22 meters wide. There is a center line; a goal area marked by a line; the penalty stroke point; and the penalty corner up to 6 meters from the





- **Duration:** there are two periods of twenty minutes and a 5 minute half-time interval.
- **Players:** there are 5 players and a goalkeeper.
- **Equipment:** a stick; the ball; a glove for the left hand and shins. The goalkeeper uses a helmet and some pads to protect his entire body.

3. HOW TO PLAY?

A player can only use the left (flat) side of the stick to maneuver the ball. The players may reach the goal area to score a goal.

What can you not do?

- Players cannot lift the ball unless shooting on goal.
- Players cannot raise the stick more than their knees' level.
- Players cannot use their feet but the goalkeeper can stop the ball.
- Goalkeepers can use their hands inside the circle, but they cannot hold the ball.
- Players can never throw their sticks.

4. SANCTIONS

FREE PUSH

When do you get a free push?

- When there is a foul by an attacking player in the half of the pitch where they are attacking.
- When there is an unintentional offence by a defender outside the circle.

The free push is taken from the point where the foul was committed and it involves pushing the stationary ball. Opponents must be three meters from the ball.

PENALTY CORNER

If a defending team breaks certain rules, the other team may be awarded a 'penalty corner':

- When there is an offence by the defenders in the half of the pitch they are defending.
- In case there is an unintentional offence by the defenders inside the circle, with no opportunity for scoring a goal.

Rules:

To take a penalty corner the referee stops the game to allow each team to take their positions (attacker and defence). An attacker stands with the ball on a designated spot on the back-line. This player will 'push out' the ball to other attackers, waiting to take a shot at goal. The other attackers usually wait at the top of the shooting circle to receive the ball. All attackers have to be outside the shooting circle until the penalty corner begins.

All members of the defending team (including the goalkeeper) position themselves behind the back-line to defend against the penalty corner. Only the goalkeeper is allowed to position her/himself inside the goal. All other defenders must be outside the goal on the side opposite from where the ball is being put into play.

The ball is 'pushed out' to an attacker waiting to receive it. Before a shot on goal can be taken, the ball must first travel outside the circle. The receiver then usually pushes it back into the circle for a shot either by her/himself or another attacker.

Once the attacker on the back-line begins to push the ball out, the defenders on the back line may move into the circle, and do their best to stop the other team from scoring.

PENALTY STROKE

A penalty stroke may be awarded for some reasons, the most common being an offence by a defender in the circle to prevent the probability of scoring a goal. Also, if the defenders persistently keeps crossing over the back line before the attacker starts the penalty corner.

Rules

When taking a penalty stroke, there is a chosen player and only the goalkeeper can defend him/her. All other players must stand in the other half of the pitch. The shot is taken from a spot 7 meters directly in front of the goal. Match time is stopped when a penalty stroke is being taken.

5. STICK HANDLING

The most important skill necessary for playing indoor hockey is the ability to control, dribble, pass, push, stop and shoot the ball with your stick. Once you are familiar with the basic moves, it is important to practise them until you can do them perfectly, then you will really enjoy hockey.

- **How do I hold the stick?**

The right hand should be positioned below the left hand; hands apart.

- **Reception of the ball:**

It is essential to stop the ball to ensure the stick is inclined slightly forward so that the ball does not bounce back.

- **Pushing or hitting?**



Push. The body should accompany the movement of the ball



We always use the flat side of the stick

Only push technique is allowed in indoor hockey. The difference with hitting is the initial distance with the ball; more than 3 hands of distance mean hitting. To push the ball correctly you should have your legs apart and slightly bent, then you move the stick forward with your right hand in the direction where you want to send the ball, your body should accompany the movement of the ball. Remember do not raise the stick more than your knees' level.

- **Body position**

The body position is bent in indoor hockey, with the body inclined forward. One of the biggest mistakes players make in indoor hockey is they bend their back too much rather than their legs. This position has to be corrected in order to avoid injury.

Body position and how to hold the stick
The body incline forward



The right hand should be positioned below the left hand

Reception



Left reception.

Look at how the stick is inclined

Some interesting links:

<https://www.youtube.com/watch?v=jUoi56-9338&list=PLuyGVxpiODzzFM3NtrhdXCqDR-on1wKA0>

<https://www.youtube.com/watch?v=s3BjG6FUyH4&list=PLuyGVxpiODzzFM3NtrhdXCqDR-on1wKA0&index=3>

<https://www.youtube.com/watch?v=pVgZtMk3GQw&index=17&list=PLuyGVxpiODzzFM3NtrhdXCqDR-on1wKA0>

Penalty corner:

<https://www.youtube.com/watch?v=vI7w3TG3zuo>

https://www.youtube.com/watch?v=fGzCfqNuRz4&list=PLOJgoe791brIH71LRr9FYu5DR4_RIGVfv