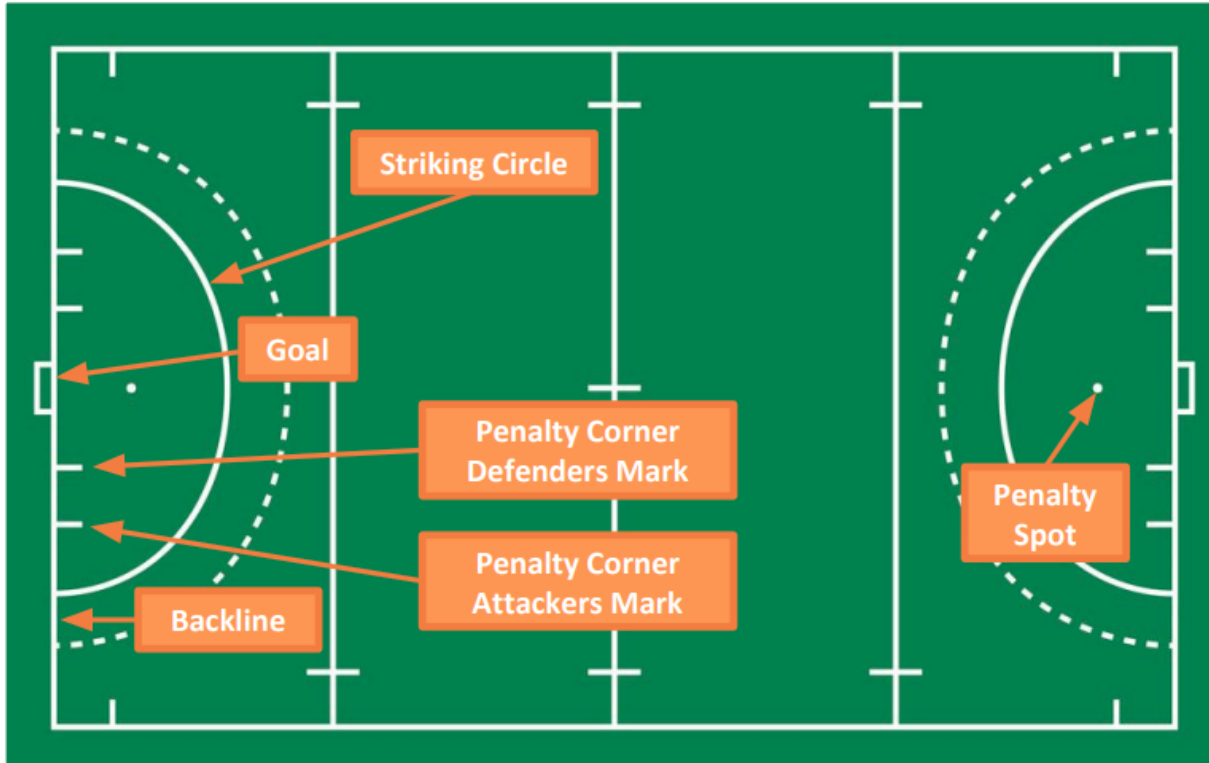


Hockey



Key skills

Jabbing - to tackle and put a player on the ball under pressure and change the direction of the ball

Passing - to push or drag the ball with control and release with accuracy

Trapping - receiving the ball under control and head in the direction of where the space is

Key Vocabulary

Dribble	Movement when alternating the ball from side to side to elude defenders
Flick	A pass or shot using the wrists raising the ball off the ground
Drive	A hard hit made with the swinging motion of the stick
Scoop	Pass the ball by leveraging the stick underneath the ball to pick it up and fling
Undercutting	Penalty for a hard swing of the stick under the ball to raise it into the air

Main rules

1. Hockey players can only hit the ball with the flat side of the stick
2. Other than the goalkeeper, hockey players are not allowed to use their feet or any other parts of the body to control the ball
3. A goal can only be scored from either a field goal, a penalty corner, or from a penalty stroke
4. Hockey players cannot push, trip, charge or interfere with an opponent in any way
5. There are two umpires present on the pitch who are responsible for each half