

Key Vocabulary	
<b>attacking</b>	When your team is in possession of the ball, you are <b>attacking</b> . The main aim is to work together to move the ball down to the semicircle and to create a goalscoring opportunity.
<b>defending</b>	When the other team has possession of the ball, everyone on the team is <b>defending</b> . The main objective of the defending team is to stop the attacking team from scoring and to try to win back possession of the ball.
<b>forehand dribble</b>	The <b>forehand</b> or <b>straight</b> dribble is the most common way of moving with the ball in hockey and involves tapping the ball with your hockey stick, keeping it as close to your stick as possible. This dribbling technique allows you to keep control of the ball easily.
<b>hockey</b>	In <b>hockey</b> , the aim is to get a hockey ball into the opposition's goal by dribbling the ball using a hockey stick or passing it between teammates.
<b>Indian dribble</b>	The <b>Indian dribble</b> is a style of dribbling that involves moving the ball from right to left and then from left to right repeatedly. It is used to change the direction of the ball to get past an opponent.

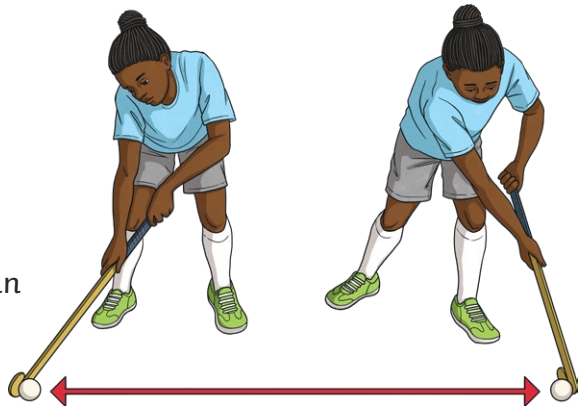
**Invasion Games**

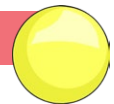
Hockey is an invasion game that is played on a pitch between two teams of eleven players.


Invasion games involve attacking an opponent's territory (zone) with the aim of scoring a goal or points.

They focus on teamwork, keeping possession, attacking and defending.

The Indian dribbling technique was first seen in the 1956 Olympics and is named after the brilliant dribbling skills of the Indian and Pakistani teams.




**hockey ball** 

**hockey stick** 

Players can only hit the ball with the flat side of their stick.

Players (other than the goalkeeper) are not allowed to use their feet, or any other parts of the body, to control the ball.



## Key Vocabulary

<b>penalty shuffle</b>	A <b>penalty shuffle</b> is used in hockey in major tournaments to decide which team wins in the event of it being a draw at the end of full-time. It is a one-on-one situation, involving an attacker against a goalkeeper, where the attacker runs with the ball and has eight seconds to try and score.
<b>push pass</b>	This is a type of <b>pass</b> that is used to move the ball quickly over shorter distances. It is the best pass to use for control and accuracy.
<b>tackling</b>	A <b>tackle</b> is a move made by a defensive player to try to get possession of the ball from an attacking player. In hockey, it is a foul if you make contact with your opponent's stick before you hit the ball when tackling.

## Fouls

A foul is something a player does that is either inappropriate, unsafe or unfair and against the rules of the sport. Examples can include:

- if the ball touches a player's foot;
- using the rounded side of the stick;
- any form of unsafe play, such as playing the ball dangerously or players lifting their stick up high near other players.

