

FIELD HOCKEY SKILL TEST

The students will demonstrate to the teacher through pre and post tests the following competencies:

1. DRIBBLE

Dribble the ball 50 yards with score based on time. Best try.

Minimum standard: 20 seconds.

Grading: 11 seconds and below = A, 12-13 = B, 14-17 = C, 18-20 = D, 21 and above = F

Point scale: 5 = A, 4 = B, 3 = C, 2 = D, 1 = F

2. DRIVE

Drive 5 balls 15 yards. Count the number of times the ball was sent the distance without the student having sticks.

Minimum standard: 2 out of 5

Grading: 5 = A, 4 = B, 3 = C, 2 = D, 1 = F

NOTE: Grading scale and minimum standard are the same for tests 3, 4 and 5.

3. TACKLE

Take 5 balls away from a dribbler within a 10-yard area.

Dribbler and tackler are facing each other 10 yards apart with cones marking the area.

4. SHOT-ON-GOAL

Drive the ball from each of 5 cones, set 16 yards from goal, placed on the striking circle line. Student will drive each ball into goal. Cones placed 4 yards apart on striking circle. Student will dribble up to cone prior to driving the ball.

5. FLAT PASS

Dribble the ball 3 yards to the cone and flat pass the ball hitting the target cone, which is 5 yards away, or come within 12 inches of either side of cone.

6. PUSH

Push the ball against a wall the distance of 10 feet for one minute, counting the number of pushes in a row. Student will remain behind a line that is 10 feet from wall. Best try.

Minimum standard: 10-14 pushes.

Grading: 25 and above = A, 20-24 = B, 15-19 = C, 10-14 = D, 9 and below = F

Point scale: 5 = A, 4 = B, 3 = C, 2 = D, 1 = F

The students will answer correctly the following questions:

1. When do you use a push back?

Answer: Beginning of a game and after a goal is scored

2. When do you use a free hit?

Answer: When there is a foul

3. How many players are on a team?

Answer: 11 players

4. How many points is a goal worth?

Answer: one point

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PRE AND POST TEST RESULT SHEETS (for Administration)

DEPARTMENT: Physical Education

YEAR: _____

COURSE TITLE: Field Hockey

TEACHER: _____

ASSESSMENT OF COURSE OBJECTIVES

OBJECTIVE SKILLS TEST	TEST ASSMT. DATE		TEST ST. #		COMMENTS
	PRE	POST	PRE	POST	
1. Dribble: Dribble the ball 50 yards with score based on time. Minimum standard: 18-20 seconds Grading: 11 and below = A, 12-13 = B, 14-17 = C, 18-20 = D, 21 and above = F					
2. Drive: Drive 5 balls 15 yards. Minimum standard: 2 out of 5 Grading: 5 = A, 4 = B, 3 = C, 2 = D, 1 = F					
3. Tackle: Take 5 balls away from a dribbler within a 10 yard area. Minimum standard: 2 out of 5 Grading: 5 = A, 4 = B, 3 = C, 2 = D, 1 = F					
4. Shot-on-goal: Drive the ball from each of 5 cones set 16 yards from goal, placed on the striking circle line. Minimum standard: 2 out of 5 Grading: 5 = A, 4 = B, 3 = C, 2 = D, 1 = F					
5. Flat pass: Dribble the ball 3 yards to the cone and flat pass the ball hitting the target cone, which is 5 yards away, or cone within 12 inches of either side of cone. Minimum standard: 2 out of 5 Grading: 5 = A, 4 = B, 3 = C, 2 = D, 1 = F					
6. Push: Push the ball against a wall the distance of 10 feet for one minute counting the number of pushes in a row. Minimum standard: 10-14 pushes Grading: 25 and above = A, 20-24 = B, 15-19 = C, 10-14 = D, 9 and below = F					
VERBAL QUESTIONS					
1. When do you use a push back?					
2. When do you use a free hit?					
3. How many players are on a team?					
4. How many points is a goal worth?					

3. **Obstruction** - anytime a player comes between an opponent and the ball.
4. **Undercutting**- any time a player hits the ball in a dangerous manner.
5. **Wrong side of the stick** - when a player hits the ball with the rounded side of the stick.
6. **Penalty Corners** - when the defense has a foul inside their own striking circle. The defense lines up behind the end line with their forwards behind the 50 yard line. Offense stands around the striking circle with a link taking the hit 10 yards from the goal post.
7. **Corner Hit** - occurs when the defense hits the ball over the end line. Ball is placed 5 yards from the side line on the end line. Hit is taken by the wing with all players at a 5-yard distance.
8. **16 Yard Hit**- occurs when the offense hits the ball over the end line. The defense receives a free hit at the top of the circle or at the 16-yard mark. The hit is taken by the sweeper.
9. **Hit In or Push In** - occurs when the ball is hit over the side line. The opposing team takes this hit. Right or left defender puts the ball on the side line and can hit or push the ball to start play.

TERMINOLOGY

Flat Pass - pass used by forwards to take the ball up the field. The pass goes directly to the side, not on a diagonal.

Through Pass- pass used by forwards to send the ball forward. The person who is receiving the pass should be directly in front of the pass.

Push- the stick and the ball must be touching for this short, quick pass.

Tackle- the act of taking the ball away from an opponent.

Drive - used on a free hit. The ball is hit hard by the defense to the offense and when driving for a goal.

Dribble - the act of taking the ball up the field by oneself.

Left Hand Lunge - a tackle used when a player is on the left side of her opponent.

SELECTED REFERENCES

- Clayton, H., et al. "Physical Education Handbook." Seventh Edition, New Jersey: Prentice Hall, Inc., 1983.
- Wein, Horst. "The Science of Hockey." London: Pelham Books, 1973.

FIELD HOCKEY STUDY GUIDE

LENGTH OF GAME

30-minute half with 10-minute halftime

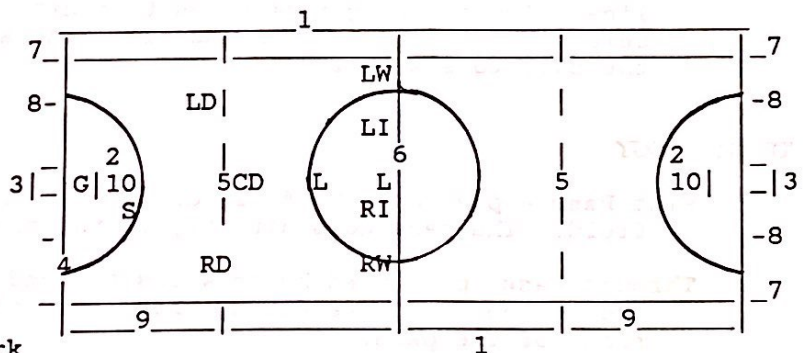
HOW THE GAME IS PLAYED

Inner pushes ball back to teammate. Remainder of the team is 5 yards away from the ball

PLAYERS AND PLAYING AREA

1. There are 11 players
 - a. 4 forwards who play strictly offense and attempt to score
 - b. 2 links who play offense and defense
 - c. 3 defenders who play defense by taking the ball away from the opponents and giving it to their forwards
 - d. 1 sweeper who assists the goalie and keeps the ball out of the circle
 - e. 1 goalie who attempts to keep the ball out of the goal and is able to use her feet and hands to stop the ball

1. Side Line
2. Striking Circle
3. Goal
4. End or Goal Line
5. 25 Yd. Line
6. Center Line
7. Long Corner Mark
8. Penalty Corner Mark
9. Alley
10. Penalty Stroke Mark



SCORING

1. Team scoring the most goals wins the game
2. Ball that goes between the goal post and passes the end line is worth one point. Player hitting the ball must be inside the striking circle.

RULES

Fouls: Every time a foul occurs the opposing team receives a free hit. Defense takes the hit depending on what side of the field the foul occurs. Ball may be hit only once.

1. **Advancing** - any time a player kicks the ball in a forward motion that is advantageous to her team.
2. **Sticks** - any time the stick comes above a player's shoulder on the backswing or follow through.