

Field Hockey Patch

Girl Scout Brownies: Complete two activities from the *discover* section and 3 from the *connect* section.

Girl Scout Juniors: Complete three activities from the *discover* section and four activities in the *connect* section.

Girl Scout Cadettes: Complete four activities from the *discover* section and four activities in the *connect* section.

Girl Scout Senior: Complete four activities from the *discover* section and four activities in the *connect* section plus one of the starred (*) activities.

Girl Scout Ambassador: Complete four activities from the *discover* section and five activities in the *connect* section plus one of the starred (*) activities.



Discover:

1. Find out about the history of field hockey. In what country did modern field hockey originate? How long ago was it created? When did it become an Olympic sport?
2. Learn about the three major positions on the field: forward, midfield and defense. What special equipment does the goalie have to wear? What position would you want to play?
3. Look on the Internet, in a library or other resource to find out about the rules of field hockey. Find out what the following calls are for: hacking, obstruction, third party, and short corner.
4. Learn about the equipment that is needed to play. Find three different places that you can buy or borrow field hockey equipment in your local area. What are the different kinds of sticks and how do they vary? How do you pick the right stick for your size and position? What safety equipment/protective gear is needed for different positions?
5. Field hockey requires a lot of running and strong thigh and calf muscles. Learn how to stretch them out before and after playing. Learn how to get into shape to play a sport that requires a lot of running.
6. Learn about the U.S. Olympic Field Hockey team. How did they place in the last Olympics? Are there any players from your hometown? What teams do they play against? Find out about the Futures Olympic Program.
7. What are the different ways that you can join a field hockey team in your area at the middle school, high school and college level? Are there any recreation teams or classes?
- *8. Learn about different careers that are related to field hockey such as an athlete, coach or trainer.
- *9. What colleges that you like have a field hockey team, how do you qualify to be on the team? What scholarships are available for field hockey players?

Connect:

1. Field hockey requires a lot of running stamina. Establish a conditioning program that will get you in shape to play. Always begin with stretches and warm up. Start your program by working out at least three days a week to build your strength and endurance.
2. Practice field hockey skills – attend a clinic where you will become familiar with field hockey skills and techniques that will enable you to begin playing.
3. Moving with the ball: drag dribble – with your left hand at the top of the stick and your right hand at the middle of the stick, move forward with your stick on the ball holding it off to your right side and slightly in

front of your feet. Try going at different speeds until you feel comfortable. Other ways to dribble include a loose dribble (the ball comes off of your stick) and the Indian dribble (a zigzag using the reverse stick).

4. Passing: push pass – put your left hand at the top of the stick and your right hand about half way down the stick. Stand with your feet parallel to each other and the ball off of your right foot. Bend your legs slightly and place the stick on the ball and push forward until you reach your left foot then release. Practice passing back and forth with a partner.
5. Hitting: place your left hand at the top of the stick and your right hand directly below it, place the ball a stick's length off of your left foot. Bend your legs slightly, take a small back swing to about your waist, then swing through the ball and stay low on the follow through. This is one of the hardest skills to learn because you need to master your power and accuracy.
6. Receiving: when you are going to receive the ball you need to be on your toes and keep your feet moving. As the ball comes to you keep your stick out in front of you and as you receive the ball cushion it in closer to you to keep control and to be ready to move with it.
7. If you are unable to participate in a clinic, find someone who knows how to play field hockey and ask them to teach you some of the listed skills. Make up some moves of your own and try them out on a friend.
8. Watch a local team play; look at nearby high schools and colleges. Visit the Arco Olympic Training Center and watch a Futures team play.
9. Follow a local high school or college field hockey team through their season by reading articles and scores in the newspaper or internet, talk to the team members and coaches, look up their statistics on the Internet, or go to a home game.

Take Action: (optional)

Want to extend your Field Hockey experience, use these Take Action steps to see how field hockey can have a global impact. Do part one, and then choose an activity from part two to get you started on your project. Part three use your new knowledge to make the world a better place.

Part One:

Field Hockey is an international sport. Find out about the structure of its international federation and how the sport is governed. Choose a continental area and compare two member countries.

Part Two:

- a. Does either country have men's and women's teams? What does having or not having women's teams say about these countries? Do sports benefit women in these countries?
- b. Are these countries friends or enemies? What do they have in common beyond field hockey? Think about how field hockey could help advance the friendship of these countries.
- c. What questions do you have that could help you learn about these two countries? Where does that knowledge lead you?

Part Three:

Use your answers as inspiration. Educate others on what you have learned about these countries and their citizens and how a sport can aid in mutual understanding using the spirit of friendship, solidarity and fair play.



Developed by Jessi DeBaca, Senior Girl Scout
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