

1. Learn the Basics

Field hockey is a fast-paced team sport played on grass or turf.

- Two teams of 11 players (including a goalie)
- Objective: score goals by hitting the ball into the opponent's goal using a stick
- Only the flat side of the stick may touch the ball

2. Equipment You Need

- [Field hockey starter kit](#) (includes stick, shin guards and ball) GREAT CHOICE FOR BEGINNERS!
- [Mouthguard](#)
- [Reversible Shin guards](#) (if you want to buy separately)
- Cleats

3. Basic Stick Grip

- Left hand at the top of the stick, firm grip
- Right hand lower, relaxed
- Stick should feel controlled but not tense

✓ Tip: Keep knuckles facing forward

4. Fundamental Skills

Dribbling

- Keep the ball close to the stick
- Use small controlled taps
- Eyes up as much as possible

Passing

- Push pass (most common):
 - Ball starts near your right foot
 - Push the ball forward with the stick flat on the ground

Receiving

- Cushion the ball by slightly pulling the stick back on contact

Shooting

- Beginners usually start with a push shot
- Aim low and controlled rather than powerful

5. Basic Rules to Know

- No feet or body may touch the ball (except goalie)
- No dangerous play (high sticks or wild swings)
- Physical contact is limited
- Goals only count if the shot is taken inside the shooting circle

6. Positions Overview

- Forwards: score goals
- Midfielders: attack and defend
- Defenders: protect the goal
- Goalkeeper: blocks shots (wears padded gear)

7. Beginner Practice Drills

- Dribble through cones
- Pass against a wall
- Stop-and-go ball control
- Shooting at targets in the goal

Practice 15–30 minutes regularly to see improvement.

8. Game Tips for New Players

- Stay low with bent knees
- Keep your stick on the ground
- Communicate with teammates
- Focus on positioning, not just the ball
- Have fun—skill comes with time!

9. How to Improve Faster

- Watch beginner field hockey games
- Practice with friends or join a club
- Ask a coach for feedback
- Work on fitness (running helps a lot)