



FIELD HOCKEY

known simply as “hockey” outside of the United States and Canada, is one of the most popular sports in the world and an Olympic sport for men and women. It is growing in America among boys and girls of all ages. Field hockey has multiple outdoor and indoor variations and is played on many different surfaces including grass, turf, gyms and more.

BASIC PRINCIPLES

Field hockey is a fun and exciting team sport to play and watch! Each player uses a stick to control the ball. The object is for teams to work together to score more goals than the opposition. It’s one of the few sports in which the rules and equipment are exactly the same for men and women.



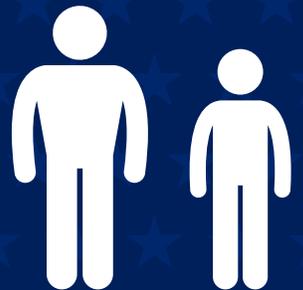
SIMILARITIES

Field hockey is an invasion game, incorporating skills and tactics used in many other sports. Multi-sport participation is proven to be beneficial for development. Field hockey is similar to:



PLAYERS

It doesn’t matter how big or small you are. Skill, speed and smarts are more important than size in field hockey. Field hockey is a safe sport, with low risk of serious injuries such as concussions.



OPPORTUNITIES

Hockey is a sport for life. There are many ways for people of all ages to get involved in hockey:



Play



Coach



Umpire



Volunteer



Lead a Program



Be a Fan

WHERE IT’S PLAYED

Field hockey is played in more than 135 countries on six continents. In the United States, it’s played in thousands of high schools, 300+ clubs, and in almost 300 NCAA colleges, many offering scholarships. USA Field Hockey is the national governing body for the sport in the United States, working in partnership with the United States Olympic and Paralympic Committee (USOPC), Pan American Hockey Federation (PAHF) and International Hockey Federation (FIH).

Visit to usafielddhockey.com to learn more.

GROW THE GAME. SERVE MEMBERS. SUCCEED INTERNATIONALLY.

USAFIELDHOCKEY.COM