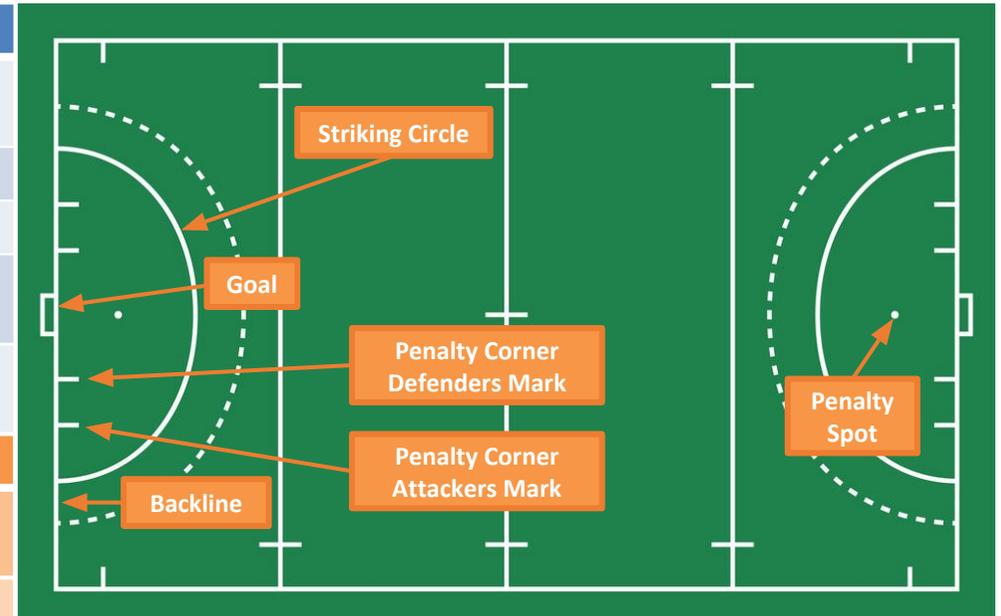


Key Vocabulary	
Dribble	Movement when alternating the ball from side to side to elude defenders
Flick	A pass or shot using the wrists raising the ball off the ground
Drive	A hard hit made with the swinging motion of the stick
Scoop	Pass the ball by leveraging the stick underneath the ball to pick it up and fling
Undercutting	Penalty for a hard swing of the stick under the ball to raise it into the air

Skills	
Jabbing	To tackle and put a player on the ball under pressure and change the direction of the ball
Passing	To push or drag the ball with control and release with accuracy
Trapping	Receiving the ball under control and head in the direction of where the space is

Positions	
Goalkeeper	ATo prevent the ball from entering the net by using the stick or the feet
Defenders	To stop the opposition from launching attacks and to try and regain possession of the ball and intercept
Midfielders	They play attack and defence and do lots of running up and down the field
Inners and Forwards	Players who play high and on the inside attacking centrally and up the pitch.

Key Facts	
Stadiums	<ul style="list-style-type: none"> The biggest stadium is in Lahore, Pakistan and seats 45,000 spectators The Lea Valley Olympic Stadium at the Queen Elizabeth Park seats 3,000
Players	<ul style="list-style-type: none"> Great Britain are the current womens Olympic Champions winning gold in Rio in 2016 The captain was Kate Richardson-Walsh
Competitions	<ul style="list-style-type: none"> India will host the next Men's Hockey World Cup in 2023



Rules	
1.	Hockey players can only hit the ball with the flat side of the stick
2.	Other than the goalkeeper, hockey players are not allowed to use their feet or any other parts of the body to control the ball
3.	A goal can only be scored from either a field goal, a penalty corner, or from a penalty stroke
4.	Hockey players cannot push, trip, charge or interfere with an opponent in any way
5.	There are two umpires present on the pitch who are responsible for each half