



# A BEGINNERS GUIDE TO HOCKEY

PRESENTED BY



# WELCOME TO HOCKEY!

*We're so excited that you have joined us to play the game we love.*

Hockey QLD is proud of the fact that hockey is considered a true family game, with our members ranging from 4 years old to 84 years young. Hockey truly is a sport you can play or be involved with for life.

It is a great way for kids to have fun, keep fit, and make new friends.

I hope that this Way To Play booklet will help as you begin your hockey journey.

*Lets Play Hockey!*

Alison Lyons  
Hockey QLD CEO



SCAN ME  
TO LEARN MORE



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# HOW TO SELECT A STICK

Select a stick that reaches the top of your hip.

Other Hockey Equipment



Mouthguard



Shinguard

## Where Can I Get My Hockey Gear?

Just Hockey is the official equipment partner of Hockey Queensland. With stores in all major regional areas staffed by knowledgeable staff and an extensive online shop, you can find the equipment you need with ease.

# A READY POSITION

## Grip



Right hand about where the grip finishes.

Left Hand at top of stick with wrist pointing upwards.



## Stance

Seated position. Feet shoulder width apart with left foot slightly forward.





# RECEIVING POSITION

In the 'Ready Position' you should receive the ball in front of your right foot under your eyes.



# PuSH

In a side on position the ball should be in the middle of your stance with your shoulders and feet lined up to the target.



Keep your stick on the ball for as long as possible during the push



To push the ball, transfer your weight to front leg.







## Grip

Your hands need to be together towards top of stick.

Put your right hand at the top of the stick, then your left hand below it. Then remove your right hand and put it below your left. There should now be room at the top of your stick.

## Ball Position

The ball should be roughly in line with the heel of your front foot.

Bend your front leg, applying your weight to your front foot.

The ball should be half a stick length away from your front foot when you make contact with the ball.



# SLAP

## Grip

Your hands need to be together towards top of stick.



## Ball Position

The ball should be roughly in line with the heel of your front foot.

The ball should be approximately 3 quarters of a stick length away from your foot for a flatter swing (not up and down).

Your weight needs to be on your front foot. Put your hands low to the ground, and do a sweeping action along the ground.



# CARRY OR DRIBBLE

Get into a 'Ready Position' with the stick face pointing forwards.



The ball should be in a One o'clock position.





# GOALKEEPING

The main priority of this position is to prevent the opposition team from scoring.

Goalkeepers have a set area to stand in to best protect their goal.



The protective playing gear required to play Goalkeeper is:

- A helmet
- Kicking pads
- Chest pad
- Gloves

The goalkeeper position is more common in junior hockey from the U11 age group and above.



# PLAYER POSITIONS

There are 11 players on each team on a hockey field including 1 goal keeper and 10 field players.

Full field hockey usually begins at the U11 age group.  
For younger age groups and modified hockey this will vary.



# MY JOURNEY

## Jayden Atkinson

Midfielder

### First Junior Club

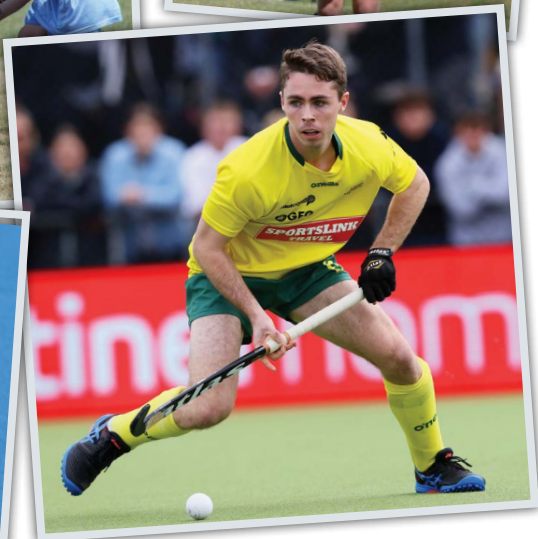
Brothers Hockey Club, Cairns  
4 Years Old.

### Favourite Hockey Memories

Playing with some of my best mates all year and also the chips and soft drink at the end of year break-up.

### Has Represented

Brisbane Blaze, Queensland,  
Kookaburras (Australia)





# MY JOURNEY

## Hannah Cullum-Sanders

Striker

*First Junior Club*

Walloors Hockey Club, Maryborough  
5 Years Old.

*Favourite Hockey Memories*

Playing with my best friends, going away  
on trips where I played for Maryborough.

*Has Represented*

Brisbane Blaze, Queensland,  
Hockeyroos (Australia)





# MY JOURNEY

## Joel Rintala

Striker

### First Junior Club

Commercials Hockey Club, Townsville

4 Years Old

### Favourite Hockey Memories

Playing with my brothers - twin Cody and older brother Aidan. I just loved playing hockey: scoring goals, winning and having fun.

After Cody and I finished our game we would fill in for the junior grades above us where we would play with Aidan. We would spend the whole day at hockey and watch all the senior games up to A grade which was at 8pm on Saturday night.

### Has Represented

Brisbane Blaze, Queensland,  
Kookaburras (Australia)



# MY JOURNEY

## Jordan Bliss

Goal Keeper

### First Junior Club

Mackillop Primary School, Mackay

9 Years Old

### Favourite Hockey Memories

My primary school was quite small and all my friends played - so I liked spending the weekend playing hockey with them. Definitely the social side of it, going to watch the other teams play, and getting our free soft drink at the end of games.

### Has Represented

Brisbane Blaze, Queensland, Jillaroos (Australia U21)





# PLAYER SIGNATURES

Get your favourite players to sign your book here.







# ThePoint

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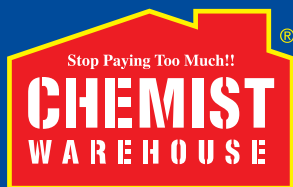
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# FLU SHOT

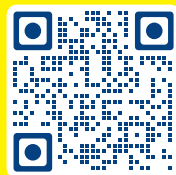


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OTHER VACCINATION SERVICES AVAILABLE ASK IN-STORE FOR FURTHER DETAILS

# Mazon



**Rosie Malone**  
Brisbane Blaze  
& Hockeyroos



**Corey Weyer**  
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