

## **Field Hockey Terminology**

**Attack (Attacker)** – The team (player) which (who) is trying to score a goal.

**Defense (Defender)** – The team (player) which (who) is trying to prevent a goal from being scored.

**Back-line** – The shorter perimeter line.

**Goal-line** – The back-line between the goal posts.

**Side-line** – The longer perimeter line.

**Striking Circle** – The area enclosed by and including the two quarter circles and the lines joining them at each end of the field opposite the center of the back-lines.

**Hit** – Striking the ball using a swinging movement of the stick towards the ball.

**Push** – Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.

**Flick** – Pushing the ball so that it is raised off the ground.

**Offence** – An action contrary to the Rules which may be penalized by an umpire.