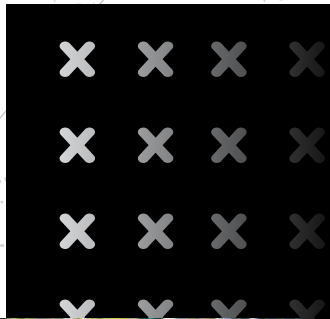




Positions & Plays



Introduction

Hockey WA, Positions and Plays: A players guide to positions, roles and tactics

Hockey WA are delighted to be able to provide a resource to assist and support players, coaches and parents who want to improve their understanding of positional roles and tactics in hockey.

The objectives of this resource are to:

- Identify and explain the general basic positions within hockey
- Explain the 2 different phases of the game
- Explain the general expectations of each position / role in the two phases of the game
- Provide support on basic structures and tactics
- Provide guidelines and support around the roles in penalty corner attack and defence



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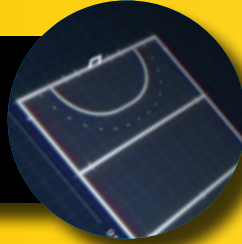


What is Hockey, What is New, What are the Key Rules?

How to Hockey

BASICS

1. FIH Overview



2. Umpiring Signals



3. 5M Rule



4. Self Pass



5. Dangerous Play



6. No Offside



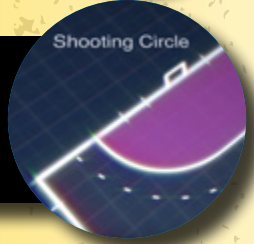
7. Cards



8. Short Corners



9. How to Score



10. Goalkeepers



11. Top Kookaburra Goals



12. Top Hockeyroo Goals



Additional Player / Coach Resources

**HOOKIN2
HOCKEY**

Grassroots Coaching



*Grassroots Coaching
for schools, teachers
and beginners*



**Hockey
Australia**

Tutorial Videos



**Hockey
Australia**

*Level 1
Coaches
Manual*



**Hockey
Australia**

*Level 2
Coaches
Manual*

Phases Of The Game: With & Without The Ball

The two main phases of the game are when your team have possession and your opponents have possession of the ball. We call these **With The Ball (WTB)** and **Without The Ball (WOB)**.

Identifying your role for the team in these two phases is important as your role in the team will be different. The **Positional Information** to the right; identifies the positions, roles and general key areas of the field for each role.

The below diagrams shows standard structures for With The Ball and Without The Ball.

WTB structure: 4 - 3 - 3

WOB Structure: 3 - 1 - 3 - 3

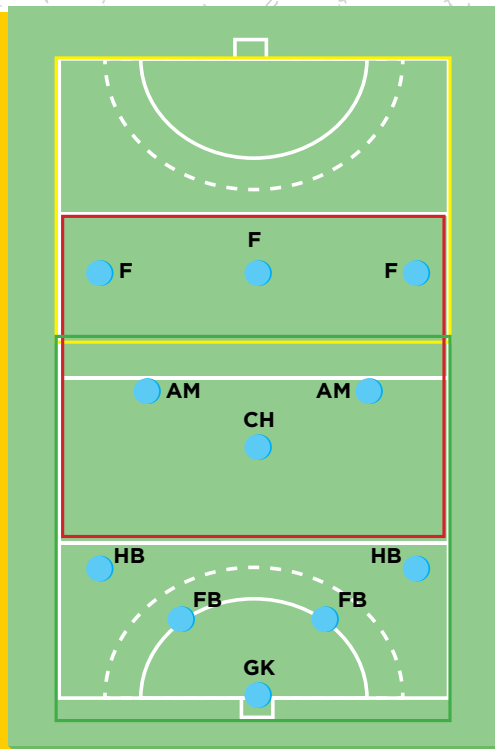
Positional information



Forwards: Objective is to offer width and depth in attack to be able to receive the ball in dangerous positions in and around the attacking circle

Midfielders: The links between the defence and the attack. Midfielders generally cover 'D to D'

Defenders: Outletting and moving the ball to then find midfielders and forwards. FB's generally stay in defence whereas the HB's can push up the wide areas to attack. Just remember to get back if your team are dispossessed!



With The Ball: WTB

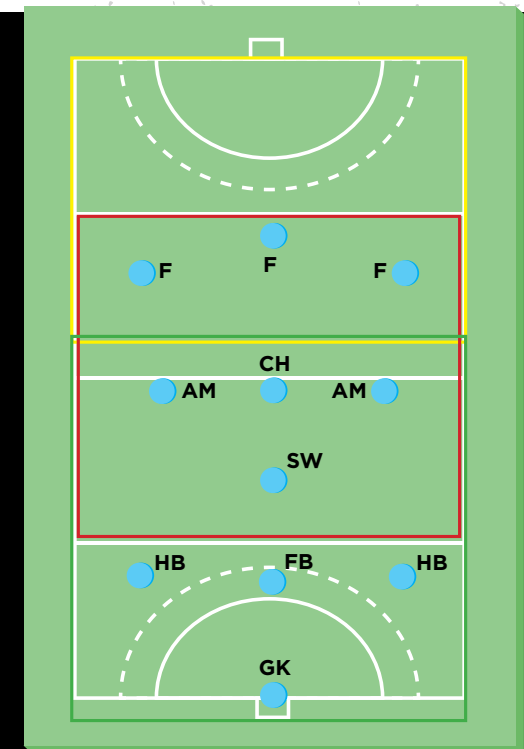
Forwards: The forwards press in a zonal manner against an opposition back 4 with the general goal of protecting the middle of the field and forcing the opposition wide to one side of the field then pressing

- The Left Forward generally marks the RH
- The Right Forward generally marks the LH
- The CF is responsible for the 2 FBs

Midfielders: The midfielders generally mark their directly opponents

Sweeper: The sweeper is the free person in between the midfield and the defensive line. Their role is to intercept / double team any ball before it can get to the forwards. It is important that they are in front of the marking defenders.

Defenders: 2 x HBs and 1 x FB mark the opposing 3 forwards



Without The Ball: WOB

Phases Of The Game: With the Ball (WTB) Vs WOB Outletting vs Pressing

This diagram shows a team setting up with a ball in their defensive 25 against an opposition pressing the ball.

WTB Team (Team in Possession)

Defenders: Maximised the width of the field to stretch the opposition

Midfielders: Offering passing options for the defenders

Forwards: Stretching the height and width of the field to receive the ball from defenders / midfielders

- This also creates space for the defence / midfield as defenders will need to mark the forwards

WOB Team (Opposition Team Pressing)

Forwards: 3 Forwards pressing the opposition ensuring the centre line is protected

Midfielders: Marking their opposition counterparts

Sweeper: Free person in between the midfield and defence

Defenders: Marking the opposition forwards

Goalkeepers

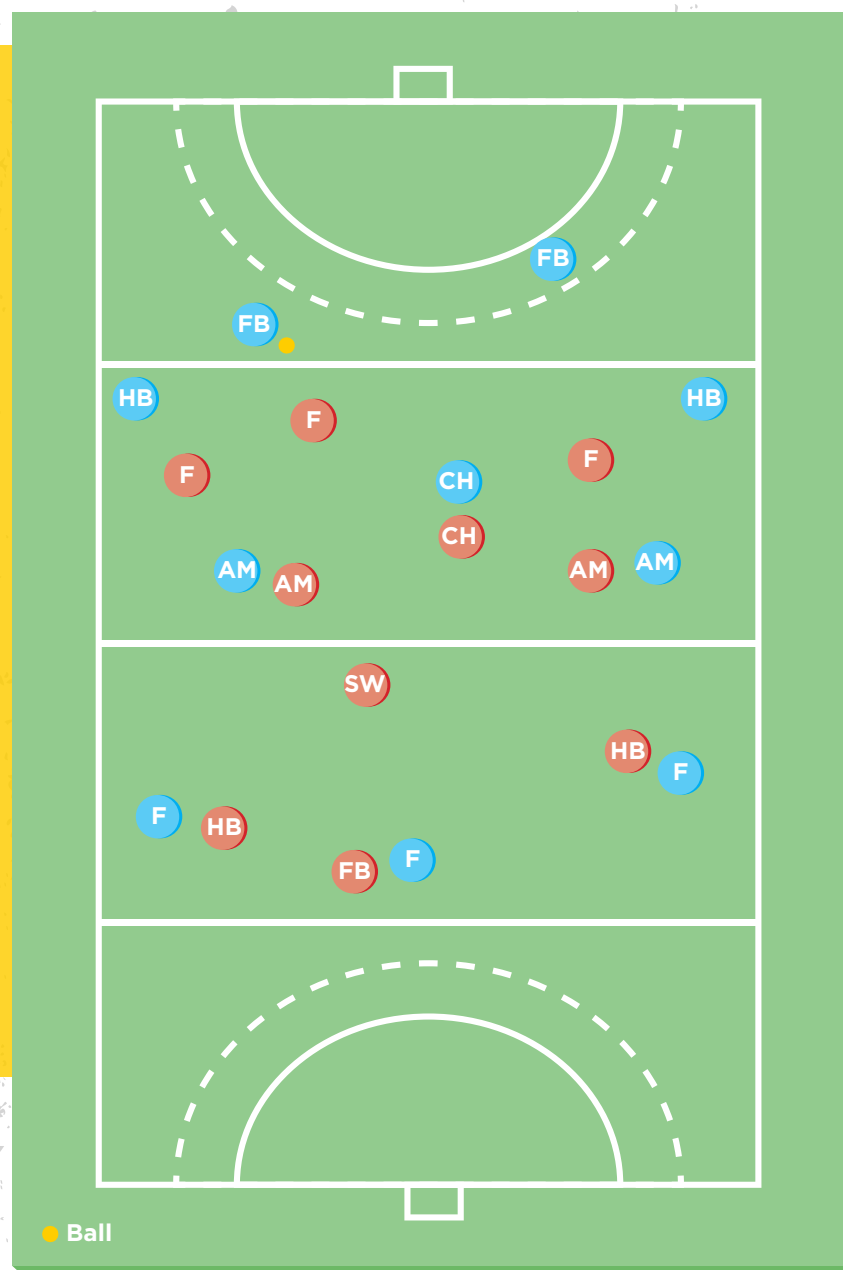
Goalkeepers are the unsung heroes and integral to both WTB and WOB.

WTB - Helps defenders and midfielders reposition and communicate options when unsighted

WOB - Ensures that the defenders and midfielders are marking, the sweeper is free. This enables the goalkeeper to make good decisions through trusting players are marked.

Please note that this is simply a guide.

There are a large number of different structures and tactics you can have With and Without The Ball.



Player Zones and Roles

Goal Keeper: Zones and Roles

Position Description

The main role of the goalkeeper is to stop the ball going into the goal. This includes saving and clearing the ball whilst commanding the circle. It is also very important you have the correct full goalkeeper kit for own safety: [Click Here](#) to see what you should be wearing and how to put it on

With The Ball (WTB) Roles

1. Talking to your defence and team about options on the field and offering encouragement
2. Constant focus and 'keeping your head in the game'. You never know when you will get called into action

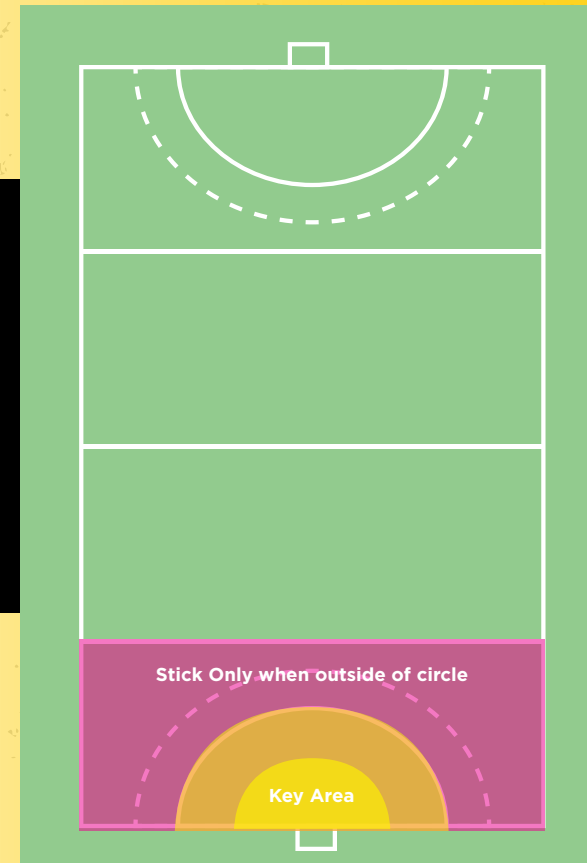
Without The Ball (WOB) Roles

1. The main role is simply keeping the ball out of the goal using all saving techniques you have in your ability
2. Commanding your defence and positioning them where you want them so that opponents are marked



[Click here to see Goalkeeping Coaching Resources](#)

Please note, the shaded zones are a priority zone/guide. They are not exclusive to other areas of the field.



Key Attributes

- Speed and Agility: Ability to move quickly and efficiently to make saves
- Reaction Time: Ability to react to shots / movements in the circle quickly
- Coordination: Hand to eye and Foot to eye coordination to make saves (both hands and both feet)
- Awareness / Positioning: Knowledge of your positioning to reduce shooting angles and where other players are around the goal / circle
- Communication: Helping your team both WTB and WOB in terms of positioning and decision making

Full Back: Zones and Roles

Position Description

The main role of the full back is to command the defensive half of the field. This includes marking key opposition forwards, starting the attack through out-letting and communicating to the team WTB and WOB.

With The Ball (WTB) Roles

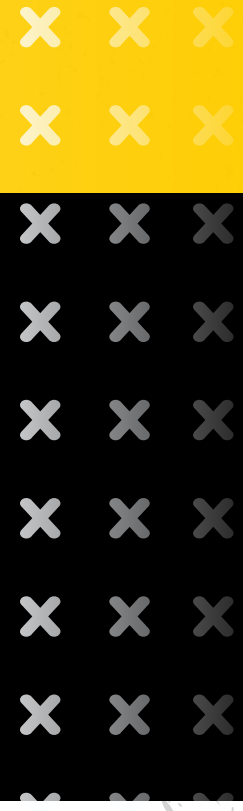
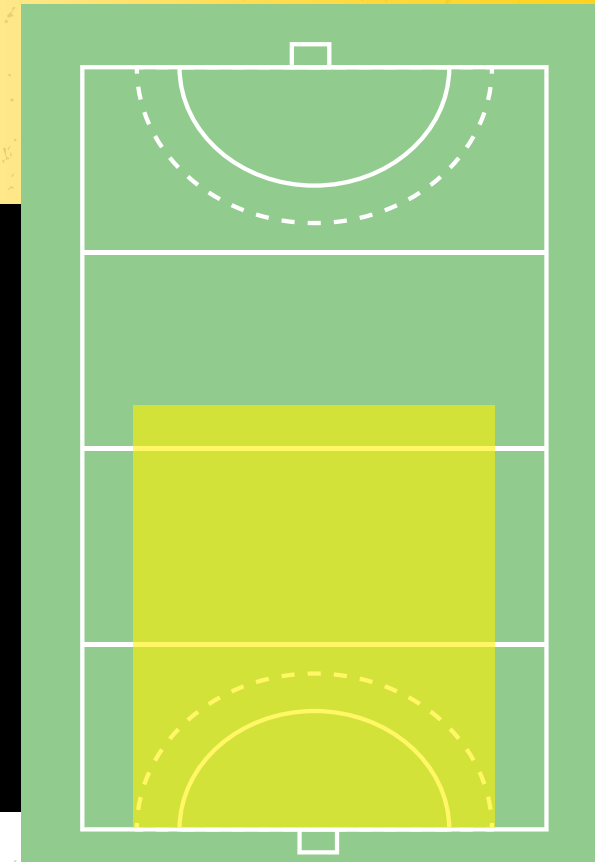
1. Always available as an outlet / passing option with an aim to move the ball to another player in space
2. When not directly in possession, 'reposition' to offer the ball carrier a pass to move the ball out of a congested zone and relieve pressure. This includes offering a good angle / space to pass and knowing where the next pass available is through 'pre-scanning'

Primary Passes: FB, HB and CH

Without The Ball (WOB) Roles

1. Defend the middle of the pitch and channel the opposition players wide
2. Tackle and defend side on (not square on - flat footed)
3. When marking in and around the defensive 'D', you are IFIT of your opposing player - IFIT means 'In Front In Touch'. To see what this means go to: 'x'

Please note, the shaded zones are a priority zone/guide. They are not exclusive to other areas of the field.



Key Attributes

- Fast and agile: Ability to turn and get back quickly, or move up on a player and intercept
- Strong basic skills, particularly trapping, passing, tackling
- Ability to channel opposition attack away from the danger zone
- Vision: Knowing where other players are, and where the best passing opportunities are
- Communication: Calling players into position WTB and WOB

Half Back: Zones and Roles

Position Description

WTB, the main role of the half back is to offer width to the team when out-letting and going forward. This can be to help get the ball out of the defensive areas all the way through to going forward helping the team in the final third of the field in attack. WOB the half-back generally has a role of marking opposition strikers and forcing attackers wide.

With The Ball (WTB) Roles

1. Always offer width when the ball is on your side of the field (ball side)
2. When the ball is on the opposite side of the field, the half back may tuck in to act as 'cover defence' to allow the ball side half back to go forward
3. When attacking down the ball side look to overlap and link with the attacking midfielders to create attacking options

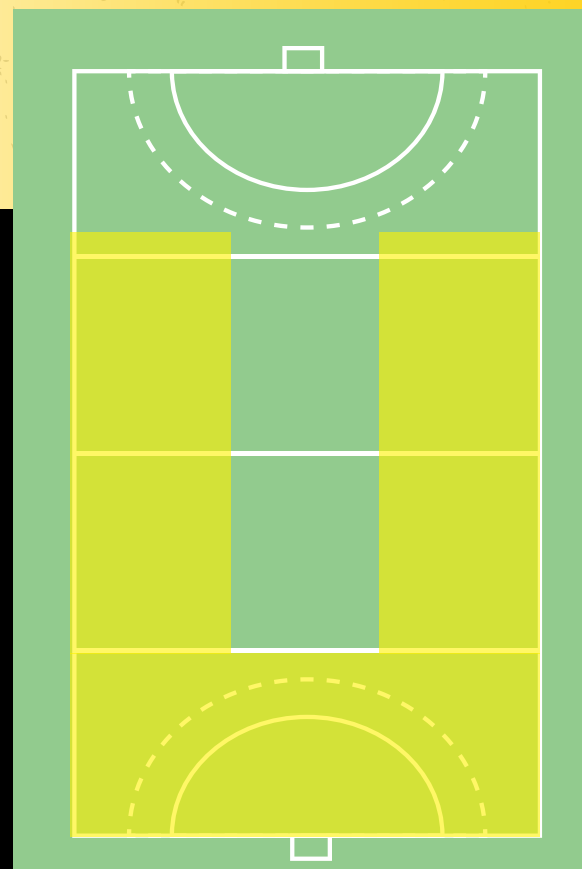
Primary Passes: FB, HB, CH, AM, F

Without The Ball (WOB) Roles

1. Primarily defend the middle of the field and channel the opposition into wide areas and tackle
2. When the opposition are in possession of the ball make sure you are marking an opposition forward with your body on the inside line so that you are forcing any pass to wide areas of the field

Primary Marking: Opposition Wide Forwards

Please note, the shaded zones are a priority zone/guide. They are not exclusive to other areas of the field.



Key Attributes

- Fast and agile: Ability to turn and get back quickly, or move up on a player and intercept
- Strong basic skills, particularly trapping, passing, tackling
- Ability to channel opposition attack away from the danger zone
- Vision: Knowing where other players are, and where the best passing opportunities are
- Communication: Calling players into position WTB and WOB

Sweeper: Zones and Role

Position Description

The role of the Sweeper (sometimes know as freeman / screen) generally has the same roles and expectations as a full back when the team in WTB. The role of the sweeper specifically differs when the opposition has the ball.

With The Ball (WTB) Roles

1. Always available as an outlet / passing option with an aim to move the ball to another player in space
2. When not directly in possession, 'reposition' to offer the ball carrier a pass to move the ball out of a congested zone and relieve pressure. This includes offering a good angle / space to pass and knowing where the next pass available is through 'pre-scanning'

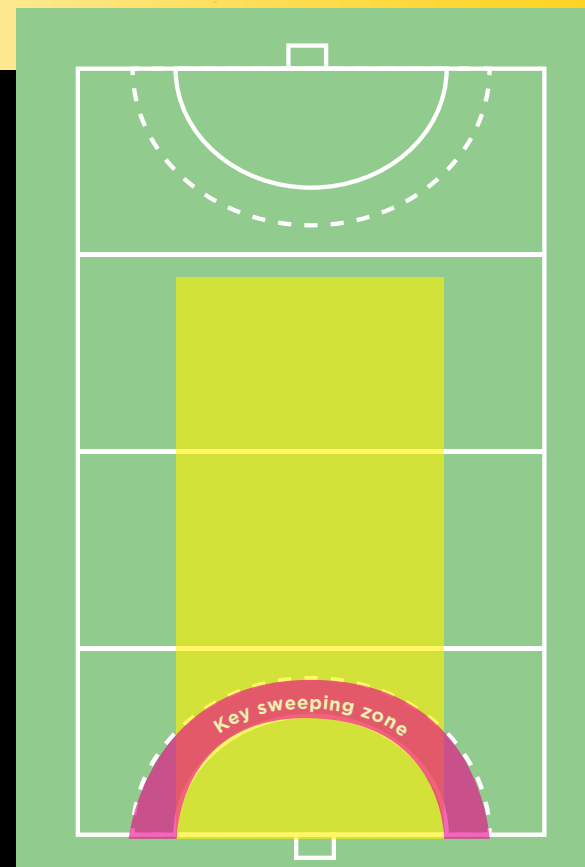
Primary Passes: FB, HB, CH and AM

Without The Ball (WOB) Roles

1. To be the free person in between the marking defenders and midfielders to 'sweep' in front of the defensive line to stop the ball getting to forwards / work with midfielders to double team
2. If a midfielder is eliminated / beaten, the sweeper can then engage on the opposition player
3. The sweeper will generally position themselves on the 'hotline' which is the line between where the ball is and where the defended goal is (The direct line to goal is generally the most dangerous for the opposition to expose)
4. When the opposition at attacking in your half, it is encouraged that sweepers stand outside the circle to prevent the opposition getting access to the circle. It also means that if it hits your foot / there is a foul you would not give away a penalty corner.

Primary Marking: None

Please note, the shaded zones are a priority zone/guide. They are not exclusive to other areas of the field.



Key Attributes

- Strong reading of the game - Ability to see where potential danger is and also potential opportunities to step up and win the ball
- Strong basic skills, particularly trapping, passing, tackling
- Ability to engage and pressurise opposition players and force them wide / slow them down
- Vision: Knowing where other players are, and where the best passing opportunities are
- Communication: Calling players into position WTB and WOB

Centre Half / Defensive Midfield Zones and Roles

Position Description

The centre half position is a key role of a hockey field. In possession they are the link to all players, all over the field. They are a pivot / figure to help move the ball quickly and also create space in the midfield to start an attack. WOB they have the responsibility of marking the opposition centre half as well as trying to cut lines and zones in the middle of the field.

With The Ball (WTB) Roles

1. Try to always be available for a pass in the middle of the field through finding pockets of space
 - If you have time and space try to receive open and move the ball into forward areas to attacking midfielders and forwards
 - If you are under pressure, received closed, protect the ball and play the way you are facing to an available player
2. Hold the middle of the field where possible and try to avoid getting pulled out to the wide areas. If this does happen work with your team mates so that someone can step into the space you left

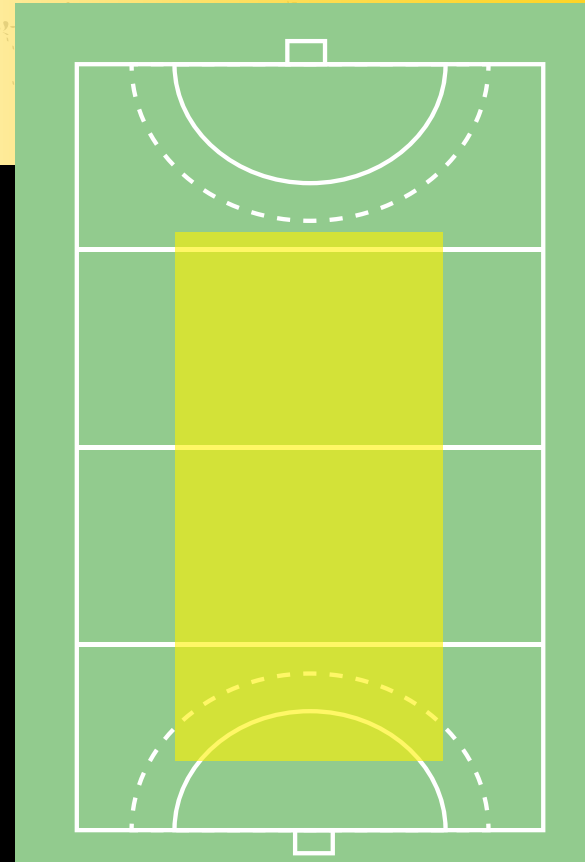
Primary Passes: FB, HB, AM and F

Without The Ball (WOB) Roles

1. Responsible for the area in front of the FB and SW in the middle of the field. This includes being able to mark and pressurise the opposition CH as well as be aware of other lines / spaces that could be opportunities for interceptions
2. The Centre half is generally expected to cover most of the field in a 'circle to 25' role

Primary Marking: Opposition CH/DM

Please note, the shaded zones are a priority zone/guide.
They are not exclusive to other areas of the field.



Key Attributes

- Fit, fast and agile with good acceleration
- Strong all-round basic skills, including passing, receiving, and ball carrying
- Vision and game awareness - understanding of where other players are, and where the best opportunities are
- Ability to switch play or change the point of attack i.e. move the ball from one side of the field to the other efficiently
- Ability to appropriately weighted passes

Attacking Midfield Zones and Roles

Position Description

Attacking Midfielders (also known as Inside forwards) are the link between the defence and the attack.

With The Ball (WTB) Roles

1. When the ball is on your side of the field look to get wide and stretch play to receive going forward and / or to create space or alternately 'post up' and receive the ball to help get the ball to the forwards for a circle entry / the other side of the field
2. When the ball is on the opposite side of the field, hold the middle of the field and try to be an option to receive the ball - If you stray to the wide area on the opposite side of the field it could be hard to receive the ball
3. When the ball is with the forwards in the attacking 25, support them and get into the circle / dangerous areas to create scoring opportunities

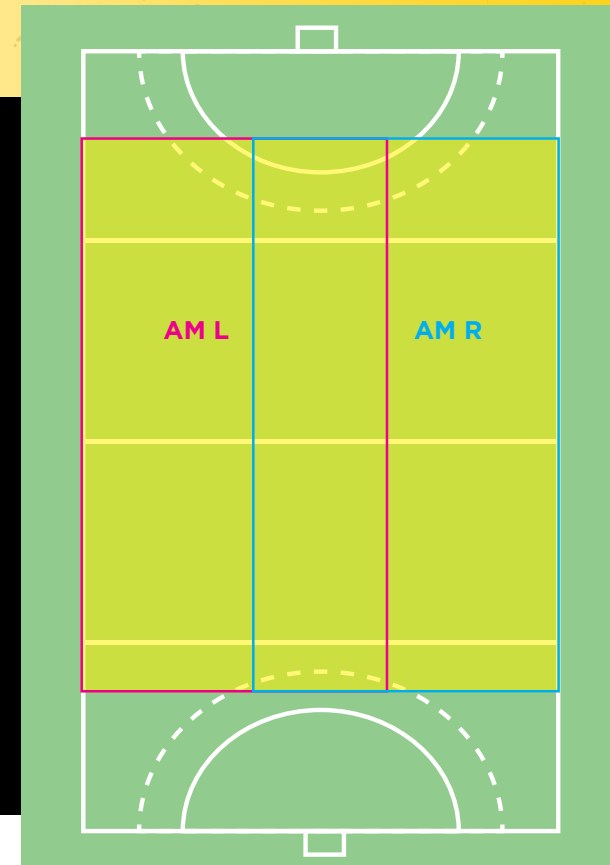
Primary Passes: HB, CH, AM, F

Without The Ball (WOB) Roles

1. Mark your opposition AM on the inside so that they can only receive under pressure on the outside
2. Look to defend the middle, channel wide and defend side on
3. Work closely with your centre half to form a strong base in the middle of the field so the opposition has to attack wide

Primary Marking: Opposition AM

Please note, the shaded zones are a priority zone/guide. They are not exclusive to other areas of the field.



Key Attributes

- Fit, fast and agile with good acceleration
- Strong all-round basic skills, including passing, receiving, and ball carrying
- Vision and game awareness - understanding of where other players are, and where the best opportunities are
- Ability to switch play or change the point of attack i.e. move the ball from one side of the field to the other efficiently
- Ability to appropriately weighted passes

Strikers / Attackers / Forwards

Position Description

Strikers in the past have been split into 'wings' and 'centre forwards', however, in the fast and exciting form of hockey we now know, the game requires forwards to be able to move across the field laterally in all the positions (left, right and centre). This makes marking more challenging and creates more space for teams. It also requires forwards to work together more as a unit WTH and WOB. WOB, the forwards generally have a zonal press between the 3 strikers and the opposition back 4 with the left and right forward being responsible for their adjacent half backs and the centre forward covering the lines of both the central full backs (See Page 15)

With The Ball (WTB) Roles

1. Offer height and width as a forward unit to create space and opportunities to lead
2. Look to receive the ball in areas where you can penetrate the circle and ideally receive in the circle. If there is no option to penetrate the circle look to pass the ball to team mates and relead to receive / create space
3. When receiving the ball in the circle look for shooting opportunities to score or passing opportunities from tight angles. If neither option is available look at opportunities to win a penalty corner / keep SOB until an option is available
4. When your team have the ball in and around the attacking 25 it is important that forwards are in the circle in moving into dangerous areas to score / receive. This includes having players around the circle for deflections and rebounds off the goal keeper

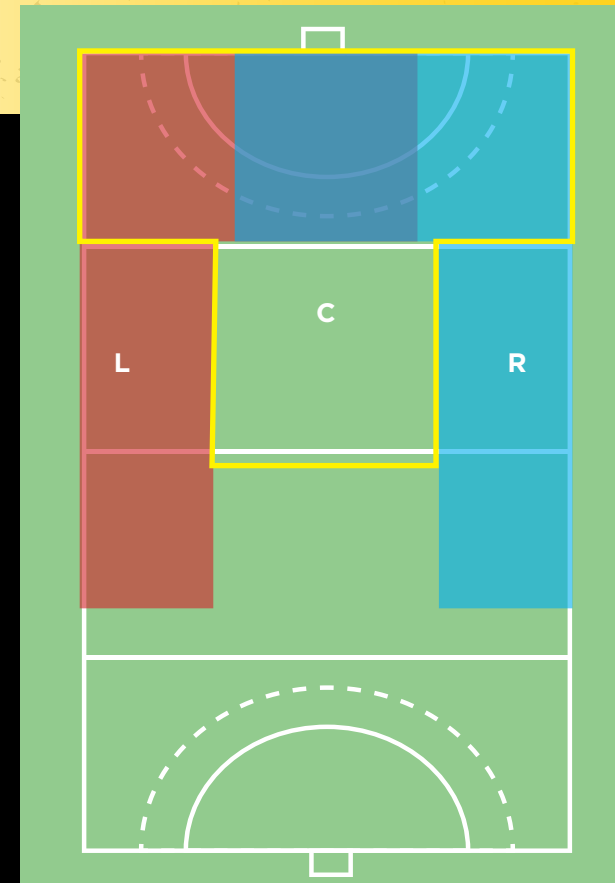
Primary Passes: CH, AM, F

Without The Ball (WOB) Roles

1. The forwards generally have a zonal press between the 3 strikers vs the opposition back 4 with the left and right forward being responsible for their adjacent half backs and the centre forward covering the lines of both the central full backs (See Page 14)
2. Pressurise the opposition defenders to win the ball / make them pass to defensive areas / wide. If they are able to pass forward to their team, look to 'reverse press' and help your midfield out to regain possession of the ball
3. If you are the forward on the opposite side of the field look to 'tuck in' to the middle of the field rather than hold out wide. This prevents the opposition going through the middle of the field as easily and forces them wide

Primary Marking: Zonal 3 Person Press

Please note, the shaded zones are a priority zone/guide. They are not exclusive to other areas of the field.



Key Attributes

- Fast and agile with good acceleration and change of pace - explosive running
- Good basic skills, including receiving, ball-carrying and shooting
- Ability to identify and execute the best shooting opportunity (e.g. direct shot v deflection v pass around etc.)
- Constant movement - leading, creating space and attacking opportunities,
- Ability to use skills to force a penalty corner at the right time
- Appropriate weighting of passes
- Understanding of angles and lines of attack and defence and put pressure on opposition defence

Tactics & Principles

WTB Movement - Moving The Ball From Defence

Moving the ball from defence is an integral part of the game. If you are unable to do this successfully it can be difficult to form attacks against the opposition.

WTB Ball Movement

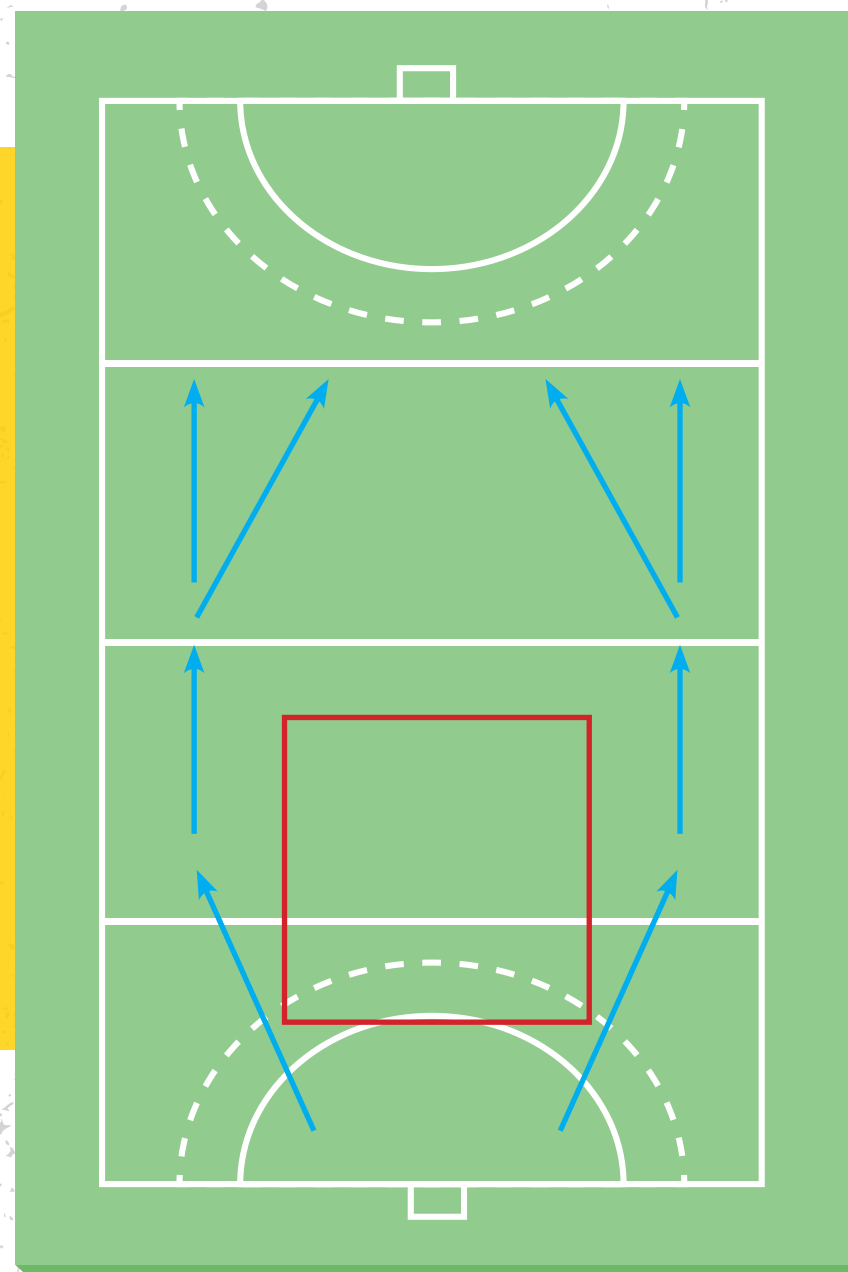
Move the ball initially to the sidelines where space is available
To form your attack, once wide you can either:

1. Continue the ball movement down the line
2. Move the ball infield
3. Go back where the ball came from to transfer the ball to the other side / space

Red Zone

- We encourage to initially steer clear of the red zone as it is the most dangerous area to turn the ball over to the opposition as they can attack with space and numbers going forward.
- We also recognise that being able to pass and receive into this area will create space in other channels / avenues as you can move the ball both ways and open up opposition defences
- This area on an initial outlet can be considered as a high risk - high reward zone for developing teams

**Please note this model / structure is a basic guide, there are lots of ways to outlet based on your team's style*



Goalscoring

Goalscoring and decision making in and around the attacking areas is so important to the game. You don't get many chances to score sometimes so you want to take advantage of every opportunity

You can score in lots of different ways including:

- **Pushing**
- **Slapping**
- **Flicking**
- **Hitting**
- **Deflecting**
- **Reverse Stick**

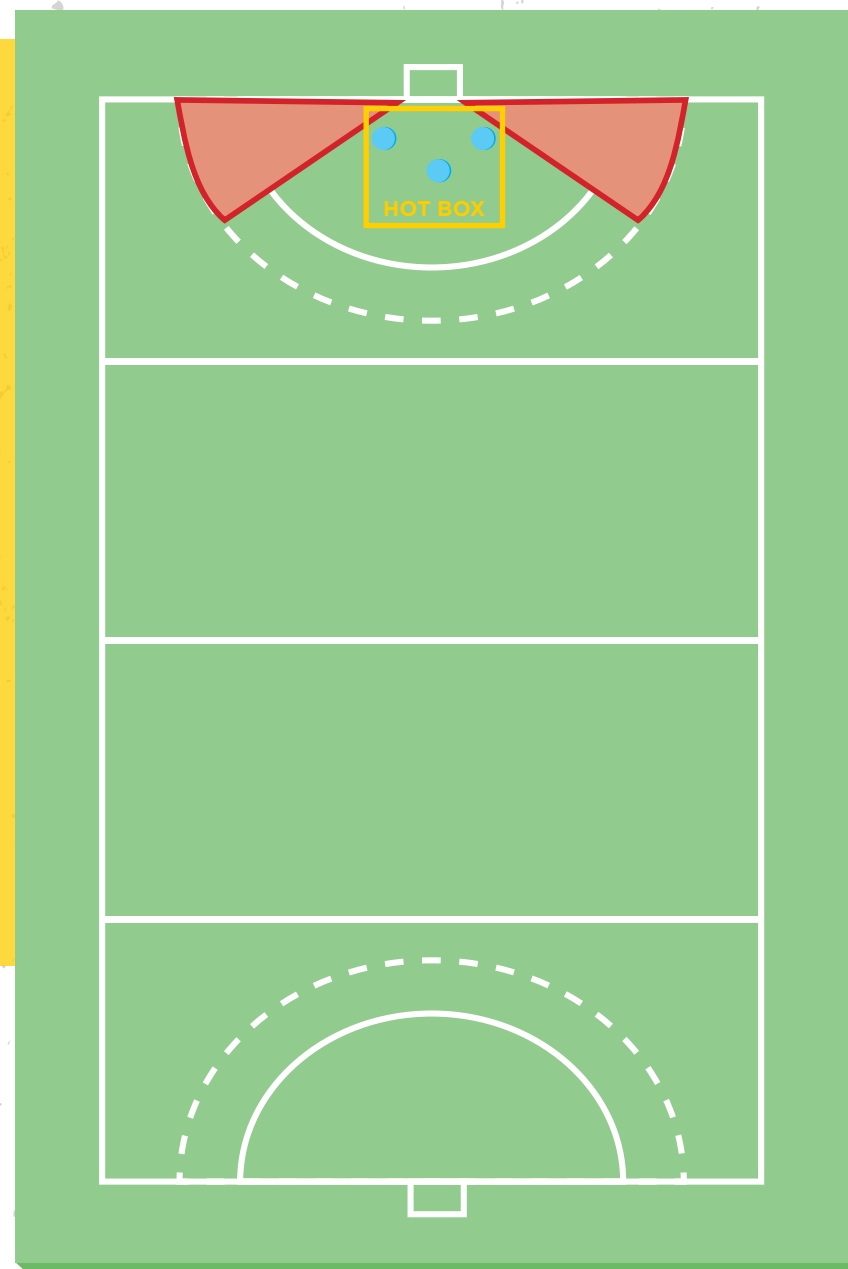
A high percentage of goals are scored in the 9 yard 'hot box' generally from pushes, flicks, deflections and rebounds off the goalkeepers. If you try to hit or slap in these areas it is likely there will be a defender close who will steal the ball off, you if you take the stick off the ball!

Less goals are scored from the top of the circle and even less from the red areas due to goalkeepers being able to react or cover the narrow angles.

The model shows that when attacking, the red areas are low percentage areas to score from. In these areas you want to get the ball into a more dangerous area to score or alternately win a penalty corner.



Did you know that at the 2018 Hockey World Cup, over 50% of goals were scored from within the 9 yard 'Hot Box'



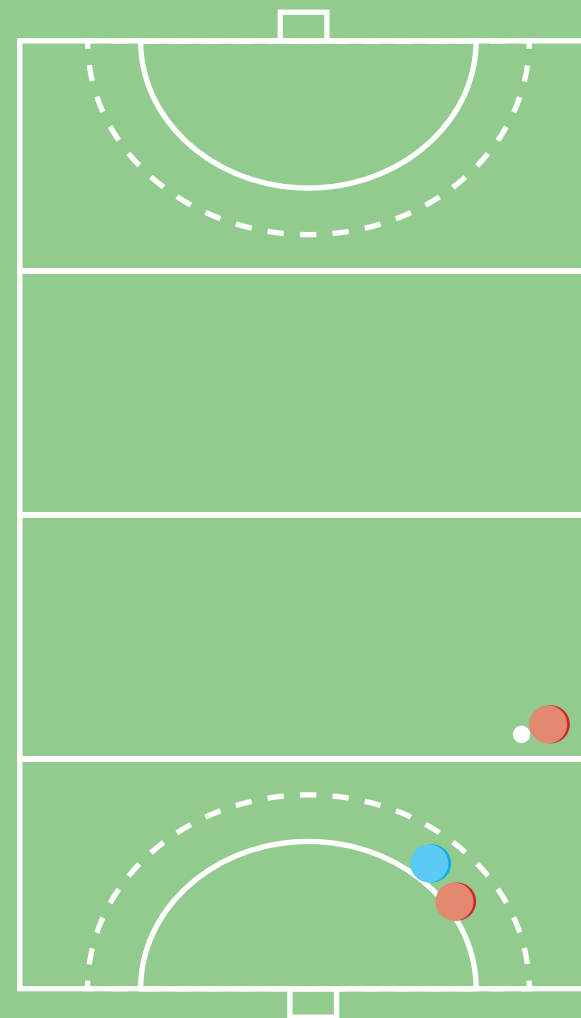
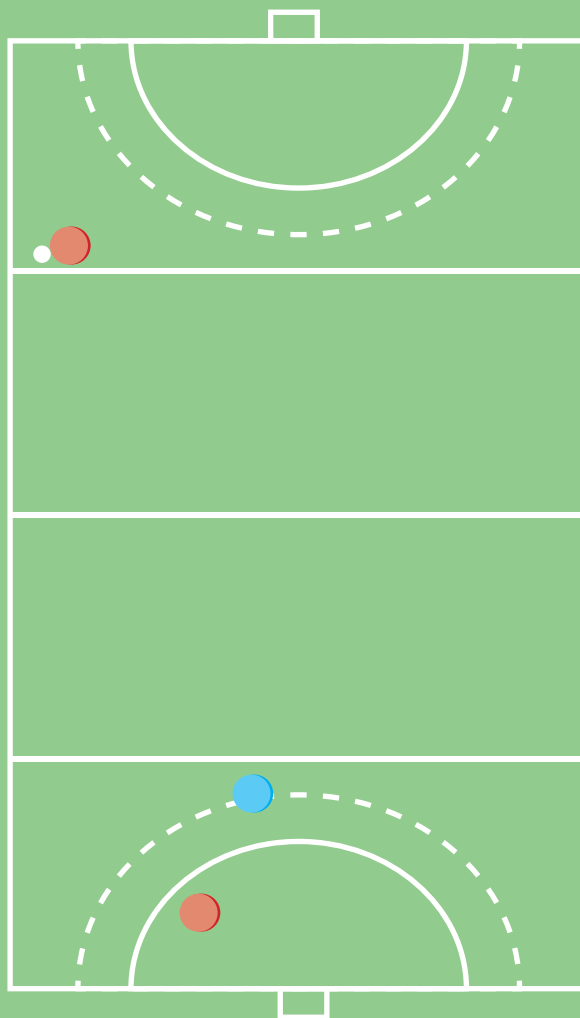
Defending / Channelling

When ball is far away, player can be further in front of opponent.

When ball is close, player must play close to opponent. That is, "In Front, In Touch."

Defensive Positioning Principles When Marking

- 1. See the player see the ball'**
 - This means you need to see the ball carrier as well as the player you are marking
 - It is important you are not 'square' to the ball where your back is to the player you are marking
- 2. Stay on the inside corridor of the opponent**
 - If the opponent is able to receive the ball, they will receive the ball on the outside in a wide position rather than in the middle of the field
- 3. Elastic Band theory**
 - As the ball carrier gets closer to you, you need to get closer to your opponent you are marking
 - This is especially in the defensive circle



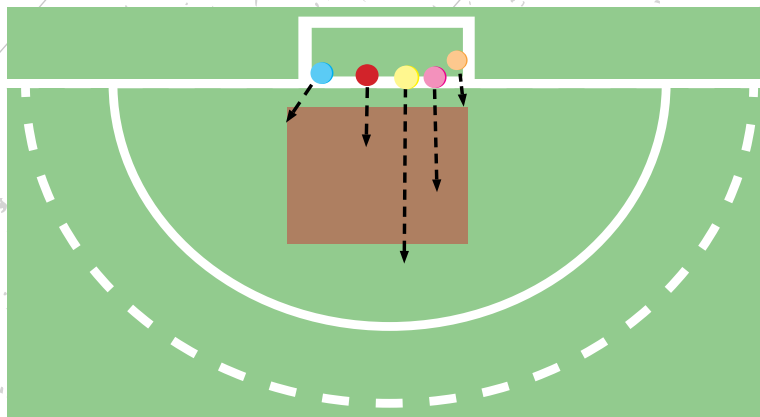
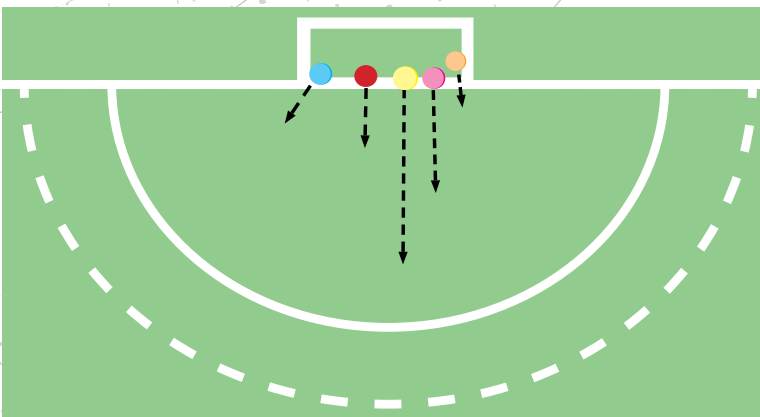
Penalty Corner Defence (PCD)



Overview

Being able to reduce the opportunity to score in Penalty Corner defence is through minimising the time and number of options available to the attacking team through how the defence 'run out'

It is important that all players in the team are aware of what the roles of everyone in a Penalty Corner Defence are in case someone is unavailable.



3:1

The most common way to defend a penalty corner. The left-hand side of the goal is protected by 3 people to force the ball to the forestick with one person responsible for the injector / right-hand side with the GK responsible for the stick side of the goal.

GK

Watches the ball then takes 2-3 steps out to reduce the angle. They also slightly off set to the right-hand side to protect the shortest distance to goal.

If you feel as a GK you are unable to cover all the angles then take one step further out. If you feel you are unable to react quick enough you can step further back to give you more time

1. Runs towards the ball direction with the stick down the line of the trajectory. Due to safety, we do not encourage you to position your body in line with the ball
2. Runs to the left of the number 1 runner to prevent any passes to their side of the circle and also prevent right sided attackers to be able to get into deflecting positions
3. In charge of the left hand post. It is important to keep your feet inside the post as it is easier to stop the ball like this then leave any ball that goes to your left
4. In charge of the space between where the ball comes out to and the injector. If the ball is slipped to the left sided attackers, this person will then go out to the ball

2:2

The other common penalty defence tactic. In this instance a 'box' is formed to allow the GK to save the initial shot and prevent variations from the opposition

- Based on the oppositions type of corners you can have a 'high box' and a 'low box' to protect different areas of the circle / opposition threats
- It is suggested that you set up for a 2:2 the same way you set up for a 3:1 so that the opposition can't suspect what you are doing

GK

Watches the ball then takes 2-3 steps out to reduce the angle. They also slightly off set to the right-hand side to protect the shortest distance to goal.

If you feel as a GK you are unable to cover all the angles then take one step further out. If you feel you are unable to react quick enough you can step further back to give you more time

In a 2:2 you may not have someone on your left post so may decide not to offset on side of the goal.

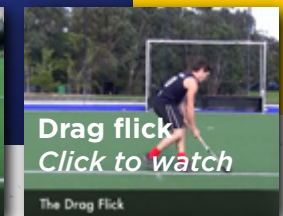
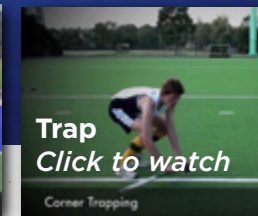
1. Runs straight to the 'high zone' of the box on the right-hand side – Be sure to get across the GK quickly to avoid blocking their view
2. Runs straight to the 'high zone' of the box on the left-hand side
3. Steps out and takes the left-hand side of the goal 'deep zone'
4. Steps out and takes the right-hand side of the goal 'deep zone'

Penalty Corner Attack (PCA)

Overview

Penalty Corners are an extremely important part of the game and can be the difference between winning or losing. Penalty corners give the attacking team the core technical components of attacking penalty corners are the:

- Injection
- Trap
- Drag Flick

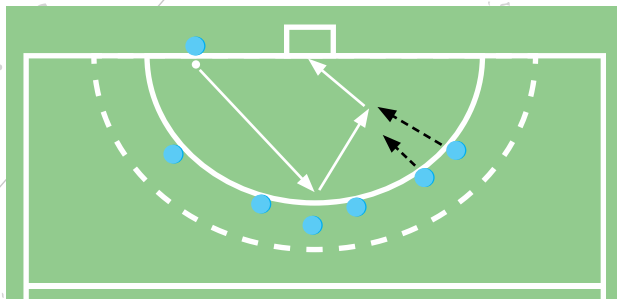


Variations

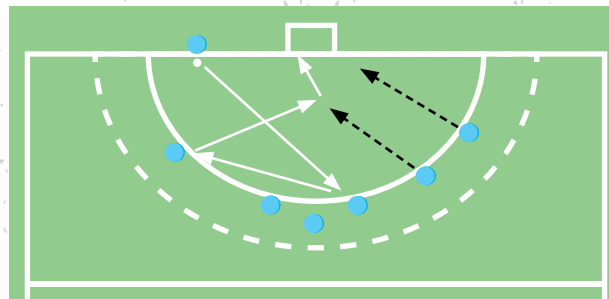
As well as scoring directly from the trap and drag flick / hit there are also lots of ways to move the ball round the opposition defence. These generally need to be well rehearsed and practiced regularly at training and can include passes to move the ball around the defence, deflections and on some rare occasions dribbling.

Variations are great but it is important that you are choosing the variation based on what the defence is or isn't doing. It is a great opportunity to be creative but the most important aspects are that it works and it can be executed consistently!

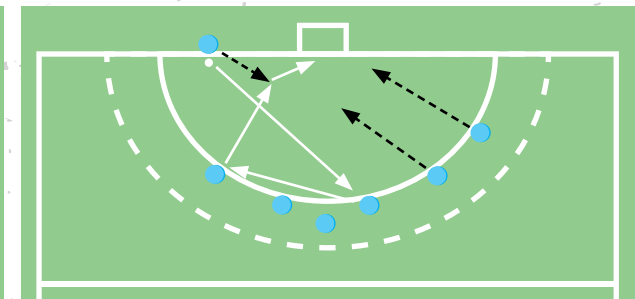
Examples include:



1. Right sided deflection



2. Left Slip deflection



3. Slip back to injector

Code of Conduct / Culture / True Sport



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TRUE SPORT +

#BRING YOUR BEST

Bring your best to every game and enjoy the challenge win, lose or draw.



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#PLAY FAIR

Play by the rules and uphold the spirit of the game. Be honourable. Know and do the right thing – on and off the field.



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#SHOW RESPECT

Demonstrate mutual respect for everyone – team mates, opposition, club, community – and treat others how you want to be treated.



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#HAVE FUN

It's a game, enjoy it! Take pride in a game well played as well as the result on the scoreboard.



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#BE HEALTHY

Look after yourself and others. Value your mental and physical health and make good choices.



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#INCLUDE ALL

Invite everyone to participate in some way and make sport more meaningful for the whole community.



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#GIVE BACK

Volunteer, lend a hand and thank those involved in bringing you the game.



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#BE SAFE

Look out for the wellbeing of those around you. Ensure the safety of others both on and off the field.

TRUE SPORT +
Click for more resources



Nutritional Tips

Eat Well the Day Before A Game

To achieve this, the focus for meals and snacks should be 'fuel foods' and fluids, and you should reduce your intake of high fat foods during this period.

The day before a game, it is important to ensure your meals contain an adequate amount of carbohydrate and you consume enough fluids.

HIGH PERFORMANCE MEALS

- ✓ Lasagne - include lots of pasta sheets with lean beef, pork or chicken, tomatoes, spinach, reduced fat cheese and a crunchy side salad or vegetables.
- ✓ Meatballs - lean beef with grated carrot and zucchini, tasty sauce, served with a rice or pasta.
- ✓ Curry - lean chicken or vegetarian with chickpeas, extra veggies and steamed rice.
- ✓ Homemade Steak Burgers - grill, small quick steaks and top with sauce, beetroot, and lots of salad on a multigrain roll.
- ✓ Pizza - uses a pre prepared thick base topped with cherry tomatoes, basil, lean ham and mozzarella.
- ✓ Stir Fry - toss lean chicken or pork with plenty of vegetables in a sweet chilli and soy sauce, and serve with thick noodles or rice.

HIGH PERFORMANCE SNACKS

- ✓ Bread, crumpets or English muffins with jam, honey or vegemite
- ✓ Fresh fruit
- ✓ Sandwich with cheese, peanut butter
- ✓ Vegetable pieces or crackers with low fat dip
- ✓ Yoghurt
- ✓ Fruit and grain bars
- ✓ Pita chips and Crackers
- ✓ Corn thins or rice cakes
- ✓ Scones, pikelets, pancakes
- ✓ Milk smoothie with fruit
- ✓ Fresh Sushi rolls
- ✓ Trail mix with nuts, seeds, dried fruit
- ✓ Canned spaghetti or baked beans





Nutritional Tips

Drink Water To Stay Hydrated



BEFORE A GAME

- Begin preparation hours prior.
- Sip 'mouthfuls of water often' throughout the day.
- Drink fluid with meals and snacks on training days and before games. This takes advantage of the electrolytes in food to ensure the water is better retained by the body, promoting optimal hydration.
- The volume of fluid needed is different for every individual. As a rough guide you should drink often until not thirsty.

DURING A GAME

- Schedule drink breaks during training and games to allow for regular hydration.
- Drink according to your thirst, this will be a sign for maintaining your hydration.
- During hot days, fluids should be kept cool to encourage greater intake and can actually help the body stay cooler.

AFTER THE GAME

- After exercise, rest and have a larger drink.
- Continue fluid intake during the hours post-exercise, along with appropriate food intake.
- Suitable fluids for recovery include water, plain and flavoured milk, liquid meal supplements or soup to provide fluid with electrolytes, carbohydrate and protein.

Avoid carbonated drinks (including soft drink) before, during and immediately after exercise as they can upset the stomach and reduce the desire to drink.

TIPS TO BE A HEALTHY PLAYER...

✓ EAT WELL

✓ WARM UP & COOL DOWN

✓ BE A TEAM PLAYER

✓ STAY HYDRATED

✓ BE SMARTER THAN SMOKING





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