

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No. I (Part-B 1)**

**Topic No. A (2)**

**Topic Name: Hockey**

**Lecture No. - 28**

**Lecture Title**

**Hockey**

**Summary**

Hockey is a game without a birthplace or birth date. There is however, evidence that the ancient “Persians” loved to chase a ball with sticks carved from head grown. In Persia, a game like polo was played on horseback. The older people when they were unable to climb the horse and the others, who could not afford the horse, started playing on feet with pebbles or with wooden balls and short sticks. It is understood from the facts provided by the history that hockey is eastern perfection.