



FAQs

Q1. What is the Indian dribble in field hockey?

Ans. The Indian dribble is a field hockey technique, first appearing at the 1956 Summer Olympics. It consists of pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey sticks.

Q2. What is the meaning of dribble?

Ans. In sports, dribbling refers to the maneuvering of a ball under the control of a single player in a given direction, while avoiding defenders' attempts to prevent this occurring.

Q3. How do you dribble in hockey?

Ans. Following are the basic procedure of dribble in hockey.

1. To set up for a straight dribble, use the basic grip.
2. Hold the stick in front and slightly to the right of your body.
3. Keep the stick in contact with the ball during the dribble — this will allow for easy passing.
4. Run forward with the ball on your stick.
5. Keep your head up and look for passing options.

Q4. What is snake dribble? Write the procedure of snake dribble.

Ans. This kind of dribble is quite different with the other dribble. Its main advantages are lifting the ball over the opponent stick and can execute speedy passes such as flick or scoop.

Procedure

1. Basic grip with stick at the right side, position of the ball at the right side.
2. Roll the ball towards left by the middle portion of the blade and the simultaneously rotated the stick clockwise by the wrist of the left hand and loose grip of right hand.
3. Simultaneously roll the ball towards right by the reverse side of the stick and vice versa.
4. Repetition is needed for mastering the skill.

Q5. What are the different styles of dribble in the hockey field?

Ans. Following are the different styles of dribble in the hockey field.

1. Straight (closed) Dribble
2. Loose Dribble
3. Indian Dribble
4. Dribbling Pull-back
5. Zig- Zag Dribble
6. Snake Dribble
7. Lift dribble and etc.

Q6. What do you know about the loose dribble in hockey field?

Write its procedure.

Ans. This type of dribbling is similar to the straight dribble, but its main advantage is speed rather than control. Instead of keeping the ball tight to the stick, the player continually taps the ball in front of the body to be able to run at near full speed. It is best used for fast-paced advancement up the field or on breakaways.

Procedure

1. Position your hands in the basic grip.
2. Hold the stick in front and slightly to the right of your body.
3. For fast travel, send the ball a few feet in front of you to increase your speed on the dribble.
4. If you are marked, use small taps close to your body to increase your control over the ball.
5. Sprint or run at a fast pace with this dribble.
6. Keep your head up and look for passing or shooting options.