



FAQs

Q1. Define goalkeeper.

Ans. One of the participants of each team on the field who wears protective equipment comprised at least headgear and who thereby has the privileges of a goalkeeper.

Q2. Write some standard procedure for a penalty stroke.

Ans. Some standard procedures for a penalty stroke are as follows;

- A. All other players must stand outside the 23 metre line.
- B. The ball is placed on the penalty spot.
- C. The player taking the stroke must stand behind and within playing distance before beginning the stroke.
- D. The goalkeeper must stand with both feet on or over the goal line and must not leave the goal line or move either foot until the ball has been played.
- E. The whistle is blown when the player taking the stroke and the player defending it are in position.
- F. The player taking the stroke must not take it until the whistle has been blown.
- G. Both players cannot delay the taking of the stroke.
- H. The player taking the stroke cannot feint at playing the ball.
- I. The player taking the stroke must push, flick or scoop the ball and is permitted to raise it to any height. A drag flick action is not allowed.
- J. The player taking the stroke must play the ball only once and must not subsequently approach either the ball or player defending the stroke .

Q3 Write the procedure for taking penalty corner in the hockey field.

Ans. The following are the procedure for taking penalty corner in the hockey field.

- A. The ball is placed on the backline inside at least 10 metres from the goal post on whichever side of the goal the attacking team prefers.
- B. An attacker pushes or hits the ball without intentionally raising it.
- C. The attacker taking the push or hit from the back-line must have at least one foot outside the field.
- D. The other attacker must be on the field, outside the circle with sticks, hands and feet not touching the ground inside the circle.
- E. No defender or attacker other than the attacker taking the push or hit from the back-line is permitted to be within the 5 metres of the ball when the push or hit is taken.

Q4. Write the procedure of defending 8 second penalty shootout.

Ans. The procedures of 8 second penalty shootout are given in the following two ways.

A. As soon as the Umpire blow whistles, the attacking player shall play the ball from the 23 metres line towards the goal to score goal same as in the normal match within 8 seconds.

B. Simultaneously the defending goalkeeper shall take his position to defend goal within 8 second time by using his skills. The goalkeeper should have excellent qualities so as to defend from scoring a goal. Practice is must.

Q5. Write a short note on ability to slide tackle.

Ans. The slide tackle is an advanced rather than basic skill. This skill is often needlessly discouraged by coaches who point out some goalkeepers' inability to recover from the initial slide, to face the rebound or to cleanly clear the ball. The slide tackle is an excellent skill to use when the oncoming forward is clear of other opponents producing a one-on-one situation. To be successful a slide tackle must be executed quickly, sliding on the left pad, using the left hand as support to keep the torso upright.

Q6. When do the penalty corners is awarded?

Ans. A penalty corner is awarded when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending or for a deliberate infringement within the defensive 23-metre area.