



## **A STUDY OF IMPROVED DIFFERENT EXPERTISE AND ASSISTANCES IN MEN'S AND WOMEN'S HOCKEY IN INDIA**

**Prof. Ramesh Bansod**

Researcher , Shibhedarramji Ambedkar Physical Education College,  
Hinganghat, Dist. Wardha.

### **ABSTRACT:-**

Hockey is a sport in which two teams play against each other by trying to manoeuvre a ball or a puck into the opponent's goal using a hockey stick. There are many types of hockey such as bandy, field hockey, ice hockey and rink hockey. In most of the world, the term hockey by itself refers to field hockey, while in Canada, the United States, Finland, Sweden, Latvia, the Czech Republic and Slovakia, the term usually refers to ice hockey.

### **INTRODUCTION:-**

Hockey is a kind of game wherein players attempt to get focuses by hitting an article into the other group's objective with a stick. Others accept hockey came from the French word "hoquet" which means shepherd's stick. James Creighton, an architect who figured out how to play the round of hockey while living in Nova Scotia, is attributed for carrying the game to another level. He showed his companions at McGill University in Montreal how to play the game. There are three primary ways that hockey is played. Lay the game. There are three principle ways that hockey is played. Field hockey is played with a ball on grass or AstroTurf. There are eleven parts in each group. Field hockey is typically played outside, however there is indoor field hockey. Field hockey is played in the Summer Olympic Games. Ice hockey is played on ice. Players in each group wear ice skates. They attempt to hit a little elastic plate called a hockey puck into the other group's objective. There are up to 6 players on the ice at a time for each group. It very well may be played inside or outside. Experts play inside in fields.

### **ORIGIN OF HOCKEY**

Hockey is similar to an ancient game played in Scotland called shinty. Hockey is often played at schools in the UK but its origins are unclear. Later came ice hockey, which

developed in Canada. It was found that its origin is in Indian Punjabis' game "KhidoKhundi".

Games played with curved sticks and a ball can be found in the histories of many cultures. In Egypt, 4000-year-old carvings feature teams with sticks and a projectile, hurling dates to before 1272 BC in Ireland, and there is a depiction from approximately 600 BC in Ancient Greece, where the game may have been called kerētizein because it was played with a horn or horn-like stick. In Inner Mongolia, the Daur people have been playing beikou, a game similar to modern field hockey, for about 1,000 years.

Most evidence of hockey-like games during the middle Ages is found in legislation concerning sports and games. The Galway Statute enacted in Ireland in 1527 banned certain types of ball games, including games using "hooked" sticks.

### **METHODOLOGY OF HOCKEY**

Field hockey, also called hockey, outdoor game played by two opposing teams of 11 players each who use sticks curved at the striking end to hit a small, hard ball into their opponent's goal. It is called field hockey to distinguish it from the similar game played on ice.

The game is played by two teams of 11 players on a rectangular ground. The field is 100 yards (91.4 metres) long and 60 yards (55 metres) wide, and it is marked with a centre line and two 25-yard lines. The goals are 4 yards (3.66 metres) wide and 7 feet (2.13 metres) high. For a goal (which counts for one point) to be scored, the ball must go into the goal and, while within the shooting circle (semicircle), must have been touched by the stick of an attacker. The ball was originally a cricket ball (cork centre, string-wound, and covered with leather), but plastic balls are also approved. It is about 9 inches (23 cm) in circumference. The stick is usually 36 to 38 inches (about 1 metre) long and weighs 12 to 28 ounces (340 to 790 grams). Only the flat left side of the stick may be used to strike the ball.

There are various fouls in field hockey. The off-side rule, which is designed to prevent a player from getting an advantage by staying up the field ahead of the ball and ahead of fewer than two members of the opposing team, was dropped after the 1996 Olympics. Raising the stick above the shoulder while playing the ball is illegal. Stopping the ball with the hand is a foul, as is stopping it with the body or foot. Causing a dangerous play by raising the ball by undercutting it, as well as hooking an opponent's stick, are also fouls. Finally, there is the obstruction rule: a player is not permitted to obstruct an opponent by putting his stick or any part of his body between the opponent and the ball or by running between the opponent and the ball. Most fouls are penalized by giving the opposition a free hit from the point of infraction. There is one umpire for each half of the field.

## TECHNOLOGIES IN HOCKEY

### 1. Coach's Eye

An affordable mobile app that gives you easy and convenient access to match or training footage and can be used on any Apple and Android device. It's ideal for practicing penalty corners as it provides instant feedback and slow-motion replay in high definition.

The basic app can be downloaded for free giving you basic playback, while the subscribed functionality provides access to powerful Drawing Tools and features like coach integration. Drawing Tools allow you to identify potential technical weaknesses and offers detailed biomechanics analysis while the video itself provides context to their explanation.

### 2. PlayerTek

The World's first GPS tracker was initially designed for football players but is set to be rolled out for hockey in the near future. A pod with the latest high precision sensors and GPS technology is worn on the back of your player's shirt. It aids player empowerment by allowing individuals to track their own physical and movement stats from a game or training session. The football version even allows direct comparisons against Premier League players.

### 3. Sport AV

So far a lot of focus has been on video platforms and filming equipment but to get proper footage worth analyzing, getting an elevated viewpoint for a camera is essential. Sport AV are global suppliers of sport masts that allow elevated filming. Their pioneer product is an aluminum-sports Mast with integrated weatherproof and portable technologies that shoot up into the air. Although the company can provide cameras, your own cameras can be attached and used as well. The camera can either capture live footage or be uploaded to another system. They even have a mast that can be raised and then film from seventeen metres. In April 2016, the FIH purchased a 17m mast that will be used to film matches taking place at the Rio Olympics.

## Assistances in Hockey

### 1. First Touch (Trapping)

Your first touch or "trapping" is the ability to **receive the ball under control** and head in the direction of where the space is. **A good first touch will give you more time to look up** to see what to do next. It will help to pre-scan before you get the ball to identify where the space is for your next move.

For example you could use **hard hands to receive into space in front** of you or it could be using **soft hands to allow the ball across your body**. You could also move the ball to the left or right of your player with your first touch to create space and receive balls into space (front side and upright reverse).

## 2. Hit

This is a Assistance which a lot of players struggle to master because there are so many factors to consider such as **foot position, ball position, head position, body position, hip rotation, the swing, grip, wrist action, follow through**, etc.

## 3. Leading & Positioning

Players need to be able get into good positions if they want to receive the ball. Leading well allows you to have **more time on the ball** and to make better decisions. There are various **types of leads** you can make and can vary depending upon your position.

**Timing** is a crucial factor to consider as a great lead is not great unless your timing is spot on. Great leading comes from **understanding the player on the ball** as well as your ability to **anticipate what is going to happen next**.

## 4. Passing

Good plays come from accurate passing so it is a crucial aspect to cover. This point could be a number of different Assistance which also depends on the position you play.

### For example:

**A defender** may want to focus on their fake slapping or overheads.

**A midfielder** may want to work on passing off the right foot or lifted passes into space.

**A striker** may want to work on 2 v 1's or one-touch passing.

## CONCLUSION

Practicing this game aids in developing coordination abilities, improves hand-eye reflexes and improves agility. Improved body coordination and balance: In ice hockey, players must pass and receive pucks that are traveling quickly across the ice, and field hockey players must do the same with a ball.

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