

**Subject: Physical Education**

**Level: Form Three**

**Topic: Sport Skills - Hockey**

**Goalkeeping in Hockey**

**Sub Topic: Goal Keeping**

- **The Goalkeeper**
- **Attire and Equipment**
- **Rules and Regulations**

### **Goal Keeping in Hockey**

The game of hockey is played between two teams of 11 players, 10 are field players and one goalkeeper.

11 players are permitted to be on the pitch at any one time. The responsibility of the goalkeeper is to defend the goal post and prevent the other team from hitting a goal.

The goalkeepers on both teams wear different colours from their teammates. It is very important for a goalkeeper to be well protected. If they do not feel protected they will most likely not be confident.

**The goalkeeper should be:**

- **fast and agile**
- **skilled with both right foot and left foot**
- **able to judge the shooting angle and close it down**
- **a good communicator and be able to organize the defense**
- **able to go down in a correct manner in defense and get back to a standing position to save the straight shots toward the goal**

## Goalkeeping Attire

The goalkeeper wears long sleeved coloured padded jersey for protection of their arms, elbows and shoulders.

This helps the goalkeeper to stand out when he/she decides to catch or punch the ball.

The bright colour will help the referee get a clearer view of fouls committed on the goalkeeper.

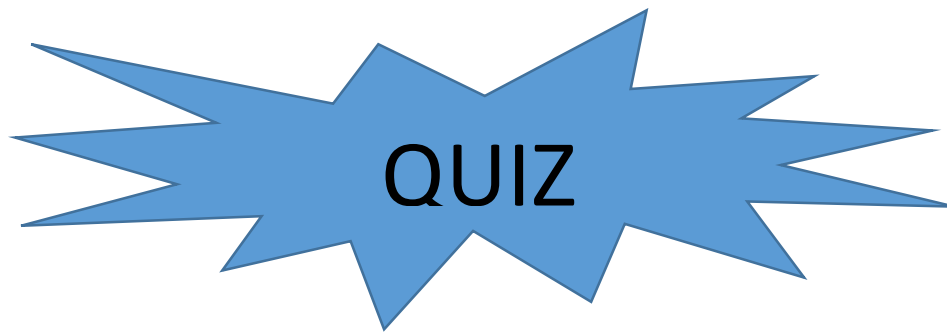
The goalkeeper wears padded shorts which protects him/her when he/she dives onto hard ground or artificial surfaces. It protects him/her from cuts and burns when he/she is involved in high impact falls and landing.

## A goalkeeper should have:

- helmet
- throat protector
- chest protector
- hockey stick
- arm guards
- left and right hand protectors
- kickers
- different colour shirt
- groin protectors (male)
- pelvic protectors (female)
- leg guards

## Some basic rules for the goalkeeper in play

- Goalkeepers must not take part in the match outside the 23 metre area they are defending except when they are taking a penalty stroke.
- Protective headgear must be worn at all times except when taking a penalty stroke.
- In the circle, goalkeepers are permitted to use their stick, feet, kickers, legs or leg guards or any other part of their body to deflect the ball over the back line or play the ball in another direction.
- Goalkeepers must not lie on the ball.
- When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick.
- Goalkeepers are not permitted to conduct themselves in a manner that is dangerous to other players by using their protective equipment as an advantage.



**Instructions:**

- **Read each question/statement carefully and provide a suitable response.**
1. How many players are on a hockey team?
  2. What is the main responsibility of the goalkeeper in the game of hockey?
  3. State five (5) pieces of equipment a goalkeeper should wear.
  4. What piece of equipment a goalkeeper should remove when taking a penalty stroke?
  5. List two (2) pieces of equipment goalkeepers are permitted to use inside the circle.
  6. Which piece of equipment is the goalkeeper permitted to use when the ball is outside the area he/she is defending?
  7. State three (3) basic skills which are needed to be an effective goalkeeper.
  8. Why does the goalkeeper wear padded shorts?
  9. Why is the goalkeeper's jersey different from their teammates?

**The answers are on the next page.**



## Answer Key

1. How many players are on a hockey team?

**There are 11 players on a hockey team.**

2. What is the main responsibility of the goalkeeper in the game of hockey?

**The responsibility of the goalkeeper is to defend the goal post and prevent the other team from hitting a goal.**

3. State five (5) pieces of equipment a goalkeeper should wear?

**Any five from this list: helmet, arm guards, groin protectors (male), throat protector, left and right hand protectors, pelvic protectors (female), chest protector, kickers, leg guards, hockey stick, coloured shirt**

4. What piece of equipment a goalkeeper should remove when taking a penalty stroke?

**The goalkeeper should remove the helmet.**

5. List two (2) pieces of equipment goalkeepers are permitted to use inside the circle?

- **hockey stick, feet, kickers, legs or leg guards or any other part of their body**

6. Which piece of equipment is the goalkeeper permitted to use when the ball is outside the area he/she is defending?

**The goalkeeper is permitted to use the hockey stick.**

7. State three (3) basic skills which are needed to be an effective goalkeeper?

**fast and agile, skilled with right foot and left foot, able to judge the shooting angle and close it down, a good communicator and be able to organize the defense, able to go down in a correct manner at in defense and get back to a standing position, to save the straight shots towards the goal.**

8. Why does the goalkeeper wear a padded shorts?

**They wear padded shorts because it protects them from cuts and burns when they dive or fall on hard surfaces.**

9. Why the goalkeeper's jersey different from their teammates?

**The coloured jersey helps the goalkeeper to stand out when he decides to catch or punch the ball, the bright colour will help the referee to have a clearer view of fouls on goalkeepers.**