

## VOLUME 5

### SEPTEMBER 1991

Hello everybody! Welcome to another season of fun, sorrow and adventure! I hope everyone has had a good summer and is ready to give their all once again, in pursuit of the perfect hockey game!

This is the first Newsletter we've done since last December - not all our fault! We do rely on you to give us the incentive to write and we haven't heard much from anyone recently.

However this issue has some very good advice re fitness training and a few tricky questions for you.

There are one or two experimental rules to be tried out but **not** in ordinary club games. They are to be tested on the youngsters; the U21, U18 and U16 county teams are to try a system which uses five substitutes not three, and they can use them at will as in indoor hockey. A player can go off and return to the field as often as needed unless they have been suspended. There is no time stoppage for the substitutions which have to be made at the centre line, but those teams ending up with twelve or more people on the pitch at any time have a penalty corner awarded against them. Although it is limited officially to the younger teams it can be used in tournament rule if so desired.

This has been brought in after requests from the Olympic Committee asking for the game to be speeded up as there are too many stoppages. The other thought in the pipeline is for the number of players to be reduced to about nine. Comments have to be passed back to the West and onto the rules board before Christmas so let me have any observations please.

I look forward to seeing you at the coaching sessions or at the open meetings. Please contact us if there is anything you would like to see in the Newsletter. Have a good season.

Liz Powell

#### **DATES FOR YOUR DIARY:**

AEWHA/HA PRELIMINARY AWARD SESSIONS - SEPTEMBER 3, 5, 8 OR 15, & 21st

BEGINNERS COACHING - SEPTEMBER 3rd and 8th

COACHING FOR "C"s - NOVEMBER (to be advised)

#### **COMMITTEE MEMBERS 1991/92**

Chairman: Liz Powell (Bennison)

Secretary: John James

Treasurer: Peter Lovell

Committee: Lynda Watts

John Burr

Jo West

Richard Powell

## **SOMETHING TO TEASE THE BRAIN!**

CHOOSE ONE ANSWER

### **1. A hockey stick must be**

- a. made of wood
- b. not more than 28ozs in weight
- c. between 12 and 28ozs in weight and not more than 5.1 cm thick inclusive of binding
- d. between 12 and 28ozs in weight and not more than 5.1 cm thick exclusive of binding

### **2. The rules for the ball state that:**

- a. plastic dimple balls may not be used on grass
- b. balls must be solid and coloured white
- c. balls may be made of plastic or leather provided they are not seamed
- d. any ball may be used provided it is between 156 and 163 grams in weight and between 22.4 and 23.5cms in circumference

### **3. The goalkeeper:**

- a. may wear a shirt of the same colour as the team provided it is worn over the body protection
- b. may wear leg pads measuring up to 14in wide when worn
- c. must wear a helmet, gauntlets, pads, kickers, elbow protectors and body protection at all times
- d. may not wear gauntlets with the fingers bound together

### **4. A team:**

- a. must have 11 players on the pitch
- b. must have a goalkeeper or someone nominated to defend the goal
- c. must have three substitutes available
- d. need not change ends at half time if the two captains agree

### **5. The pass back:**

- a. is used only to start each half of the game
- b. requires that all the players except the player taking the pass back be five yards from the ball
- c. is used to restart after there has been a long stoppage for injury
- d. may not travel along the centre line

### **6. The umpire:**

- a. may award hit in decisions on the far side of the pitch
- b. should change ends at half time
- c. may not give penalty corners in the other umpire's circle
- d. should award free hits to the defence in the other circle when the attackers kick the ball into that goal

## 7. The bully

- a. is taken to restart the game after time has been stopped
- b. may be ordered by an umpire anywhere on the field of play
- c. should be used to restart the game after an injury when there has been no offence
- d. when there has been an injury in the circle, should be taken where the injury took place but not within 5yds of the back line

## TAKE CARE OF YOUR HAMSTRINGS!

It is important to have good hamstring flexibility as these muscles are used in everything you do, i.e. running and playing sports.

Hockey in particular, is a sport that requires supple hamstrings. Reaching to receive the ball onto the stick, reaching into the tackle and swinging through the shot at goal are just a few examples where flexible hamstrings are important. Yet, many hockey players demonstrate poor ratings on hamstring flexibility when fitness tested.

It is essential also that hockey **UMPIRES** have flexible hamstrings in order to facilitate movement on the important arc into the circle. There are several cases each season where umpires sustain hamstring pulls or 'tears' because their hamstring flexibility is poor. So, let's do something about it now in preparation for the new season.

Try these exercises to improve the flexibility of your **HAMSTRINGS**. Make sure the body is warmed up and stretch in a warm environment. Use the method 'stretch and hold' technique. **DO NOT** bounce whilst stretching as this creates a great deal of unwanted muscle tension which can cause a strain or tear and can also lead to muscle soreness.

- a. Stand, one foot just in front of the other. Bend front leg with hands on knee to support the back. Keep the back leg straight. Bend down over the front leg until stretch at the back of the straight leg can be felt.
- b. Stand, place front leg straight in front of you tipped on heel. Bend back leg and place hands on one or both knees for support. Bend down over front leg until stretch can be felt at back of straight leg.
- c. Lie on back. Bend one leg, foot on floor. Pull the other leg gently towards face.
- d. Sitting. Rest sole of left foot against extended right leg. Move hands down towards ankle. Bend from hips not from back.

LYN GOODLIFFE

LECTURER IN PHYSICAL EDUCATION AT UNIVERSITY OF BRISTOL