



Point system in field hockey: An attempt to increase dribbling skills and scoring of field goals

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Abstract

Field hockey is a sport involving eleven player per team including the goal keeper. It is currently being played both by men and women in about 112 countries of the world and ranks among the top six sports in the world. The game is currently being played on a grass field, turf field or synthetic field as well as on indoor board surface. The current scoring method induces the players to aim for penalty corners both by legitimate and illegitimate ways of late, increase in this type of scoring has reduced the charm and skill of dribbling and scoring field goals. It is suggested to implement point method for scoring, i.e. three points for a field goal, two points for a penalty corner goal and one point for a penalty stroke goal.

Keywords: field hockey, goal keeper, dribbling skills, scoring, field goals

Introduction

Field hockey or simply “Hockey” is a team sport involving eleven player per team including the goal keeper. It is currently being played both by men and women in about 112 countries of the world and ranks among the top six sports in the world. The earliest origins of the game date back to the Middle Ages in England, Scotland, France and the Netherlands. The game can be played on a grass field, turf field or synthetic field as well as on indoor board surface ^[1]. The governing body of hockey is the International Hockey Federation (FIH) ^[2]. Watching the game of hockey used to be very thrilling and entertaining when dribbling of the ball with the stick in an artistic way was dominating the game. Dribbling skills of hockey players attracted fans. But of late, the results of the matches are mostly decided by converting penalty corners (short corners) into goals. Earning a penalty corner by pushing the ball onto the body of the opponent player is very unsportsmanlike. However, converting such a dubiously earned penalty corners into goals, a team can win the match. Such unsportsmanlike action slowly putting an end to the dribbling skills of the players since players are keener to earn a penalty corner and convert it into a goal. To make the game of hockey very interesting and thrilling to watch and also to make it very competitive, the author suggests the following changes in the game of hockey.

2. Recommended changes

Like in The Game of Basketball ^[3], Each Goal in the Game of

Field Hockey Should be Given A Point / Value.

In basketball the points / values are calculated for each goal in the following manner.

1. Goal released from a free throw area – 1 point.
2. Goal released from the 2nd Point field – 2 points.
3. Goal released from the 3rd Point field – 3 points.

The author suggests that in hockey, Points for goals should be calculated in the following manner:

1. One penalty spot goal – 1 point.
2. One penalty corner goal – 2 points
3. One field goal – 3 points.

Teams tend to score more field goals to earn more points. This would definitely improve the dribbling skills of the players and make the game of hockey very interesting, thrilling and competitive.

The overall dimensions of the hockey ground need not be changed. But an increase in the size of ‘D’ by another 5 feet would make scoring in penalty corners more difficult. Other rules pertaining to the point / value added system may be changed accordingly.

3. Summary

To make the game of Field Hockey more challenging and to infuse dribbling skills among players, point system for goals scored is to be implemented. The highest points of three for one field goal, two points for a penalty corner goal and one point for a penalty stroke goal.

4. References

1. <http://fieldhockey.isport.com/fieldhockey-guides/history-of-field-hockey>
2. FIH. Rules of hockey including explanations. The International Hockey Federation, 2016, 68.
3. FIBA. Official basketball rules. Fédération internationale de basket-ball, 2017, 90.