



Field Hockey Alberta
Unit 4, 10329 – 61 Avenue
Edmonton, Alberta
T6H 1K9

Phone: 780-760-2180
Fax: 780-761-2180
Email: collin@fieldhockey.ab.ca
www.fieldhockey.ab.ca

Community League Program

What would be involved

- Junior program will run from September to October and if the weather holds out into November.
- Field Hockey Alberta would supply the sticks and balls.
- Kids would need shin guards (same shin guards used in soccer).
- Mouth guards will be provided.
- Cost will be \$45 plus a \$15 FHA Membership (an insurance fee).
- Age for the kids involved in the program will be from 5 – 10 years old.
- Practice will be an hour long on the days of the Community Leagues choosing.

About Field Hockey

What is Field Hockey?

Field Hockey, or Hockey, is a team sport in which a team of players (11 players full field, 7 players half field) attempts to score goals by hitting, pushing or flicking a ball into an opposing team's goal using sticks. It is most commonly known simply as "hockey"; however, the name *field hockey* is used in countries in which the word *hockey* is generally reserved for another form of hockey, such as ice hockey or street hockey.

Many countries have extensive club competitions for junior and senior players. Despite the large number of participants—hockey is thought to be the field team sport with the third largest number of participants worldwide (the first being association football and second being Cricket)—club hockey is not a large spectator sport and few players play as full-time professionals. Hockey is a sport played internationally by both males and females.

Who Plays Field Hockey?

All ages across the globe play field hockey. All different cultures from all over the world play including the Middle East, Asia, Europe, Africa, North and South America. Kids of all ages can play, from 4 year olds up to 80 year olds. This is truly a sport that is played around the world with a large participation rate. Some countries who are considered field hockey power houses include: England, The Netherlands, Germany, Australia, Spain, Argentina, China, Pakistan and India.

Major International Events

- Olympic Games
- World Cup
- Champions Trophy
- Champions Challenge 1 & 2
- Pan American Games
- Commonwealth Games

For more information about field hockey you can look at the Federation of International Hockey (FIH) website at www.fihockey.org.

If you would like to see what a game of field hockey looks like I would suggest looking at www.laola1.tv/en/int/worldhockey/video/206--.html. It has games from World Cups and Champions Trophy games.