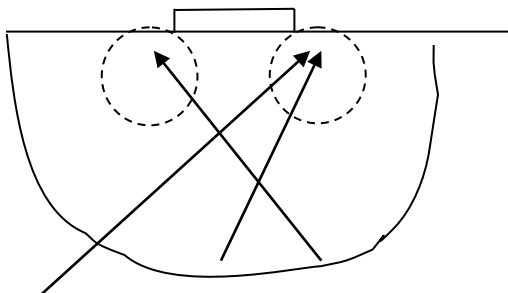


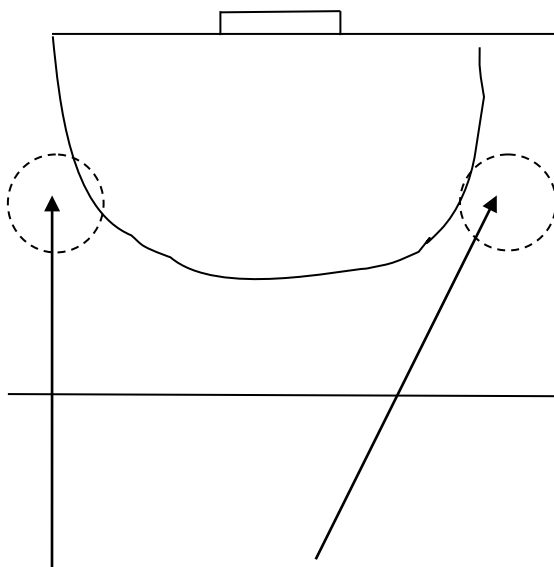
A Picture is Worth Lots of Words!
Where the forwards can be because there is No Offside in Field Hockey



Forwards must get to the area to the side of the posts on penalty corners and inside the 25 yard attacking area of the field

This positioning of two forwards will ensure that any shots wide of the goal can be deflected in.

What this positioning does is “increase the width of the goal”!



Forwards must get inside the 25 yard attacking area of the field when the team moves the ball into attack.

This positioning of two forwards will ensure that with one pass, a team can have the ball in the attacking 25 yard area.

What this positioning does is “stretch the defense” and open more space for the midfield.

Because there is No Offside in field hockey, the high forwards now do the most running on the field than any other player. They have to get as high up the field every time the team gets the ball and then they have to come back to help to defend. Teams now substitute their high forwards more often than any other position on the field.