The History of Field Hockey

Field Hockey had started more the four thousand years ago in Egypt. Field hockey is the oldest sport played with a ball and stick. In 1849 the field hockey ball was just a black cube. In 1849 was the first women’s field hockey club. Also in the 1800’s in England the sport that we know as field hockey became a sport.

The equipment you need to play field hockey are shin guards, mouth guards, goggles, cleats, skirt, and jersey. The shin guard protects your shins from getting hit by the ball or from getting kicked. The mouth guard protects your mouth and teeth from getting hit by a stick or a ball. The goggles protect your eyes and nose from getting hit by the ball or with a stick. The cleats protects your feet from getting stepped on, or getting hit with the stick, they also have hard plastic nubs on the bottom of the shoe to give grip. You wear the skirt and jersey to move easier and to tell what team you are on.

The object of the game is to try to move across the field by passing the ball with your stick to the other players on your team to get it to your goal. When you get a goal you get a point for your team. The other team tries to steal the ball in order to get it in our goal to get there team a point. The team with the highest score wins.

There are many famous people that play field hockey. Some of them are the actresses Julia Ormond, Emma Watson, Rachel Mc Adams, and Leven Rambin. Another famous field hockey player is Mady Gosselin, the daughter of Kate and Jon Gosselin from the show “Jon and Kate plus eight.”

In conclusion, field hockey takes dedication, integrity, passion, and it’s a very complex sport. Also remember it is the oldest sport ever that I personally think it is very neat.