



# West Vancouver Field Hockey Club

## *"The home of North Shore Field Hockey"*

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### Protective Face Masks

#### Why do we wear face masks:

Face Masks are worn to reduce the risk of facial injury to defending players in a penalty corner defence. Hits at goal in penalty corners can be deflected up into the air or at more advanced levels players may use the drag flick skill to lift the ball into the net to score.

#### Who should wear them:

- Players situated "deep" in defence should wear them. This normally includes the post player/s and the #2 runner (See the diagram below)
- If your #2 runner is running to the top of the circle the 2<sup>nd</sup> mask should be worn by the #3 runner
- The #1 runner (or other players) who runs to the top of the circle do not require a facemask

#### Where can they be worn:

- Facemasks may only be at the start of a penalty corner
- The masks should be stored behind the goal your team is defending.
- Once the corner has started they can be worn in the defending 23m area ONLY.

#### Facemask removal:

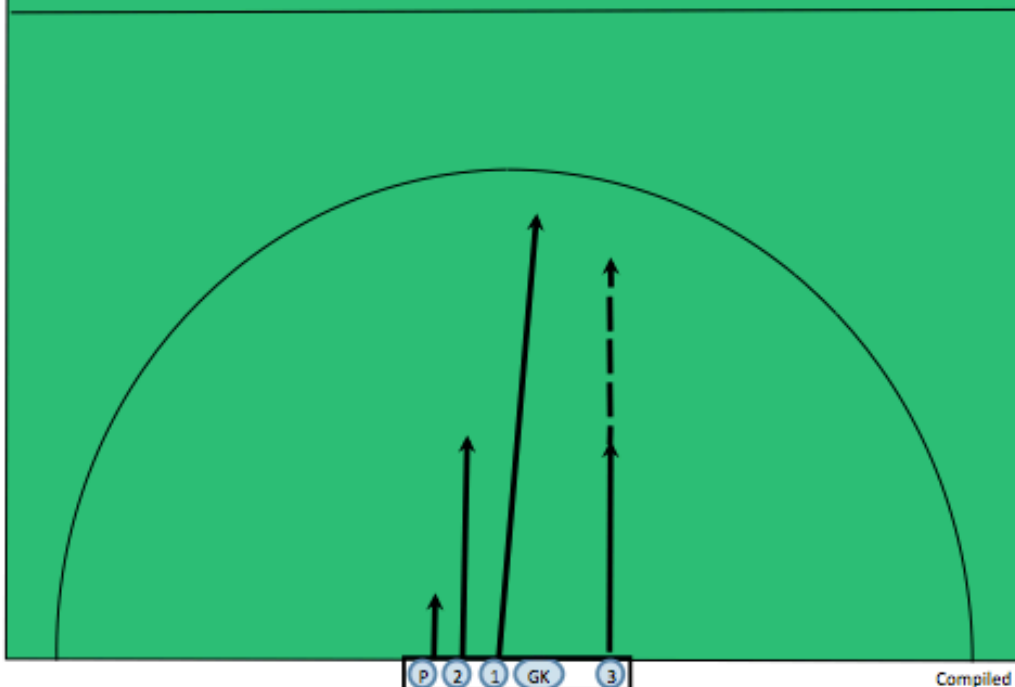
- Can be removed once the corner is over (ie. A goal has been scored or a 16m hit for defence)
- If they play continues, players should remove the masks when it is safe to do so
- The masks must be thrown OFF the field of play– GK's should help to clear any mask that is on the field
- If the mask falls inside the circle while a team is attacking the circle a penalty corner should be awarded to the attacking team

#### Important information:

- ✓✓ Please ensure your team trains with a facemask before the first game. It does take some getting used to.
- ✓✓ The facemask should fit tightly on the head and allow players a clear view. If the strapping is too loose the mask will move and obstruct the view
- ✓✓ Facemasks are expensive. Please ensure that you collect the mask from the goal after every match/practice

## Penalty Corner - Defence

- \* **#1 Runner** - Pressure to battery (squash racquet vs cricket bat), stay mobile on variations
- \* **#2 Runner** - Out to mid circle to pressure deflections/variations - strong body position needed for contact. Box out on rebounds
- \* **#3 Runner** - Out to mid circle to pressure deflections/variations - strong body position needed for contact. Box out on rebounds. Also ready to go on bunt
- \* **Post Man** - Stop the ball, clear pads, deny deflections. Box out on rebounds



Compiled by Geoff Matthews