

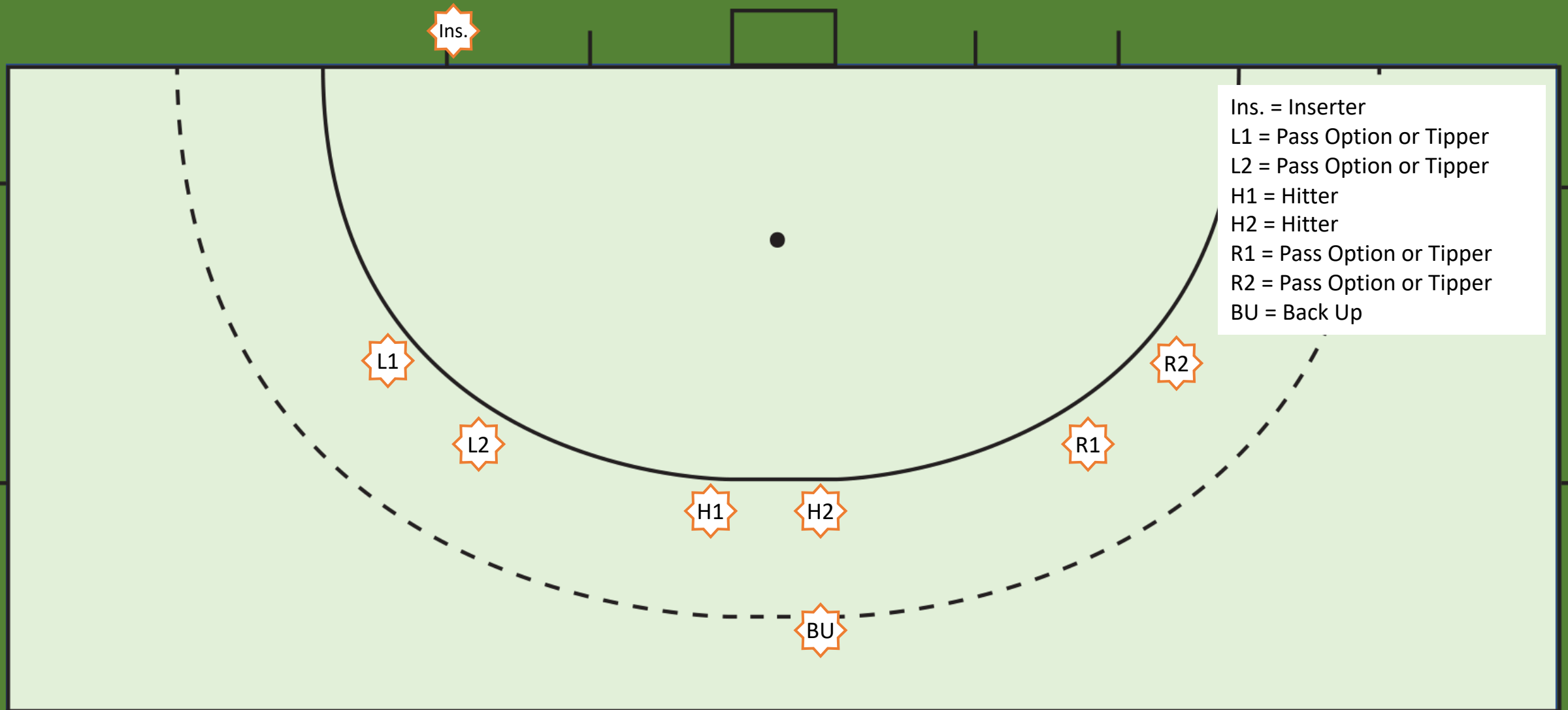
A diagram of a field hockey penalty corner area. It features a light green background with a white rectangular area in the center. Inside this white area, there is a semi-circular shape defined by a solid line (the inner boundary) and a dashed line (the outer boundary). The text is centered within this semi-circular area.

FIELD HOCKEY

PENALTY CORNERS

Positions and Basic Tactics

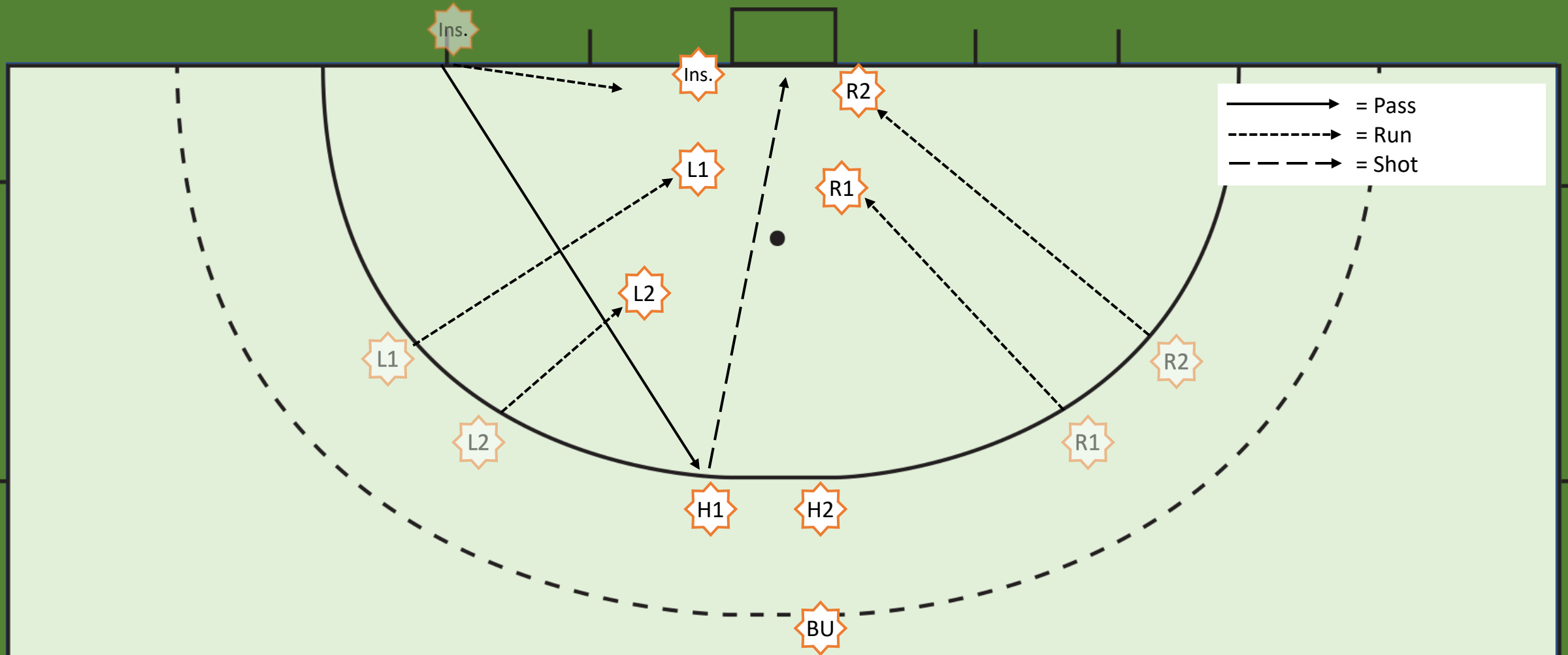
ATTACK PENALTY CORNER / SET UP



ATTACK PENALTY CORNER / POSITIONS

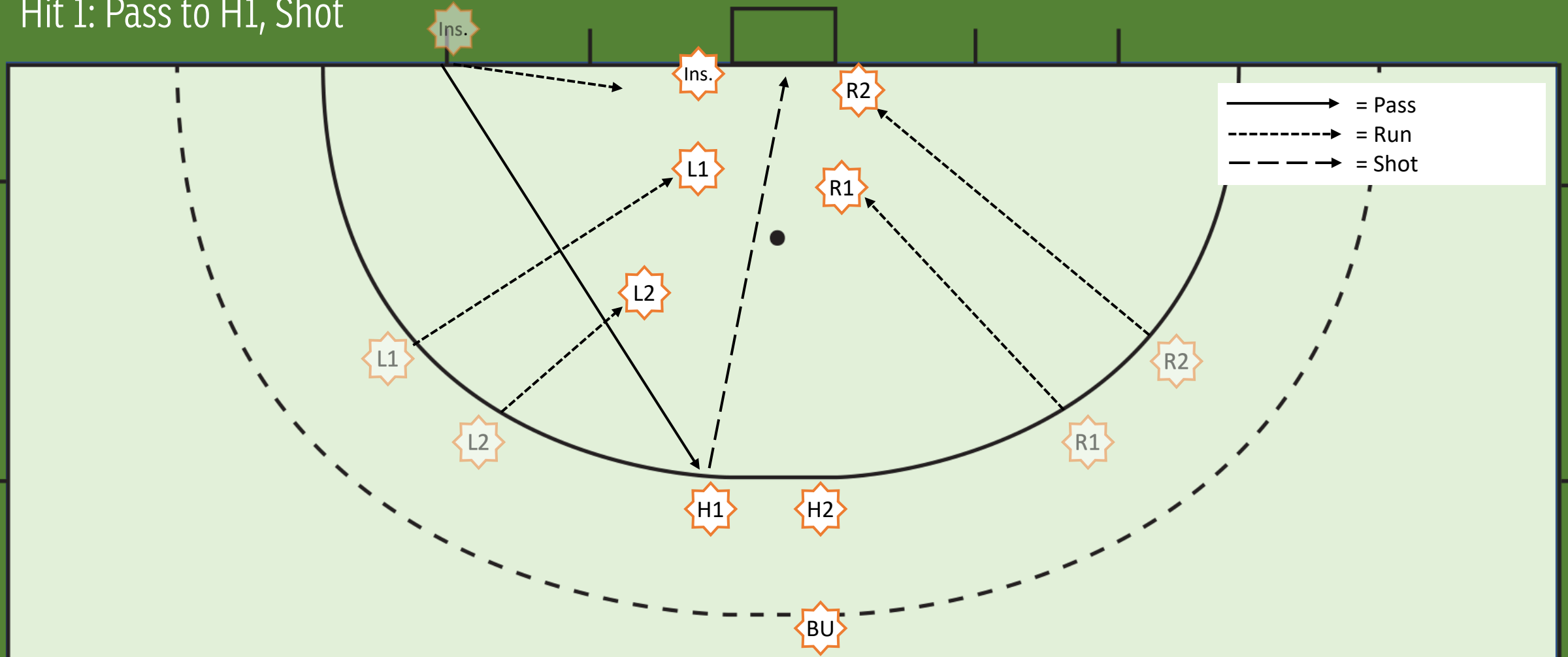
- **Inserter** — begins the play and injects the ball to the hitter
- **L1, L2, R1, R2** — these players can:
 - be an option for a pass from a hitter or
 - be an option to receive a pass from from the inserter or
 - run in to deflect a shot or collect a rebound
- **Hitter** — takes the shot from the top of the circle
 - Keep in mind...on a penalty corner, the ball must first be received outside of the circle, then must be brought back inside the circle for the shot to score
- **Back Up** — stands behind the hitters to collect any missed passes
- **What about the other players?**
 - Other players not involved in the penalty corners stand on the other half of the field to play defense if the penalty corner is not successful

ATTACK PENALTY CORNER | POSITIONS



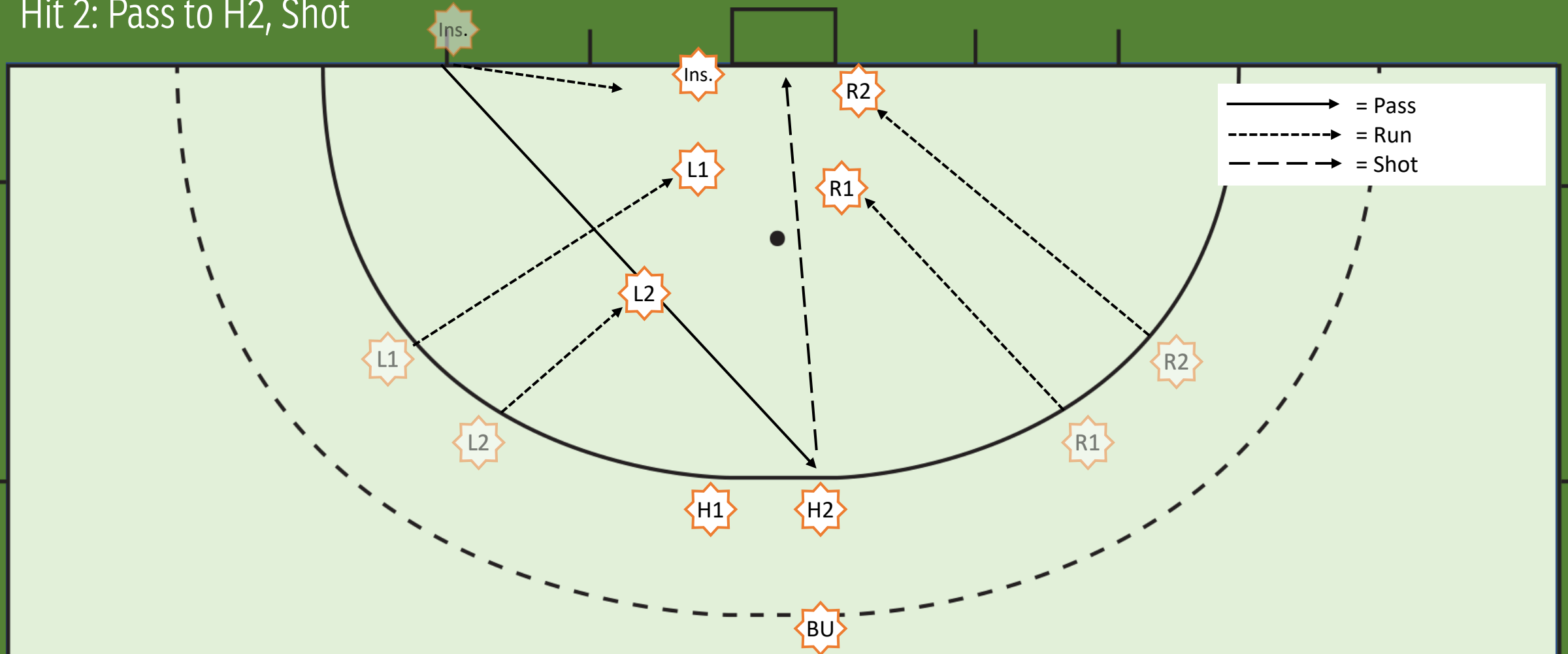
ATTACK PENALTY CORNER / BASIC OPTIONS

Hit 1: Pass to H1, Shot



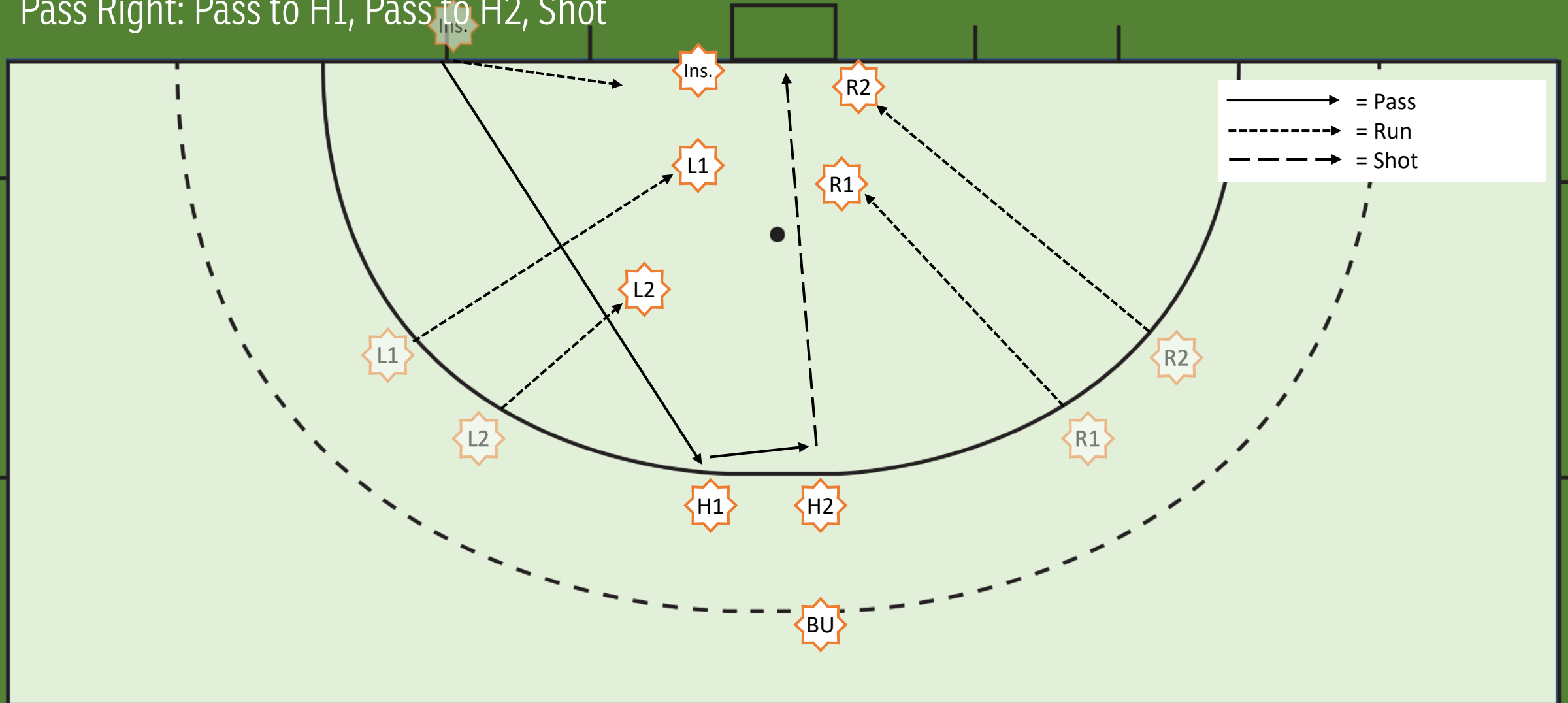
ATTACK PENALTY CORNER / BASIC OPTIONS

Hit 2: Pass to H2, Shot



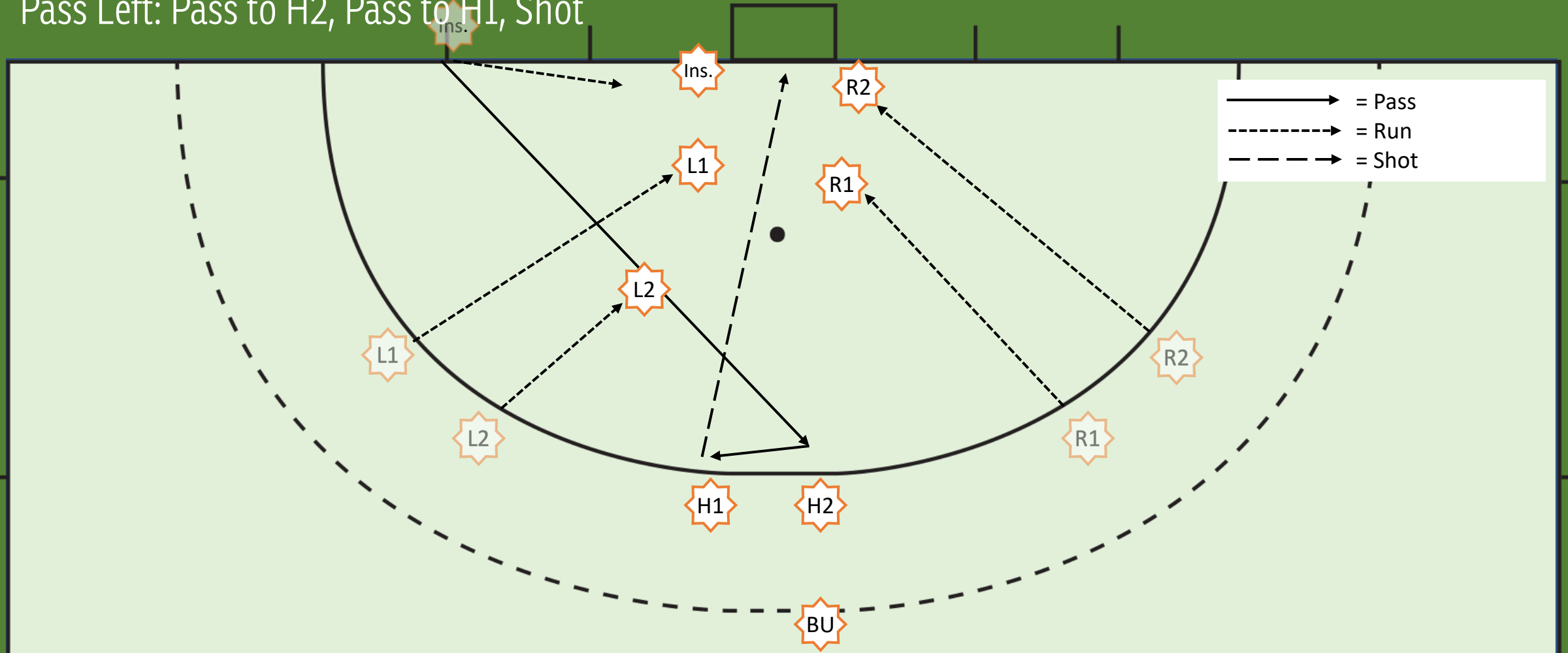
ATTACK PENALTY CORNER / BASIC OPTIONS

Pass Right: Pass to H1, Pass to H2, Shot



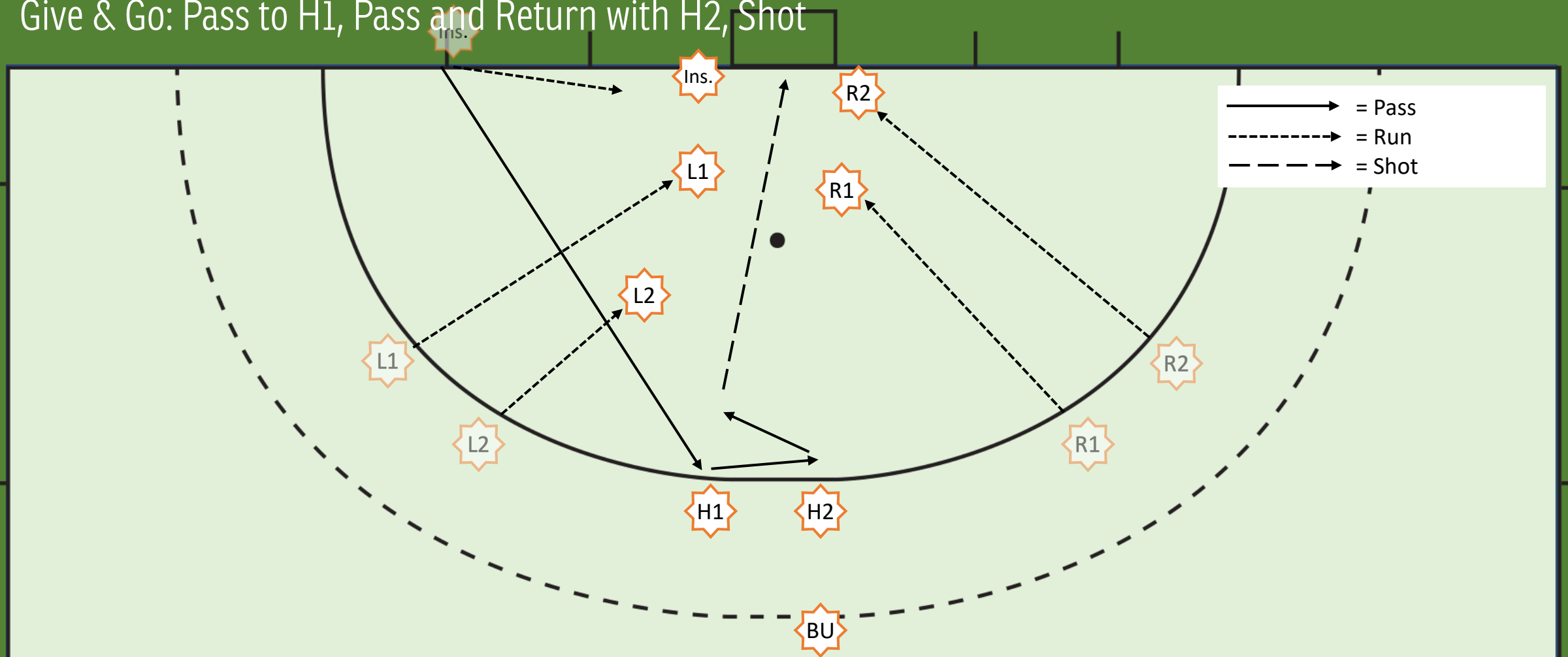
ATTACK PENALTY CORNER / BASIC OPTIONS

Pass Left: Pass to H2, Pass to H1, Shot



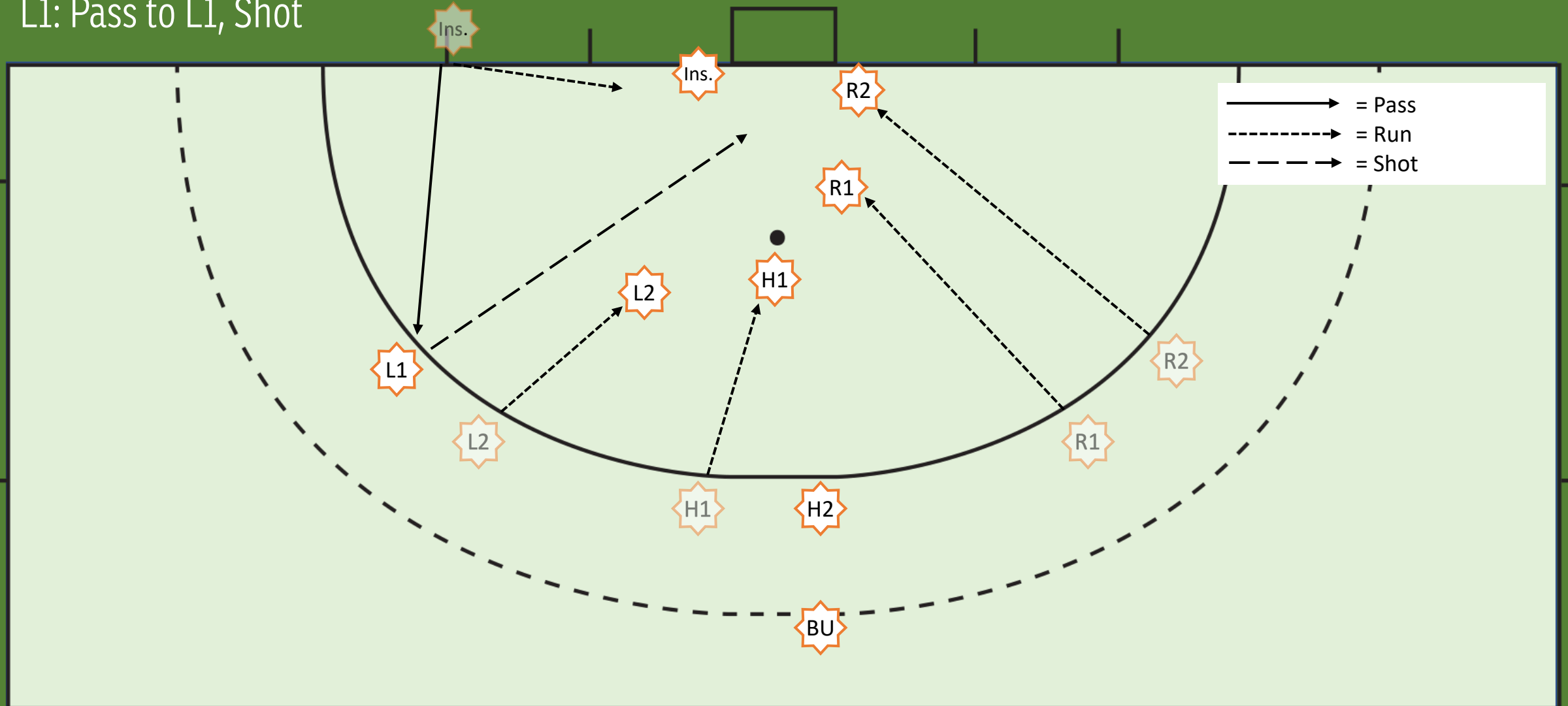
ATTACK PENALTY CORNER / BASIC OPTIONS

Give & Go: Pass to H1, Pass and Return with H2, Shot

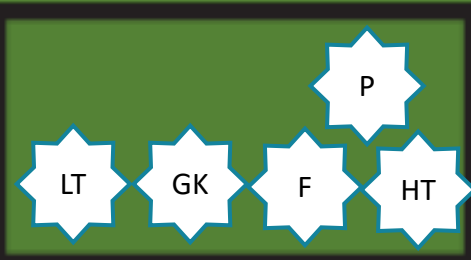


ATTACK PENALTY CORNER / BASIC OPTIONS

L1: Pass to L1, Shot



DEFENSIVE PENALTY CORNER | SET UP



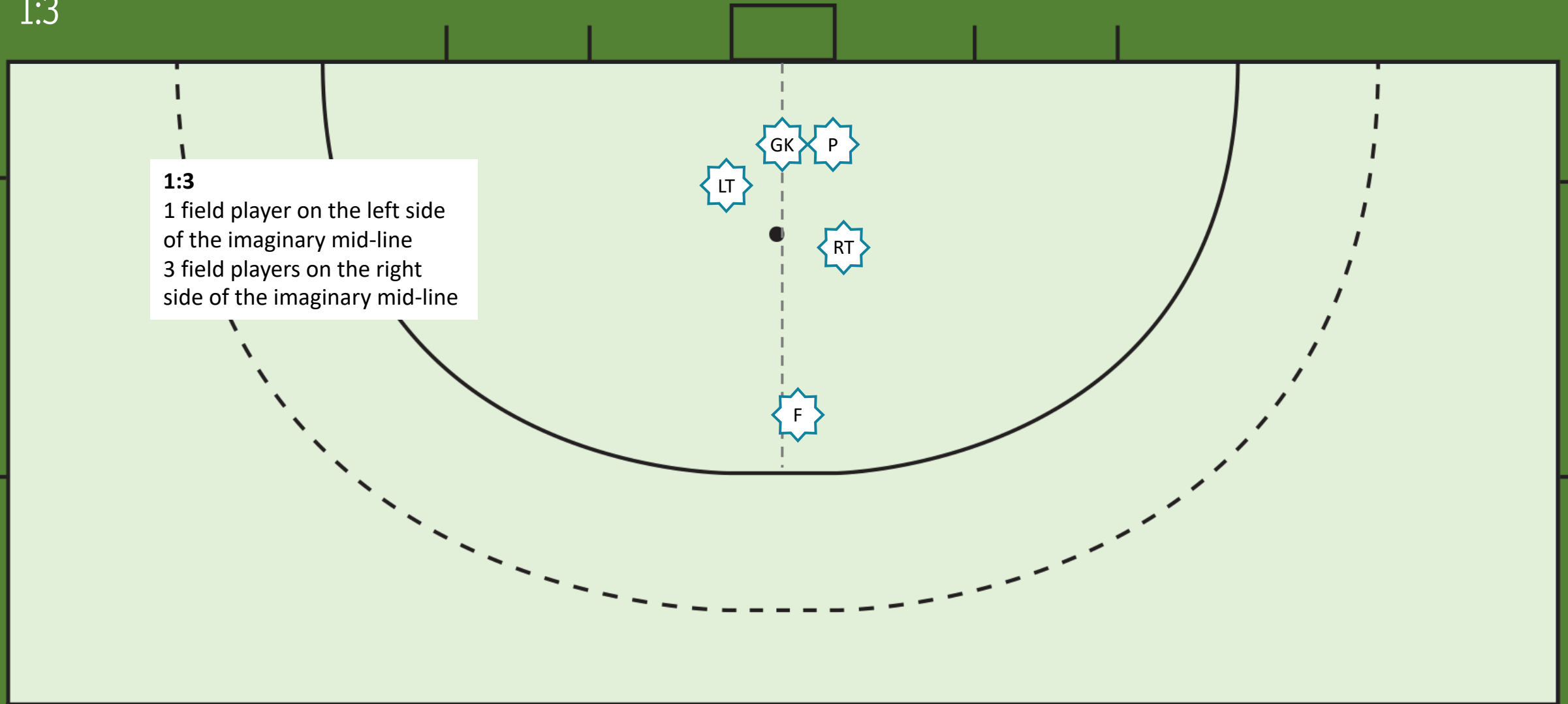
P = Post
Fly = Flyer or First Runner
GK = Goalkeeper
LT = Low Trail or Cover
HT = High Trail or Trail

DEFENSIVE PENALTY CORNER / POSITIONS

- **Goalkeeper** — steps out of the cage and saves direct shots on goal
- **Post** — stands next to the goalkeeper to help save direct shots
- **Flyer** — runs directly to where the shot is being taken to pressure the hitter
 - Keep in mind...many flyers run out with their stick in their right hand to keep their body safely out of the way of any shot
- **Low Trail** — holds space to deter any players coming in to deflect a shot and collect rebounds
- **High Trail** — holds space to deter any players coming in to deflect a shot and collect rebounds, may also join the Flyer to pressure shots from the top of the circle
- **What about the other players?**
 - Other players not involved in the penalty corners stand at the 50-yard line and run back to help play defense
 - Hint, hint...leave a few players at midfield so that if your defensive penalty corner unit is successful, they have someone to pass the ball to

ATTACK PENALTY CORNER | POSITION OPTIONS

1:3



1:3

1 field player on the left side of the imaginary mid-line
3 field players on the right side of the imaginary mid-line

ATTACK PENALTY CORNER | POSITION OPTIONS

2:2

2:2

2 field players on the left side of the imaginary mid-line
2 field players on the right side of the imaginary mid-line

