



# Winning Field Hockey for Girls (Winning Sports for Girls)

*Becky Swisler*

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Women began to play organized field hockey - which was originally developed as a men's game in Britain in the 1800s - in the late 19th century. They overcame demonstrations, name-calling, and other unpleasant challenges to organize their own association. Today, field hockey is one of the top five sports played by female high school students, and of the 100,000 field hockey players in the United States, 98 percent of them are girls under the age of 21. *Winning Field Hockey for Girls* is the only easy-to-use guide to the sport written specifically for the people who play the game and their coaches. Like other titles in the *Winning Sports for Girls* series, *Winning Field Hockey for Girls* offers chapter-by-chapter coverage of all aspects of the game, including rules, equipment, key skills, playing strategies, and more. Tips from members of the U.S. national team and scholastic and collegiate coaches help players and coaches develop a thorough understanding of the fundamentals of the game, and approximately 85 photographs and more than 25 diagrams illustrate plays, positions, and drills.

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