Abstract

Field hockey is one of the most popular sports in the world but does not have the same following in the United States that it does in other countries. I examine the history of the sport, the demographics, the opportunities for potential growth, and the skills and benefits that come with it. I share my experience with the sport as well. I delve into every aspect of the sport as well as every level in order to give the reader full comprehension of what the sport entails. My research shows that field hockey has a deep history and the opportunity to become more predominant in the United States if more people become educated and passionate about the sport.