Hockey is a family of sports in which two teams play against each other by trying to maneuver a ball or a puck into the opponent's goal using a hockey stick. In many areas, one sport (typically field hockey or ice hockey) is generally referred to simply as hockey. The first recorded use of the word "hockey" is from the 1773 book Juvenile Sports and Pastimes, to Which Are Prefixed, Memoirs of the Author: Including a New Mode of Infant Education, by Richard Johnson (Pseud. Master Michel Angelo), whose chapter XI was titled "New Improvements on the Game of Hockey". The belief that hockey was mentioned in a 1363 proclamation by King Edward III of England is based on modern translations of the proclamation, which was originally in Latin and explicitly forbade the games "Pilam Manualem, Pedivam, & Bacularem: & ad Canibucam & Gallorum Pugnam". The English historian and biographer John Strype did not use the word "hockey" when he translated the proclamation in 1720.

The word hockey itself is of unknown origin. One explanation is that it is a derivative of hoquet, a Middle French word for a shepherd's stave. The curved, or "hooked" ends of the sticks used for hockey would indeed have resembled these staves. Another explanation is that the cork bungs that replaced wooden balls in the 18th century came from barrels containing "Hock" ale, also called "Hocky".