2026 Women's Asian Hockey5s

20 - 25 Jul 2026

Muscat

Team Details China

Shirt No.	Player	Date of Birth	Age*	Caps
1	**LIU Xue (GK)**	23 Feb 2009	16	8
5	**WANG Tianhui**	7 Dec 2008	17	8
8	**LIU Zixin**	28 Jan 2008	17	8
11	**GUO Jiaxin (C)**	14 Dec 2008	17	8
13	**GE Chen**	15 Oct 2009	16	8
16	**LU Tongtong**	16 Jan 2009	16	8
21	**SUN Hongyan**	11 Oct 2008	17	8
25	**TANG Kexin**	5 May 2009	16	8
28	**ZHANG Yuzheng**	24 Feb 2009	16	8
31	**YU Wanting (GK)**	22 Apr 2009	16	3

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**ZHANG Xuan**
Head Coach	**GUO Jie**
Assistant Coach	**REN Tianhe**
Physiotherapist	**YU Yaochun**
Translator	**HAO Weijia**

Team Colours

Shirts	Red | White
Skirts	Red | White
Socks	Red | White
GK Shirts	White | Black

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Team Details India

Shirt No.	Player	Date of Birth	Age*	Caps
1	**PARIHAR Mahak (GK)**	30 Oct 2011	14	5
4	**MANJHI Pushpa**	1 May 2010	15	8
5	**NAZ Nousheen**	13 Jul 2010	15	8
9	**Diya**	13 Oct 2011	14	8
15	**KUMARI Sandeepa**	18 Mar 2010	15	8
16	**TOPNO Nilam**	16 Apr 2011	14	8
20	**KUMARI Khili (GK)**	23 Nov 2010	15	6
25	**KUJUR Sweety (C)**	14 Feb 2010	15	8
27	**EKKA Kiran**	5 Sep 2010	15	8
63	**KUMARI Shruti**	1 Jan 2010	15	8

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* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**PANDEY Prabal**
Head Coach	**Rani**
Physiotherapist	**RAJPUT Preeti**
Physical Trainer	**Daman Preet Singh SIAL**

Team Colours

Shirts	Sky Blue | White
Skirts	Sky Blue | White
Socks	Sky Blue | Orange
GK Shirts	Red | Yellow

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Team Details Iran

Shirt No.	Player	Date of Birth	Age*	Caps
1	**khodakarami setayesh (GK)**	27 Nov 2009	16	6
2	**rezakhani maedeh**	10 Apr 2009	16	6
3	**najafinasab yeganeh**	24 Oct 2008	17	6
7	**zarebidoki setayesh**	13 May 2010	15	6
8	**maleki zeynab**	14 Sep 2009	16	6
9	**abdi zahra**	15 Mar 2011	14	6
10	**sheibani shaina**	6 May 2009	16	6
11	**dashab fatemeh (C)**	23 Dec 2008	17	6
12	**abedinifar setareh**	25 May 2009	16	6
15	**kalhori sarina (GK)**	30 May 2009	16	2

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* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**yadegary yeganeh**
Head Coach	**SAFAEI Esfandyar**
Assistant Coach	**pakbazanjedani farideh**
Assistant Coach	**nouri tayebeh**
Assistant Coach	**zare fatemeh**
Medical Doctor	**Dr Ehsan Asadi Maman**

Team Colours

Shirts	white | Red
Skirts	white | Red
Socks	white | Red
GK Shirts	black | Navy Blue

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Team Details Kazakhstan

Shirt No.	Player	Date of Birth	Age*	Caps
3	**NIGMETZHANOVA Dilnaz**	5 Jan 2010	15	8
5	**KAIYRZHAN Akpeiil (GK)**	4 Jan 2011	14	0
6	**SULEIMEN Yerkezhan (C)**	2 Mar 2010	15	8
9	**KOZHAKHMETOVA Dariya**	31 Aug 2009	16	8
10	**AMANGELDI Zhansaya**	31 Mar 2009	16	8
12	**MAZHIM Ayanat**	30 Dec 2010	15	8
22	**SEIITZHAN Yasmin**	15 Oct 2009	16	8
23	**ASLANKYZY Gaukhar**	5 May 2012	13	8
25	**BOLATBEK Aruzhan**	8 Feb 2009	16	3
32	**RAKHYM Ayaulym (GK)**	6 May 2009	16	8

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**MUKHAMADIYEV Nurzhan**
Head Coach	**URMANOV Daulet**
Assistant Coach	**KUDAIBERGEN Adilzhan**

Team Colours

Shirts	Yellow | Blue
Skirts	Black | Blue
Socks	Yellow | Blue
GK Shirts	Red | Green

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Team Details Oman

Shirt No.	Player	Date of Birth	Age*	Caps
4	**AL FARSI Yumna**	23 Oct 2012	13	5
5	**AL ZADJALI Meqat**	2 Jul 2011	14	5
7	**AL GHAITHI Mulook**	4 Jul 2010	15	5
10	**AL ZADJALI Mayadah**	9 Apr 2010	15	5
11	**AL SHIRAWI Logain (C)**	**22 Jul 2010**	15	5
15	**AL AMRI Ayah**	10 Jun 2011	14	5
16	**AL AMRI Fatima**	5 Dec 2013	12	5
22	**AL HINAI Retal (GK)**	15 Oct 2011	14	4
25	**AL MANDHARI Maryam (C)**	9 Feb 2011	14	5
26	**AL FARSI Ranim (GK)**	7 Jul 2008	17	4

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**AL MASFRY Lamia**
Head Coach	**AL BALUSHI Olaa**
Assistant Coach	**AL KHAIFI Marwa**
Physiotherapist	**ELSAYED Yassmin**

Team Colours

Shirts	Red | White
Skirts	Red | White
Socks	Red | White
GK Shirts	Light Blue | Dark Green

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Team Details Pakistan

Shirt No.	Player	Date of Birth	Age*	Caps
2	**SANA Khalid**	5 Nov 2008	17	6
3	**JAVERIA Raheem (C)**	5 May 2008	17	6
4	**IFFAT Zehra**	21 Jan 2008	17	5
7	**FARWA Haider**	21 Sep 2008	17	6
10	**SHEREEN Fatima**	27 Feb 2011	14	6
13	**SEHRISH Kanwal (GK)**	2 Sep 2008	17	6
14	**AREEBA Aslam**	21 Jun 2009	16	6
16	**SOBIA Afzal**	1 Jan 2010	15	6
17	**ANAYA Batool**	25 Jan 2013	12	4

NB: Team lists are subject to change following the tournament briefing meeting

* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**SAEEDA Khanam**
Head Coach	**SAHRISH Arshad**
Physiotherapist	**SUBAYYAL Iftikhar**

Team Colours

Shirts	white | Green
Skirts	white | Green
Socks	white | Green
GK Shirts	black | white | Light Green

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Team Details Uzbekistan

Shirt No.	Player	Date of Birth	Age*	Caps
10	**KHALDIBAEVA Dilyara**	2 Nov 2010	15	7
11	**KUZIEVA Mohigul (C)**	19 Jul 2009	16	7
13	**ILHOMOVA Janon**	30 Oct 2009	16	7
14	**SOYIBJONOVA Roziyakhon**	**24 Jul 2009**	16	7
15	**OLIMOVA Noilakhon**	14 Mar 2010	15	7
21	**AKHMEDOVA Aziza (GK)**	4 Apr 2010	15	7

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* As of 2025-12-31

Team Staff

Role	Name
Team Manager	**MADRAKHIMOVA Kunduz**
Head Coach	**SAIDMURADOVA Gavhar**
Assistant Coach	**KHOLMIRZAEV Elyor**

Team Colours

Shirts	White | Green
Skirts	White | Black
Socks	White | Black
GK Shirts	Red | Yellow

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