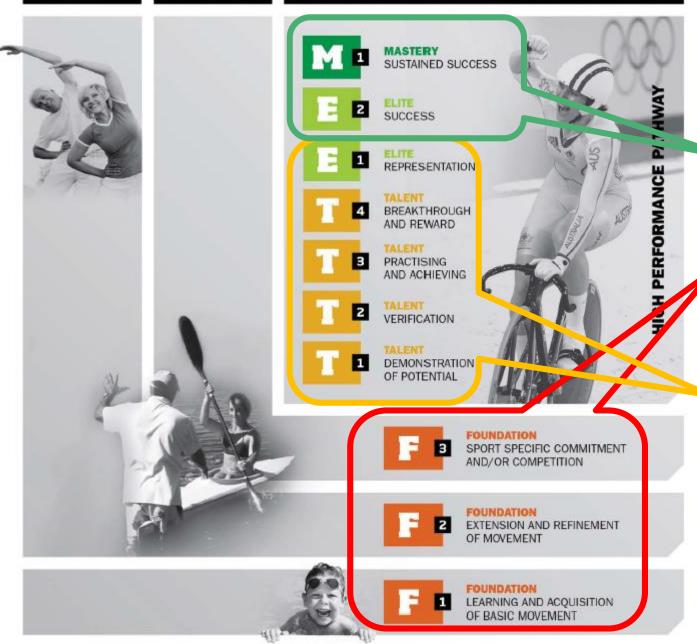
# Hockey SA - Junior Coaching Seminar

Hugh Purvis - High Performance Manager

#### Content

- (1) Skill acquisition
- (2) Game sense
- (3) Skills coaching
  - Skills matrix
  - Technical coaching
  - Feedback
- (4) Structures/Terminology
- (5) Hockey Plus
- (6) Resources





National team

Club



State teams



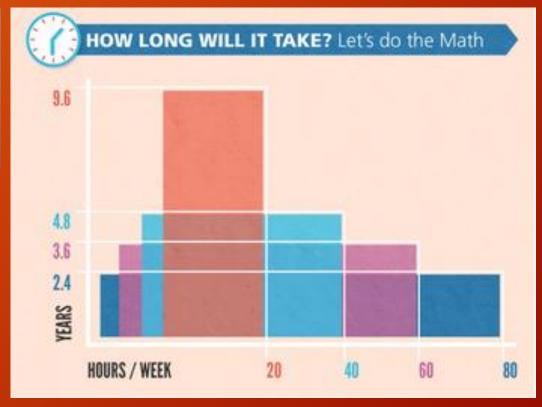
## Ways to the top

• Ericsson - 10.000 hour rule

10,000 hours

In fact, researchers have settled on what they believe is the magic number for true expertise: ten thousand hours.

- Malcolm Gladwell



# THREE STAGES OF SKILL ACQUISITION



#### COGNITIVE STAGE:

- (a) Athlete gains an understanding of the task required.
  - (b) Need to develop clear mental pictures of the task
- (c ) Learners must receive continuous feedback or information on their progress

#### ASSOCIATIVE STAGE:

- (a) Repeat the movement to develop synchronisation of mind and muscles
- (b) Errors occur, but are smaller and less frequent
- (c ) The learner eventually experiences some success

#### **AUTONOMOUS STAGE**

- (a) Ability to automatically execute the skill
- (b) Movement is now properly sequenced and performed instinctively
- (C) Athletes can now absorb external ques whilst executing the skill

#### WHAT IS GAME SENSE?



- Approach focussed around match play
- Minimal focus on technique development Main focus of implementation of technical skills
- Encourage thought processes 'why'? 'how'?
- Learn when to implement/utilise tech/tac learnings

## GAME SENSE - COACHES ROLE



- Provide problems, not solutions
- Problem solving, with guidance from coaches
- Questioning athletes thought processes
- CHANGE IT
- Provide feedback

#### CHANGE IT



- coaching style Demo's, Questions, instructions
- How to win it objectives
- Area size/shape, goals
- Number of atheltes offence Vs Def
- **G**ame rules Number of passes, scoring values
- **Equipment** -
- Inclusion everyone involved in the game(s)
- Time Time limits, bonus points, race

# Competition structure field hockey

- Previous research in soccer, basketball and AFL shows:
  - Players ↑ = # of technical actions per player ↓
  - Players ↑ = # of successful passes per player ↑

Note: Increase in density = decrease in playing area (vice versa)

## Conclusion

#### Lowering the number of players

- More technical actions
  - More opportunities to attune to right information
  - More robust information-movement couplings
- More high pressure moment
  - Focus on more specific information
- More involvement
  - More enjoyable learning environment
  - Important for long-life sport participation



# Skills Matrix - Basics

Skill	U11	U14	U18
Basics			
Push pass	X	X	Χ
Feed pass	X	X	Χ
Slap		X	Χ
Hit		X	Χ
Closed Receive	X	X	Χ
Open Receive		X	Χ

# Skills Matrix - Defending

Skill	U11	U14	U18
Defending			
Block tackle	X	X	X
Poke tackle	X	X	X
Channeling		X	X
Reverse shave		X	X
Forestick shave			X

# Skills Matrix - Elimination

Skill	U11	U14	U18
Elimination			
Indian dribble	X	X	X
Reverse drag	X	X	Χ
Forestick drag	X	X	X
Large drags (1 hand carry)		X	X
Jink	X	X	Χ
Air drag		X	X

# Skills Matrix - Specialist

Skill	U11	U14	U18
Specialist			
Reverse sweep	X	X	X
Tomahawk		X	Χ
Overhead		X	Χ
Slider		X	X
Dragflick		X	X

# Skills Coaching Resources

http://www.whitfordhockey.asn.au/about-whitford-hockey-club/whitford-hockey-club-documents/junior-coaches-handbook/

http://aussiehockey.com.au/

http://www.ahockeyworld.net/

https://www.dropbox.com/s/dkd0v3qh27q2so7/GK%20Circle%20Position%20Review.m4v?dl=0

### DESIGNING A TRAINING SESSION:



#### **STRUCTURE:**

- (1) Skill development closed & under no fatigue
- (2) Passive defending Allow execution of skills with some pressure and requirement of reading external ques
- (3) Game sense Introduce games to challenge the skills and simulate game scenarios