

Hockey SA - Junior Coaching Seminar

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Content

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

ACTIVE
LIFESTYLE

SPORT

SPORT
EXCELLENCE



M¹

MASTERY
SUSTAINED SUCCESS

E²

ELITE
SUCCESS

E¹

ELITE
REPRESENTATION

T⁴

TALENT
BREAKTHROUGH
AND REWARD

T³

TALENT
PRACTISING
AND ACHIEVING

T²

TALENT
VERIFICATION

T¹

TALENT
DEMONSTRATION
OF POTENTIAL

F³

FOUNDATION
SPORT SPECIFIC COMMITMENT
AND/OR COMPETITION

F²

FOUNDATION
EXTENSION AND REFINEMENT
OF MOVEMENT

F¹

FOUNDATION
LEARNING AND ACQUISITION
OF BASIC MOVEMENT



National
team

Club

State
teams



Ways to the top

- Ericsson - 10.000 hour rule

10,000 hours
to perfection*

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 cues 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 athletes - offence Vs Def

Game 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 ↑
 - Density ↓ = # of technical actions 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	X
Feed pass	X	X	X
Slap		X	X
Hit		X	X
Closed Receive	X	X	X
Open Receive		x	X

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	X
Forestick drag	x	X	X
Large drags (1 hand carry)		X	X
Jink	x	x	X
Air drag		x	x

Skills Matrix - Specialist

Skill	U11	U14	U18
Specialist			
Reverse sweep	X	X	X
Tomahawk		X	X
Overhead		X	X
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 cues
- (3) Game sense - Introduce games to challenge the skills and simulate game scenarios