

BACK TO HOCKEY COACHING



ENGLAND
HOCKEY

We are sure that you will find the players at your Back to Hockey sessions a sociable and engaging group. On our travels across the country we have met lots of Back to Hockey players and time and time again we've heard individual stories of how hockey has had a positive impact for players.

The coach of the Back to Hockey sessions is a critical factor in determining the quality of a player's experience. Your ability to deliver fun and engaging sessions for players that are tailored towards their individual wants and needs will ultimately be what keeps people coming back week after week.

Below are a few thoughts to think about when planning and delivering your sessions

What should every coaching session include?

What should the Golden Thread be?

Player Centred Coaching

- The GAME *is the* TEACHER, the PITCH *is the* CLASSROOM, the COACH *is the* FACILITATOR
- Allow participants to be part of the coaching process and discover new information themselves. This encourages their feeling of empowerment, deepens their understanding and facilitates better decision making.
- Offer a safe, comfortable and fun environment by being approachable, inclusive and non-judgemental. Support players to take risks and try new things for themselves knowing that mistakes are not going to be punished, but encouraged.



Games rather than drills culture

PLAYING Hockey is the best way to learn the game. Player's need games that:

- Stimulate them technically, tactically, physically and cognitively in equal measure
- Promote understanding of the game
- Improve their perception and decision-making ability
- Help them learn to adapt quickly and effectively to constantly changing situations of the game
- Less is more – less lecturing and less lines (people lined up waiting to go).
- Changes coaching from “How is this skill performed?” to “Why are we doing this? and “How can we do it better?” without the coach always providing the answers for players.

Questioning Approach

- Use as few closed questions as possible. These simply require a yes or no answer and do not stimulate the players to think
- Open questions, using Tell, Explain, Describe (TED), Who, What, Where, When, Why (5W's) and How, to enhance the participants ability to make their own decisions.
- It is important for coaches to allow participants to think about questions, not to put anyone 'on the spot', and not to answer their own questions. Never reject the players response
- Give positive encouragement to respondents but make it clear WHY something was good. “That was a good pass because it went to where your teammate wanted to receive it”.

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CHANGE IT?

C	Coaching Style Use questions to set challenges for specific aspects of a game e.g. when should you move to receive a pass? Provide discrete coaching, without interrupting the game, where required. Use player role models to highlight skilful play. Vary (differentiate) how you communicate according to players you have in front of you.
H	How you score Increase opportunities to score points or earn bonus points e.g. a point for three passes.
A	Area Increase or decrease game difficulty by changing the shape and size of the playing area e.g. long and narrow.
N	Numbers Consider using different team sizes or varying the number of turns a player gets e.g. imbalance teams such as 4 v 2 giving the attackers more options to deal with defenders.
G	Game rules Change the rules slightly e.g. introduce a no tackling / interception only rule to give players more time to make passes.
E	Equipment Vary the size of the equipment used e.g. use a Rush Hockey ball
I	Inclusion Ask the players what options would improve the game for them and how their involvement could be increased
T	Time Reduce or extend the time to perform actions e.g. shot clock, counting down from 10

Observation	What is happening?	What to do	How to CHANGE IT
Play the game Observe player involvement	Too easy (high success) Players not challenged enough Both sides scoring often Skills required easily performed Little motivation	CHANGE IT UP Increase challenge	Add rules that increases difficulty Set challenges that make it more difficult Increase team sizes ("joker" player) Decrease playing area
Is the purpose of the game being achieved? Are all players engaged? Are players coping with the skills required? Are players enjoying the game? Do all players understand the game? Is it safe?	Too difficult (low success) Little or no scoring Poor levels of possession Players not coping Little motivation	CHANGE IT DOWN Decrease challenge	Simplify the rules Set challenges that make it easier Decrease the players per team to increase the opportunity to play Vary the playing area
	Too one-sided One team dominating Some players not getting a chance Little motivation	CHANGE IT Even up challenge	Shuffle the teams and swap players Introduce additional rules to the dominant side Introduce zoned areas Develop a scenario (e.g. your team is two goals down with 60 seconds left)

To find out more visit https://hockeyhub.englishhockey.co.uk/golden_thread and follow @coachandinspire to be the first to hear of news and development and gain access to resources and articles to help you inspire more, better and happier players.

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Below is an example “game” you could play with your Back To Hockey group to help incorporate the information above, we are sure there are many other games you can think of that will also reflect the Golden Thread! If you would, however, like more support with your session planning please get in touch with coaching@englandhockey.co.uk

ADULT ACTIVITY

9

GOALS GALORE

29m

HOW TO PLAY

This game can be played with goalkeepers.

- 1> Set up a 29m x 29m pitch with two scoring circles.
- 2> Divide the group into four teams of no more than four players plus goalkeepers. Have two teams waiting on the sidelines.
- 3> Teams can score from anywhere in the attacking circle using push passes and deflections.

- 4> If a foul is conceded inside a circle an auto pass will be taken 5m away from the edge of the attacking circle.
- 5> On conceding a goal that team is replaced by a team waiting. Therefore a team changes after each goal.
- 6> If games take too long or there is a dominant team the coach can change as appropriate.

SUGGESTIONS & PROGRESSIONS

- A. If a foul is conceded inside a circle a team can choose to have a free strike / drag flick OR opt for a penalty shuttle against the goalkeeper.
- B. Add a joker to one team and if the joker scores the goal it is worth 2 points.
- C. Offer 2 points for any deflected goals.

EQUIPMENT: CONES | THROW DOWN LINES | BALLS | 1 X STICK PER PLAYER | BIBS

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TEACHING POINTS

EVASION SKILLS

- > Encourage attackers to make a lead run by accelerating away from a defender quickly.
- > The lead may mean that they can receive a pass from a teammate or they might create space for someone else to play in.

ATTACKING SKILLS

- > By getting an attacker to the far post when they have possession in the circle they will 'widen the goal' and will be able to pass the ball to that player for an excellent scoring chance.

DEFENSIVE SKILLS

- > Work together to reduce the space that the attacking team have to play in.
- > Use the sideline as an extra defender by using your channelling skills to force the attackers to play towards them rather than down the middle.

Remember

- > What questions could be asked to ensure there is **learning and understanding**?
- > How can players **maximize** the size of the playing space?
- > What different **types of passes** can be used to score deflections?
- > What **challenges** the defender more – attackers going **slow or fast**? What does this mean for the attackers? For the defenders?
- > Free hits awarded within 5m of the shooting circle must be **moved back 5m** from the circle edge before it can be taken. It cannot be hit straight into the circle.
- > When attacking remember to try **and play with width and height** to make the pitch as big as possible.

ADAPTIONS

EASIER

- S Make the area larger.
- T Only one defender can play in their defending circle at any time.
- E Use a Quicksticks ball.
- P Add a 'joker' who always plays for the attacking team.

HARDER

- S Make the area smaller.
- T Deflection goals are worth 2 points.
- E Reduce the size of the attacking circle.
- P Play 4v4.

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