



Canterbury Hockey Practical Coaching Workshops 2018

2018 Practical Coaching Workshops:

- Small Sticks – 6 a-side (5-9 Years)
- Small Sticks – 11 a-side (10-12 Years)
- Club/Secondary (Youth/Adult)

Small Sticks 6 a-side – Key Objectives:

- Understanding why children play and how they learn
- Develop basic knowledge on the core skills and tactical principles of hockey
- Learning how to teach core skills
- Ability to create a skill based drill/activity
- Competent understanding of the rules
- Capable of managing and communicating to athletes

Small Sticks 11 a-side – Key Objectives:

- Understanding why children play and how they learn
- Further developing your knowledge of the 11 a-side game
- Learning the key skills in 11 a-side hockey
- Ability to design a variety of session plans with differing focus points
- Competent understanding of the rules
- Learning key coaching techniques and strategies

Club/Secondary – Key Objectives:

- Athlete Centred Coaching approach
- Develop your coaching philosophy
- Develop an understanding of a variety of playing structures and tactics
- Knowledge of various coaching techniques and strategies
- Programme management & planning
- Keeping up with the game: new skills and rules