



# Coaching Strategy 22-23 Season

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# Context

- Swindon Hockey Club has undergone significant growth since moving to new facilities at the Deanery School in 2019. These achievements include:
  - Promotion of Men's 1st XI to West Prem in 19/20 and finishing mid-table in 21/22
  - Promotion of Ladies 1st XI to West Prem in 19/20 and securing prem status in 21/22
  - Men's 2nd XI securing promotion to Div 2 East in 20/21 by winning Saxon Division 1
  - Ladies 2nd XI had a strong season, finishing mid table and developing lots of juniors
  - Men's 3rd XI securing promotion to Saxon Division 1 by finishing 2nd in Saxon Division 2
  - Formation of Men's 4th XI for 22/23 season



# Context

- The on pitch successes have highlighted a need to create a coaching strategy, including an internal player pathway, to build on the foundations laid by the successes of the previous 3 seasons and to ascertain the club's position as the premier hockey club in Wiltshire.
- This strategy is intended to run for the 22/23 season, with a long term strategy to be developed for the following seasons.





# Goals for 22/23

MEN		LADIES	
Culture			
<ul style="list-style-type: none"><li>• Create an inclusive and friendly environment in which players can thrive and enjoy playing hockey, regardless of standard.<ul style="list-style-type: none"><li>• Encourage players to be supportive of each other, regardless of performance.</li></ul></li><li>• Prioritise effective, constructive and friendly post game feedback that highlights both positive and negative elements of a players game, with steps players can take to develop their performance.</li></ul>			
Performance			
Team	Targeted League Position	Team	Targeted League Position
1 <sup>st</sup> XI	4 <sup>th</sup> to 6 <sup>th</sup>	1 <sup>st</sup> XI	5 <sup>th</sup> to 7 <sup>th</sup>
2 <sup>nd</sup> XI	2 <sup>nd</sup> to 4 <sup>th</sup>	2 <sup>nd</sup> XI	4 <sup>th</sup> to 6 <sup>th</sup>
3 <sup>rd</sup> XI	6 <sup>th</sup> to 8 <sup>th</sup>		
4 <sup>th</sup> XI	3 <sup>rd</sup> to 5 <sup>th</sup>		
Development			
<ul style="list-style-type: none"><li>• Progression of 2 u18 players to performance training</li><li>• Successful transition of juniors aged 13+ from junior section in to adult training, via development training session</li><li>• Active progression of players across all sides in to higher teams. Approx 2 per team</li></ul>		<ul style="list-style-type: none"><li>• Progression of 1 u18 player to performance training</li><li>• Successful transition of juniors aged 13+ from junior section in to adult training, via development training session</li><li>• Active progression of players across all sides in to higher teams. Approx 2 per team</li></ul>	



# Training Sessions

- Swindon Hockey Club takes a unique approach to scheduling training sessions. Assigning players to a training session on ability, as opposed to team. This ensures that training sessions reflect the appropriate standards with the sufficient attendance, acknowledging that not all players are able to train at specific times due to other commitments.

NAME OF TRAINING	WHEN?		ABILITY REQUIRED	TEAMS	
Performance	Men Monday 19:00 to 20:00 Wednesday 20:30 to 22:00	Ladies Wednesday 20:30 to 22:00	Players must have played hockey for a significant period of time. They must have a high level of fitness, competency when performing basic skills, and the ability to do advance skills such as reverse striking or lifted passes.	Men 1 <sup>st</sup> XI + Invited 2 <sup>nd</sup> XI	Ladies 1 <sup>st</sup> XI + Invited 2 <sup>nd</sup> XI
Club	Men Wednesday 19:00 to 20:30	Ladies Wednesday 19:00 to 20:30	Players attending this session must have played hockey for 1+ seasons. They must have a moderate level of fitness. They should be able to perform basic skills such as hitting, passing and controlling the ball. They must have the willingness to attempt advance skills, such as reverse striking and lifted passes.	Men 2 <sup>nd</sup> XI + 3 <sup>rd</sup> XI Invited 4 <sup>th</sup> XI Junior players demonstrating above average ability	Ladies 2 <sup>nd</sup> XI Invited Development players Junior players demonstrating above average ability
Development	Mixed Gender Monday 19:00 to 20:00 (training) & 20:00 to 20:00 to 21:00 (social games)		There are no fitness or ability requirements for these sessions. The sessions are designed to teach basic skills, in a friendly and moderately paced environment	Mixed Gender 4 <sup>th</sup> XI & Juniors transitioning from junior to senior club	

# Player Pathway

## JUNIOR SECTION



## DEVELOPMENT TRAINING



## CLUB TRAINING



## PERFORMANCE TRAINING

A player new to the club that has not played hockey before would attend

Players returning to the sport after a long absence would also attend

Juniors transitioning to the adult section would be expected to attend for first 2-3 months

A player new to the club that has played recently at a local club would attend

A player returning to the sport after a moderate absence, that has played at a high standard previously

A junior demonstrating an **above average ability** may attend if agreed with coach prior  
A junior or adult that has developed their skills in the development training may attend if recommended by coach

A player new to the club that has played 1<sup>st</sup> XI hockey recently may join this session if agreed with coach prior

Invited 2<sup>nd</sup> XI players are also able to attend (extended to all M 2<sup>nd</sup> XI)

Juniors demonstrating an **exceptional level of ability** and fitness are able to attend if agreed with coach  
Club players demonstrating high levels of ability should also be invited on a trial basis





# Swindon Hockey Club

