



## LEWES HOCKEY CLUB

Southdown Sports Club, Cockshut Road, Lewes BN7 3PR  
rec@southdownsportsclub.co.uk

## OUR COACHING PHILOSOPHY

*“To provide an inclusive, positive and challenging learning environment with a focus on skills development, fair play, respect, team spirit and fun, so that players develop and enjoy their sporting potential both on and off the pitch.”*

### Key ideals for training sessions, matches & tournaments:

PLAYERS Commitment	CLUB / COACHES Commitment
<ul style="list-style-type: none"><li>⇒ ON TIME</li><li>⇒ INCLUSIVE</li><li>⇒ DEVELOP SKILLS</li><li>⇒ IMPROVE FITNESS &amp; SPEED</li><li>⇒ CLEAR COMMUNICATION</li><li>⇒ MAXIMUM EFFORT</li><li>⇒ COMMITTED</li><li>⇒ SELFLESS</li><li>⇒ ACCOUNTABLE</li><li>⇒ SUPPORTED</li><li>⇒ ACTIVELY ENGAGED</li><li>⇒ TRAINING INTENSITY</li></ul>	<ul style="list-style-type: none"><li>⇒ PLAYER CENTRED SESSIONS</li><li>⇒ CREATIVE &amp; FUN</li><li>⇒ SUPPORTIVE</li><li>⇒ ENGAGING COMMUNICATION</li><li>⇒ CONSISTENT</li><li>⇒ KEEN ON TACTICAL GAME &amp; SKILL DEVELOPMENT</li><li>⇒ FAIR</li><li>⇒ CONSIDERATE</li><li>⇒ PATIENT</li><li>⇒ ACCOUNTABLE</li><li>⇒ ABILITY TO "SHOW &amp; TELL"</li></ul>

### Our Club commitment to our junior players:

The development and progress of all our junior hockey players is key to our success as a Junior section. This is not simply focused on performance and skills, but on their all-round enjoyment of the game and our players' interest and understanding of the "team environment" that our sport offers.

The ultimate goal & commitment to our juniors at Lewes Hockey Club is to support these young players as they progress into adult hockey enabling them to have fun coupled with the opportunity to develop their game with a positive belief in their potential as a player, thus retaining them as "players and teammates" of the future within the Hockey Community!