

GREAT BRITAIN COACHING OFFER



Supporting Coaches to Inspire
More, Better, Happier Players





MARLOW
HOCKEY



Introduction

Great Britain Hockey has produced this document with a purpose to:

- **Share what good coaching looks like in coaching children, club players and talented players**
- **Identify the support and development opportunities available for those who deliver hockey, based on the role you play**
- **Navigate your way through the Great Britain Coaching Offer**
- **Have greater access to the Great Britain Coaching Offer**

Good coaching continues to be a cornerstone of people's enjoyment, participation and development in hockey. Be it introducing someone to the game for the first time, working with a club side or engaging with the performance environment across Great Britain, the coach is a critical factor in determining the quality of a player's experience.

Throughout this document we refer to "coaches". By this we mean anyone that supports the delivery of hockey. Whatever your role in our sport (coaches/parent helpers/young leaders/volunteers), if we are going to achieve our sports objectives

across Great Britain, we need the best coaches possible, who feel valued, supported and rewarded for their contribution to the sport. Additionally, the act of good coaching brings personal development and well-being to the coach themselves.

Great Britain Hockey has an aspirational vision of coaches that inspire more better and happier players and the sport has a desire to unleash the power of coaching through providing innovating and engaging support and development to the people who deliver our sport.

The offer of support and coach development, available for coaches, has grown over the past few years and has been fully aligned to the role the coach plays. As we continue to evolve and grow our offer, ensuring it is accessible and flexible, we want to make it easier for people to access the support, knowledge and skills in delivering fantastic experiences to players.

Why I Coach?

[the Volunteers video](#)

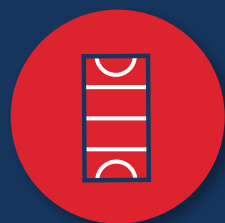
For coaches to inspire more, better and happier players, consider these three areas:



The player is at the heart of coaching and it is important to understand their motivations and needs for playing hockey



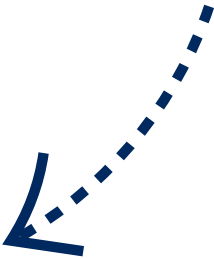
These motivations and needs are reinforced, supported and developed through the environment created by the coach



That allow players to develop the on- and off-the-pitch skills required for the game, which support their development

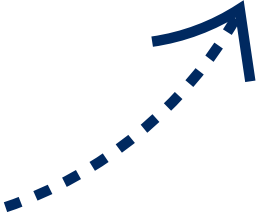
Who Do You Coach?

CHILDREN



CLUB

TALENT





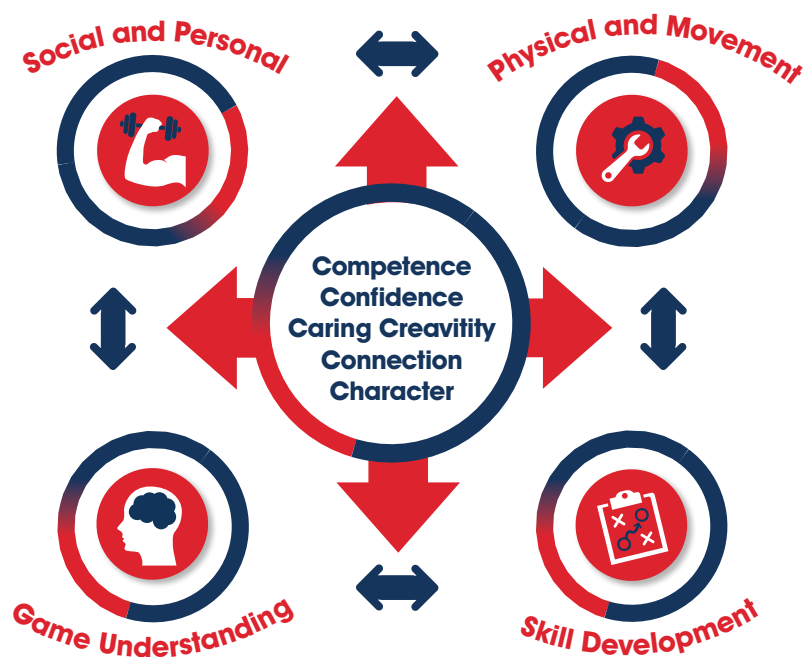
Coaching Children – What does good look like?

Coaches play a vital role in delivering fun, engaging and developmental sessions for children which influences whether children take up, stay in and/or progress within hockey.

As coaches we are not just responsible for developing hockey players, but also developing people. Sport and hockey can be a key vehicle to develop a number of different aspects of a child's life. The 'C' system follows this holistic coaching model and uses sport to develop the whole child. Hockey can be a vehicle to develop a number of these different aspects of a child's life. These include:

- Social and Personal – For many young people, involvement in sport is a fundamental part of their personal and social development.
- Physical and Movement – This concentrates on both gross and fine motor skills and developing control over the body, particularly muscles and physical coordination.
- Game Understanding – By exposing children to the primary rules, skills and tactical problems they become literate in a variety of games, activities and sports. This helps them develop an understanding and competency of the skills and tactics associated with playing hockey and other sports.
- Skill Development – The environment created by the coach that offers the children the opportunity to develop skills, 'game sense' and an understanding of the rules and tactics to play really good hockey.

The coach needs to be aware and to recognise that these areas are all entwined and linked to each other – and many activities will cover all aspects. Confident, competent, decision-making hockey players come from confident, competent, decision-making people.

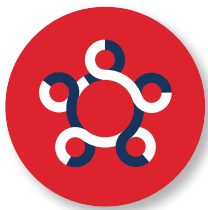


Adapted model of coaching to show the position of the 'C' System

Coaching Children Animation

For more information and support on how to embed the 'C' System into your coaching, check out the Engaging Games For Children Workshop.

Animation of Childrens Coaching



Coaching Children – How do I deliver great experiences?

The Golden Thread is offered as a guide to help children's coaches to design fun and engaging sessions for their players which will help them enjoy the sessions and want to keep coming back week after week.

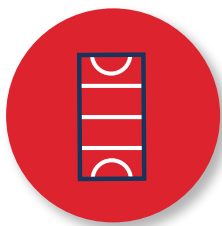
During your session ask yourself the following questions:

- Are the players enjoying and/or engaged in the game?
- Is the purpose of the game being achieved?
- Are all the players being challenged appropriately? (is it too difficult, too easy, one-sided)

If the answer to any of the above questions is NO, then CHANGE IT, but remember to retain the integrity of the game.



For more information and support on how to embed the Golden Thread into your coaching, check out the Introduction to Hockey Coaching Workshop or the Practice Design Workshop.



Coaching Children – How do I deliver great experiences?

Anyone engaging with young people or children in a Club or School environment should base their session around fun, inclusion and maximising the 'time on task'. Great experiences engage the child in activities which are not only exciting but encourage lifelong learning and development.

Our principles of the game help simplify this. Development themes have been created to provide the focus of any session.

Some examples of these themes for junior players are:

- Moving the Ball to Go Forward
- Carrying the Ball to Go Forward
- Goal Scoring

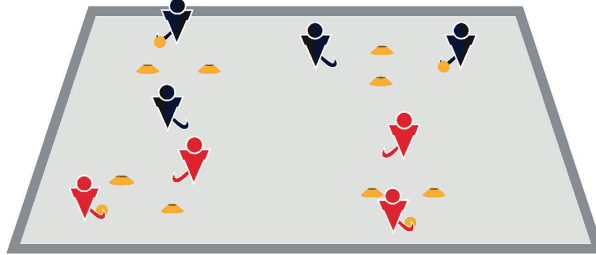
Coaches can use a range of fun and engaging games to bring these themes to life.

The coach's role is one of a facilitator who can flexibly modify the play and practice environment to meet the needs of their players.

Make it fun and it will last.



PASS TO WIN



- > Set out a number of coloured gates inside the playing area.
- > Divide players into pairs – this game can cater for a larger number of players.
- > To score a point players have to pass the ball through a gate to the other player in their pair.
- > Once players have scored in one gate they then have to score in another gate before they come back to this one (players will find this as a loop hole if you don't include the rule from the start).
- > Play for a set period of time, can either of the teams of the pairs beat their score?
- > You could add in a 'golden gate' somewhere on the pitch which is worth more points or give the game a theme e.g. a shopping trip, link cones to healthy food, e.g. blue cones are blueberries, red are strawberries.
- > Change the game by splitting players into teams, players have to try and pass to their team as well as stealing balls from the opposition



ENGLAND
HOCKEY

PITCH: 15m x 15m

PLAYERS: Minimum 8

EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw down lines

LEARNING OUTCOME: Moving The Ball

Pass to win



For more information and support on how to embed the Development Themes into your coaching, check out the What to Coach Workshops or the Hockey Hub.



Coaching Children – What support can I access?

Coaches play a vital role in delivering fun, engaging and developmental sessions for children which influences whether children take up, stay in and progress within hockey.

If you are a coach working with children in a Club or School then there are a number of coach development opportunities to help give you the support, knowledge and confidence in your role and to help you deliver fun and engaging sessions.

Role	Recommend	Other Support
<p>I help out coaching young children If you are a parent, young leader or aspiring coach wanting to help out with junior coaching sessions in clubs or schools, then we have a number of development opportunities to help give you the support, knowledge and confidence in your role and to help you deliver fun and engaging sessions.</p>	<p>Introduction to Hockey Coaching Workshop</p> <p>Engaging Games For Children Workshop</p>	<p>Integrating Goalkeepers Workshop</p> <p>Coaching For Club Players Workshop</p>
<p>I lead coaching sessions with children Are you delivering independent junior coaching sessions in clubs or schools?</p>	<p>Sessional Coach Course</p> <p>Engaging Games For Children Workshop</p>	<p>Practice Design Workshop</p> <p>What to Coach Workshops</p> <ul style="list-style-type: none"> • Attacking • Defending • Goal scoring • Goalkeeping
<p>I lead coaching programmes with children Are you the lead coach and so also involved in the planning of sessions over a season or term and/or the development of other coaches?</p>	<p>Coach Course</p> <p>Engaging Games For Children Workshop</p>	<p>Integrating Goalkeepers Workshop</p> <p>Coaching For Club Players Workshop</p>
<p>What other support can I access to support my coaching?</p> <p>Hockey Hub @coachandinspire Coaches Membership</p>		

CHILDREN

CLUB

TALENT

Advice Box

Any coach working with players under 18-years-old needs to ensure they have a current and maintained DBS check/PVG scheme membership and an appropriate Safeguarding certificate.

It is also important that all coaches leading sessions also have relevant insurance and First Aid certificates or access to a first-aider at the session.



Coaching Club – What does good look like?

Based on each individual's circumstance, be that starting at a club for the first time, competing in the first 11 or even playing for the Masters, we know that coaches are the critical factor in enhancing every player's playing experience.

Club participants have indicated that an excellent coaching environment is one which:

- Emphasises fun and enjoyment balanced with engagement in sport
- Provides for a wide range of abilities and commitment
- Values the social aspect of participation
- Fosters a positive group environment of mutual respect and care for each other
- Decisions about training are shared
- Understanding the needs of individuals and responding to situations appropriately
- Communicates clearly and positively.

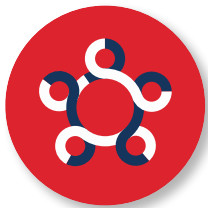


For more information and support on how to differentiate your session to meet the needs of your players, check out the Coaching For Club Players Workshop.



The key role for a coach in a club environment is to be able to adapt to the varying situation in front of them and meet the needs of each player:

- Understanding the player's motivation for being there. Enjoyment, social, fitness, skill development, competitions etc.
- Understanding the different player's needs. Ability, age, gender, experience, availability etc.
- Making the most of the resources available to you. Players, other coaches, parents, time, space, weather, etc.



Coaching Club – How do I deliver great experiences?

The Golden Thread is offered as a guide to help club coaches to design and deliver sessions to cater for all club players' needs.

Insert practice design video



The key to great coaching is to identify the skill-related problem (area for development) and think creatively about the best way to exaggerate the problem and create high volumes of repetition in a variable, game-like practice – think of it as ‘repetition without repetition’.

Ask yourself the following questions:

- Are the players enjoying and/or engaged in the game?
- Is the purpose of the game being achieved?
- Are all the players being challenged appropriately? (is it too difficult, too easy, one-sided)

If the answer to any of the above questions is NO, then CHANGE IT, but remember to retain the integrity of the game.

– Insert repetition without repetition video

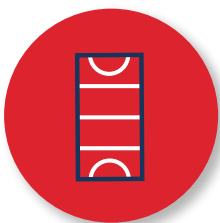


For more support on designing great learning environments, check out the Practice Design Workshop.




For more information and support on how to embed the Golden Thread into your coaching, check out the Introduction to Hockey Coaching Workshop or the Practice Design Workshop.





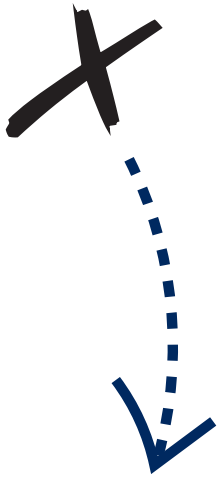
Coaching Club – How do I deliver great experiences?



For more information and support on how to embed the Development Themes into your coaching, check out the What to Coach Workshops or the Hockey Hub.

The central premise of hockey is an invasion, team and skill-based sport. You either have the ball or don't have the ball. The objective of hockey is simple, to score goals and stop the opposition from scoring. Principles of the Game have been identified to provide a common language in how coaches and players talk about and understand hockey, and as a natural by-product, produce scholars of the game.

The Principles of the Game are hockey's truest objectives. For example, if ever the game changed to 9v9; as an invasion game, these principles would remain the same. They have been developed to simplify the complex by embedding an understanding of skill development and the game itself.



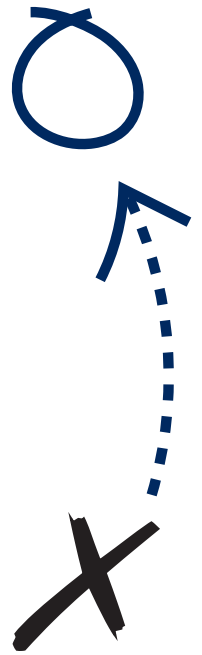
Attacking Principle

The best option to go forward and score



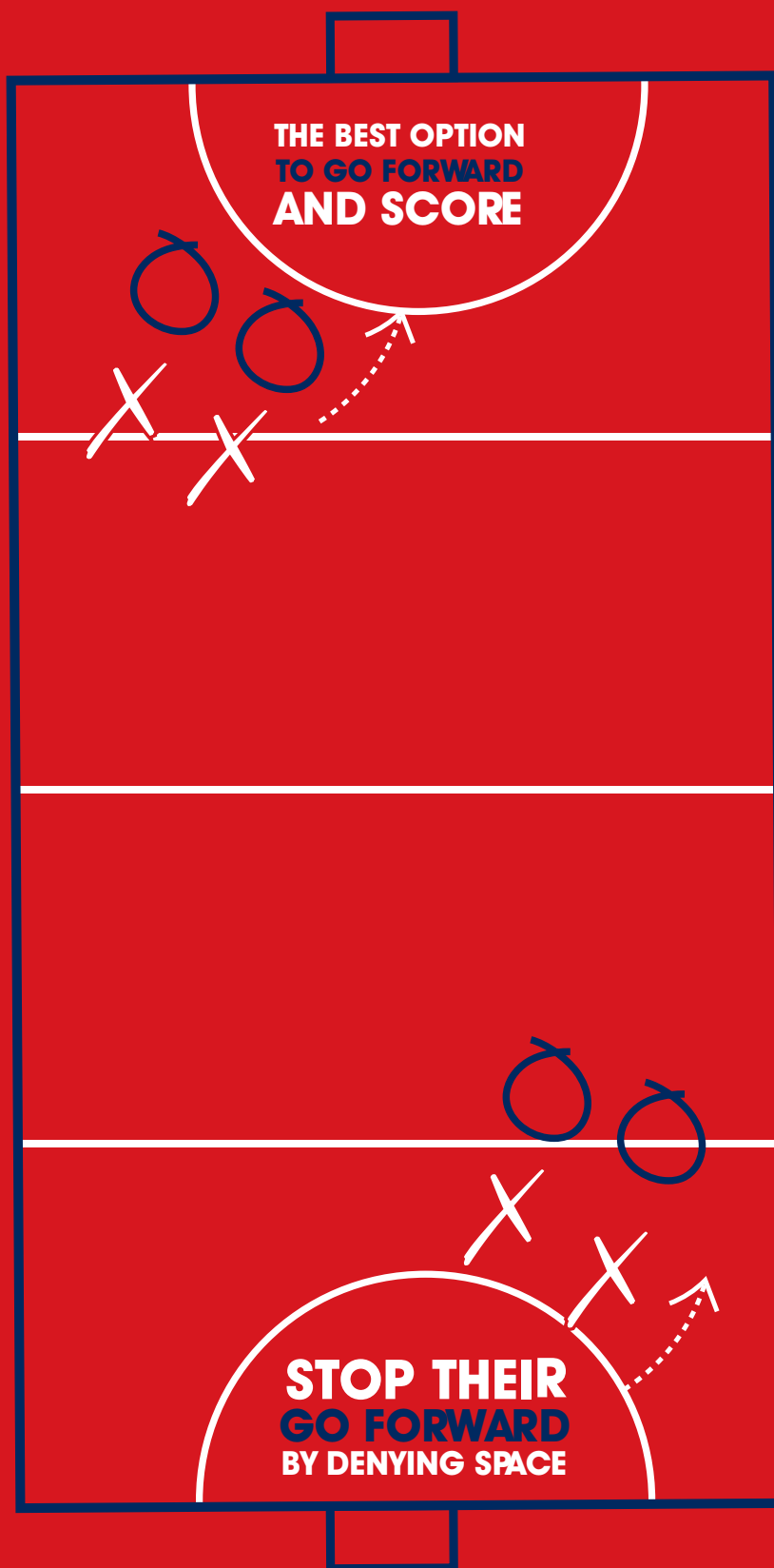
Defensive Principle

Stop their go forward by denying space



To support coaches with effective practice design, Development Themes have been established to provide the focus of any session, linked to the overarching principle.

Principles



Development Themes





Coaching Club – What support can I access?

Based on each individual's circumstance, be that starting at a club for the first time, competing in the first 11 or even playing for the Masters, we know that coaches are the critical factor in enhancing every player's playing experience.

If you are a coach working within a club environment then there are a number of coach development opportunities to help give you the support, knowledge and confidence in your role and to help you deliver fun and engaging sessions.



Coaching Talent – What does good look like?

Coaching Talent Animation

Insert TDF animation

In looking to develop young hockey players that enjoy the sport and can progress to the highest level, Great Britain Hockey has started with the 'End in Mind' and identified five key characteristics of world-leading hockey players – the things that we are really looking to develop in players to make them the most effective on the pitch.

Regardless of age or stage, the purpose of the talent pathway is to support the development of players who are:

	HIGHLY SKILLED AND CREATIVE Players who can execute highly adaptable skills and tactical understanding under pressure.
	WHAT IT TAKES TO WIN ATTITUDE Players that consistently thrive and look to develop themselves and teammates.
	EFFECTIVE DECISION MAKERS Players who implicitly understand the game and link these to the skills required to deliver performance.
	SELF-ORGANISING Players that transfer best practice based on tactical and experiential knowledge and can adapt in order to perform.
	FAST AND ROBUST Players who are consistently available and motivated for long-term training, and ready for the technical, tactical, physiological, psychological, social and emotional demands of international hockey.

A key guiding question to help players' development is:

Based on the player(s) needs and his/her/their age and stage, to move towards the 'End in Mind', what does your player(s) need, in relation to:

1. Their Individual qualities
2. The Environment
3. And/or the Game?



Coaching Talent – Player qualities

At the heart of the Talent Development Framework is the player, and the player should be the central focus in the creation of effective development environments.

The player refers to the individual athlete and the personal (physiological, psychological, social and emotional) qualities required to achieve the End in Mind characteristics and deliver when it matters – both on and off the pitch.

Great Britain Hockey has identified nine interacting and connected qualities that sit at the heart of a player's hockey DNA, and vital for a Great Britain

Hockey 'player' to achieve the 'End in Mind'.

As a result of this interaction and relationship, the qualities of the player are not seen as a series of separate or discrete silos but intimately connected, where developments in each quality will not only influence the other in various ways but will also impact what the player can get from and give to the other two pillars of the TDF – the Environment and the Game.

**Fast:**

- Player is able to demonstrate the necessary speed of body and/or mind to compete in a fast dynamic game.

Physically, Mentally and Emotionally Durable:

- Player is able to regularly perform over time, in training and competition, when needed, without injury.

Physically Literate:

- Player is able to demonstrate the basic fundamental physical movement skills to be able to perform increasingly complex hockey-specific skills.

Intelligent Trainers:

- Player can effectively adapt, manage and optimise physical preparation and recovery to meet specific performance needs when away from the Great Britain/ HC environment.

Self-Managers:

- Player is able to demonstrate resourcefulness in managing time and tasks, and in balancing hockey life and home life.

Motivated and Driven:

- Player is clear on what they want to do, how to do it, and is prepared to do what it takes.

Able to Cope with Pressure:

- Player is able to demonstrate a range of mental qualities and techniques consistent with elite performance at the required moment.

Self-Aware Learners:

- Player is able to demonstrate good self-awareness, realistically reflect on own performance, engage in purposeful practice, and access appropriate support from others.

Able to Work with Others:

- Player is able to communicate effectively, relate to others and demonstrate appropriate leadership.

ADVICE TO COACHES – These qualities are not intended as talent identification or selection criteria, but as learning focuses to inform the practices you design, how you behave and the developmental environments you endeavour to create.



Coaching Talent – How to deliver great experiences

For many generations, coaching within hockey has separated out what we see or 'reading the game' (perception) from technique (action) and the ever-changing and variable context in which it occurs (the game).

The most common presentation of this is in closed skill, drill-based exercises focusing on discrete skills. However, in highly interactive, invasion games like hockey, research* is now unequivocal in supporting a contextually appropriate learning environment where perception and action are coupled.

The 'Golden Thread' is offered as a guide to help coaches design effective practices within their learning environment.

Whilst the Golden Thread is a guide, there are a number of elements that are important for coaches to create effective learning environments. Key aspects of developing highly skilled players are motivational climate, questioning and practice design, which is through the more fun, decision-rich activities that are representative of the game, and less repetitive drills.

Games or game-like activity should be an essential focus

* Great Britain Hockey working in partnership with England Hockey, Hockey Wales and Scottish Hockey
For an introduction see Chow, J. Y., Davids, K., Button, C. and Renshaw, I. (2015) *Non-linear Pedagogy in Skill Acquisition: An Introduction*. Abingdon: Routledge.

of each training session, rather than an aspect of the session just played at the end.


This allows players to develop skills, 'game sense', and an understanding of the rules and tactics to play really good hockey. However, we're not delivering game-like activities for game's sake.

Alongside practice design, to deliver an engaging learning environment a coach needs to also consider the following elements:

- Be aware of who they are, what they represent and the impact they have on others.
- Create effective and sustainable relationships with others in order to meet learning environment goals.

- Take responsibility in driving a culture that meets the needs and reflects the behaviours of a successful learning environment.
- Have a sound knowledge of the sport that allows the coach to maximise the learning environment.

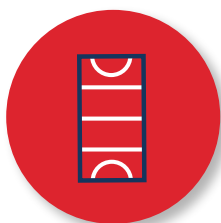
The more inspirational our coaches can be, the more befitting our environments can be, the more progressive we can be, and the more we will achieve for our sport.



For more information and support on how to embed the Golden Thread into your coaching, check out the Practice Design Workshop.



Golden Thread



Coaching Talent – Principles of the game

The central premise of hockey is an invasion, team and skill-based sport. You either have the ball or don't have the ball. The objective of hockey is simple, to score goals and stop the opposition from scoring.

Principles of the Game have been identified to provide a common language in how coaches and players talk about and understand hockey, and as a natural by-product, produce scholars of the game.

The Principles of the Game are hockey's truest objectives. For example, if ever the game changed to 9v9; as an invasion game, these principles would remain the same.

They have been developed to simplify the complex by embedding an understanding of skill development and the game itself.

Attacking Principle

The best option to go forward and score

Defensive Principle

Stop their go forward by denying space

Video – Why have principles?

How should the Principles of the Game be used?

- To provide a framework for key questions for players and coaches to:
 - Help understand what you are trying to achieve as an individual.
 - Help understand what you are trying to achieve as a team.

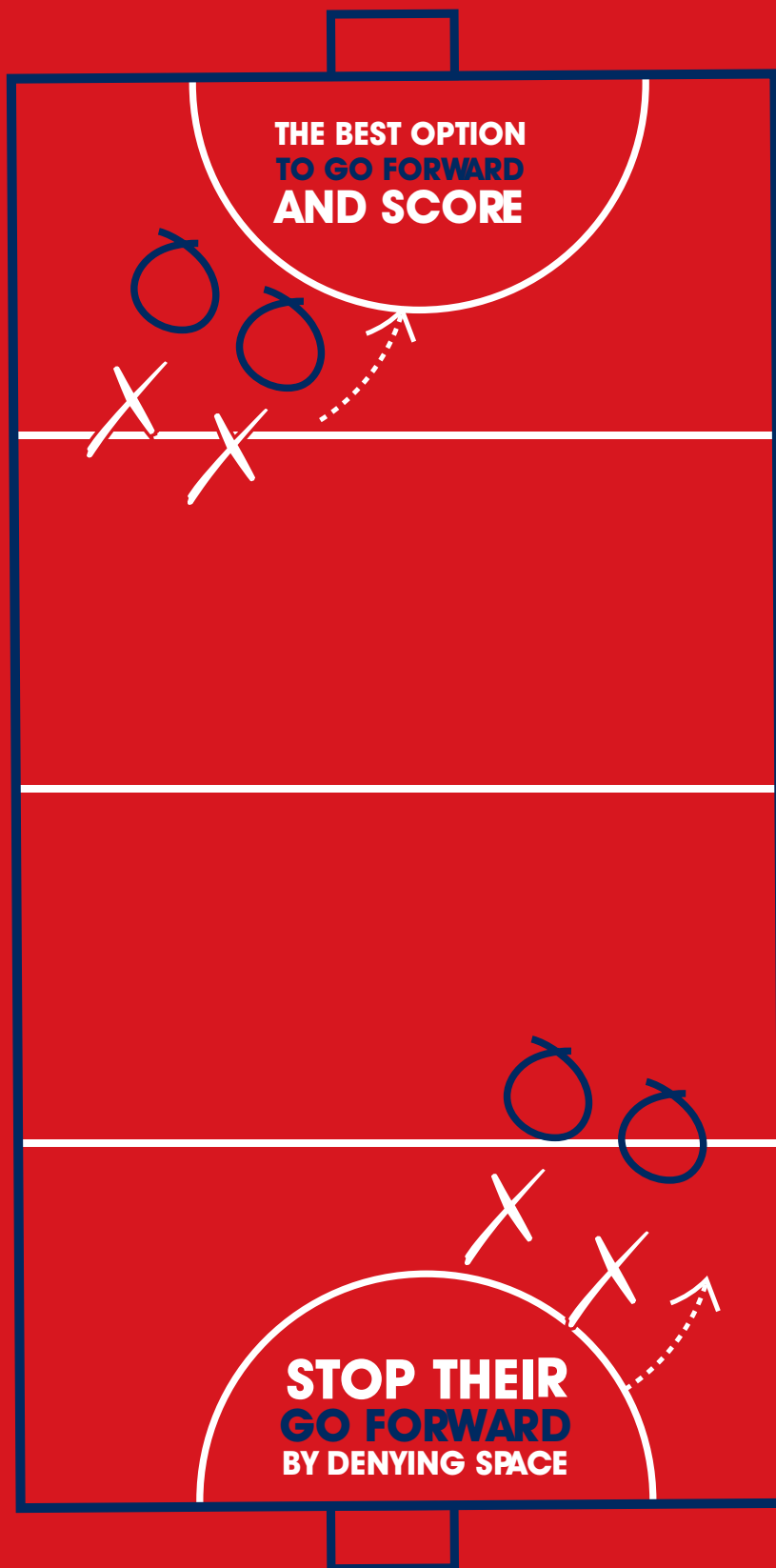
- As a coach, how you ask questions/communicate with a team and individuals.
- Support the development of practice design – i.e. what are the problems you are trying to solve that relate back to the game?

To support coaches with effective practice design, Development Themes have been established to provide the focus of any session, linked to the overarching principle.



For more information and support on how to embed the Development Themes into your coaching, check out the What to Coach Workshops or the Hockey Hub.

Principles



Development Themes





Coaching Talent – What support can I access?

Whether you coach talented players through club or pathway activity we know that coaches are the critical factor in enhancing every player's playing experience.

If you are a coach working with talented athletes then

there are a number of coach development opportunities to help give you the support, knowledge and confidence in your role and to help you deliver fun and engaging sessions.

Role	Recommend	Other Support
I lead or support sessions in the Player Pathway or with talented athletes	Sessional Coach Course Coaching For Club Players Workshop	Practice Design Workshop What to Coach Workshops <ul style="list-style-type: none"> • Goal scoring
I lead programmes in the Player Pathway or with talented athletes	Coach Course	<ul style="list-style-type: none"> • Attacking • Defending • Goalkeepers Integrating Goalkeepers Workshop Engaging Games For Children Workshop Advanced Coach Programme
What other support can I access to support my coaching?		
Hockey Hub	@coachandinspire	Coaches Membership

CHILDREN

CLUB

TALENT

Advice Box

Any coach working with players under 18-years-old needs to ensure they have a current and maintained DBS check/PVG scheme membership and an appropriate Safeguarding certificate.

It is also important that all coaches leading sessions also have relevant insurance and First Aid certificates or access to a first-aider at the session.



What development can I access to support my coaching?



ENGAGING GAMES FOR CHILDREN WORKSHOP

By the end of the workshop, learners should be able to:

- Identify and apply the 'C' system model to support the development of hockey players
- Describe and apply the Golden Thread philosophy
- Describe and apply the CHANGE IT model to support differentiation
- Develop practical ideas on how to deliver fun and engaging games to facilitate learning
- Explore solutions to common challenges when coaching children.

CHILDREN

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TALENT

Video Testimonial



Booking Link

<https://hockeyhub.englishhockey.co.uk/events>



COACHING FOR CLUB PLAYERS WORKSHOP

By the end of the workshop, learners should be able to:

- Describe and apply the Golden Thread philosophy
- Describe and apply the CHANGE IT model to support differentiation
- Develop practical ideas on how to deliver fun and engaging games to facilitate learning
- Explore solutions to common challenges of the club hockey environment.

CHILDREN

CLUB

TALENT

Video Testimonial



Booking Link

<https://hockeyhub.englishhockey.co.uk/events>



INTRODUCTION TO HOCKEY COACHING WORKSHOP

By the end of the workshop, learners should be able to:

- Develop practical ideas on HOW to deliver fun, exciting and dynamic games to facilitate effective learning environments for club teams
- Demonstrate and explain the basic rules of the game of hockey
- Deliver engaging games for their participants
- Demonstrate and explain various fundamental skills that will support the development of their participants
- Understand that the game is the teacher, the pitch is the classroom, the coach is the facilitator.

CHILDREN

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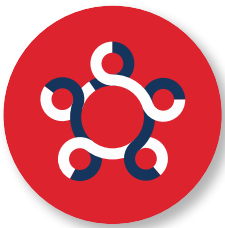
TALENT

Video Testimonial



Booking Link

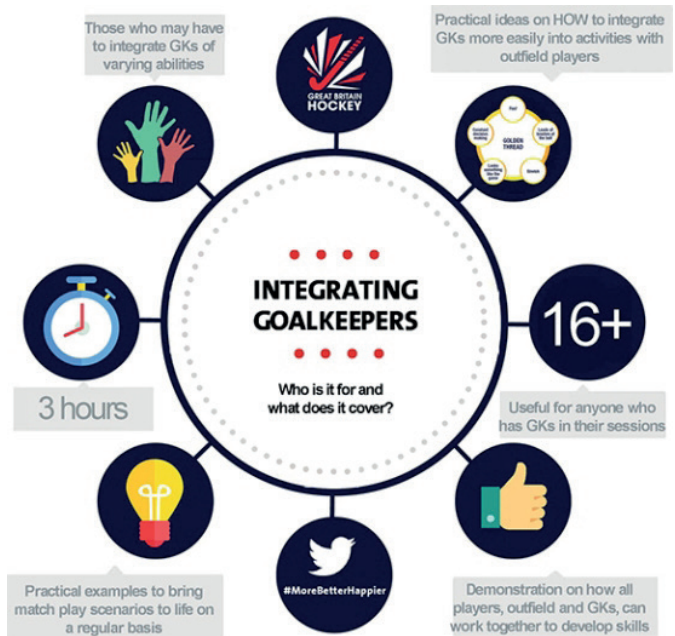
<https://hockeyhub.englishhockey.co.uk/events>



INTEGRATING GOALKEEPERS WORKSHOP

By the end of the workshop, learners should be able to:

- Recognise the opportunities to bring goalkeepers into a variety of activities with outfield players
- Use practical examples to bring match play scenarios to life on a regular basis
- Develop practical ideas on how to integrate goalkeepers more easily into activities
- Create variations to existing practices to develop a suite of activities for all goalkeepers
- Demonstrate that all players can work and develop together when developing skills
- Understand that the game is the teacher, the pitch is the classroom, the coach is the facilitator.



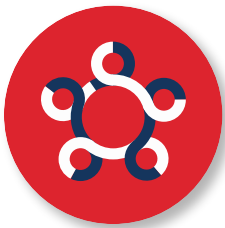
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Booking Link

<https://hockeyhub.englishhockey.co.uk/events>



SESSIONAL COURSE

This course is suitable for those who coach independent hockey sessions to children or adults or are supporting sessions in a hockey programme (i.e. Club Team, School Team).

On successful completion of the course, e-portfolio and assessment, coaches will have the skills and experience necessary to be able to deliver hockey sessions independently. Coaches will also be required to have attended a face-to-face Safeguarding course before being certified.

To attend this course you must:

- Be at least 18 years of age
- Be able to provide evidence of the need for this qualification linked to current or future coaching roles, e.g. you will be leading hockey sessions independently
- Have experience of delivering relevant hockey sessions over the previous 12 months

- Have attended a minimum of one workshop from the Great Britain Coaching Development Offer over the last 24 months.

Video Testimonial

CHILDREN

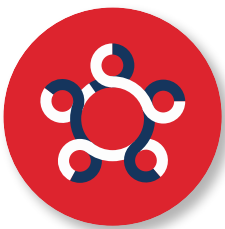
CLUB

TALENT



Booking Link

<https://hockeyhub.englishhockey.co.uk/events>



COACH COURSE

This course is suitable for people who are the regular coach of a hockey programme (i.e. Club Team or School Team over a season, Player Pathway).

On successful completion of the course, e-portfolio and assessment, coaches will have the skills and experience necessary to be able to coach independently and plan and deliver linked and progressive sessions.

To attend this course you must meet the following criteria:

- Be at least 18 years of age
- Able to provide evidence of the need for this qualification linked to current or future coaching roles, e.g. you will be leading regular sessions independently over a season or programme
- Able to provide evidence of delivering relevant hockey coaching sessions/ programme over the past two years

CHILDREN

CLUB

TALENT

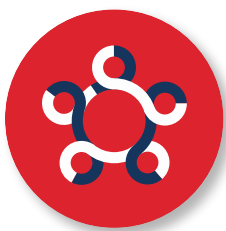
- Have attended six hours of Great Britain Hockey CPD over the past 24 months.

Video Testimonial



Booking Link

<https://hockeyhub.englandhockey.co.uk/events>



PRACTICE DESIGN WORKSHOP

Developing skill in players requires coaches to be able to create practices that are both engaging as well as stretching enough to allow participants to develop effectively. In this highly interactive and practical workshop, coaches will:

- Become more familiar with the Great Britain Hockey Talent Development Framework and how it can be used to guide the creation of practice tasks
- Explore the nature of skillful performance and how it is developed in a dynamic team sport like hockey
- Develop an appreciation of various forms of practice and how they can be used to develop specific action capabilities in hockey players
- Practically apply practice tasks and learn to manipulate them to help players become more skillful.



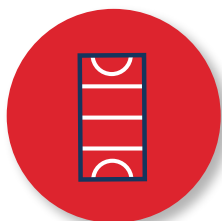
Booking Link

<https://hockeyhub.englandhockey.co.uk/events>

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WHAT TO COACH WORKSHOPS

What to coach: Goal Scoring

– coaches will see what to deliver in a session on the development theme of Goal Scoring. Coaches will share practice design ideas that invite lots of opportunities for the players to take the best option to go forward and score goals in all sorts of ways. There will be lots of examples of fun and game-like activity that drives the players to be highly skilled and creative with their actions.


What to coach: Attacking

– coaches will see what to deliver in a session on the Principles of Attacking. Coaches will share practice design ideas that invite lots of opportunities for the players to take the best option to go forward and score. This workshop will bring to life the link between Principles and Development Themes and further highlight what coaches should prioritise in their sessions to create effective decision makers.

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What to coach: Defending – coaches will see what to deliver in a session on the Principles of Defending. Coaches will share practice design ideas that invite lots of opportunities for the players to stop the opposition's go forward by denying space. This workshop will bring to life the link between Principles and Development Themes and further highlight what coaches should prioritise in their sessions to create effective decision makers.

What to coach: Goalkeepers – coaches will get ideas on how to create practice design on what to coach goalkeepers alongside a rich understanding of the National Development Themes for goalkeepers. Replicate appropriate learning environments to bring game-like scenarios to life on a regular basis. Create variations to existing practices to develop a suite of activities for goalkeepers of all levels. Demonstrate that all players can work and develop together when developing skills.

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Video Testimonial

Booking Link

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ADVANCED COACH PROGRAMME

By being part of the Advanced Coach Programme, coaches will:

- Improve their knowledge and understanding of the game; both technically and tactically
 - Advance their coaching practice through greater understanding and application of the Golden Thread and Development Themes
 - Be equipped to regularly self-reflect and analyse their coaching practice and behaviours to positively affect player improvement for the long term
 - Grow as a coach by being part of a safe learning community in which check and challenge are encouraged and supported
- Understand the key reasons why people play hockey and use this to create truly motivational learning environments and stronger coach, athlete relationships
 - Become more creative, open-minded and prepared to raise the bar with their coaching
 - Have increased connections within the hockey coaching community.



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HOCKEY HUB

FREE one-stop shop, packed full of useful hockey resources.

Whether you coach beginners, work with young, talented players or coach at a one team senior club, there is relevant content available to suit your needs.

Gain insight from senior coaches and players, whilst learning how you can apply the Golden Thread to your coaching sessions.

Watch videos of examples and see how you can CHANGE IT to suit the players you coach.

New content added regularly.

Embed Warm Up Video

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DOMES AND DISHES



- > Split into two teams wearing different colours.
- > There are lots of cones in the area; some turned up so they look like dishes and some turned down so they are domes. One team's job is to turn the cones to dishes and the other is to turn them domes.
- > If you have lots of players consider setting up another area.
- > Encourage different movements within the game to help the players warm up, for example: skipping rather than running and lunging when they pick up a cone.
- > The game should be played in short bursts of 30 seconds, offering plenty of recovery time.
- > The team with the most amount of cones their way round is the winner, repeat and see if the teams can beat their score.

EQUIPMENT: Bibs | Cones

LEARNING OUTCOME: Warm Up





Click here to register for free and access lots of online resources to support you and your coaches.



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