

Woking HC Colts Coaching Plan 2009-2010

Overall aims and goals

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Overall Aims

The idea of this document is to start to come up with a general overview of the different types of coaching for different age groups.

The different group coaching overview should be progressive as players each age group, but should not EXCLUDE what has been learnt before.

The focus is meant to go from fun and basics with juniors to advanced individual skills and unit play with the U12/U14, before more game play and game scenarios with the U16 and U18s.

Fundamentals (U8,U10)

Main Aims

FUN

Keep it interesting to kids but still in the structure of session and not just random skills/drills, make each session have a purpose and get them to try and learn 1 thing per session about the coaching they've had

SAFE

Make sure they understand safety from this age. Make Sure they always have mouthguards and shinpads and correct playing Kit.

HOCKEY

Teach Basics and try to get them at a stage where they are competent in them.

ENCOURAGEMENT

Plenty of individual praise encourages the kids to do it again and keeps their concentration

Coaching Style:

TELL - more dictatorship of how to do basic techniques, get kids to listen and learn
Plenty of visual aid, demonstration

When demonstrating try to coach 1 point at a time so they understand and retain

Get the kids to show you what you did, or are doing.

Short simple explanations – keeps kids interested and they retain more.

Lots of fun “competitions” between 2 teams / 4 teams of juniors in order to

Main Areas to Coach

ABCs – Ability Balance Coordination

RJT – Running Jumping Throwing

CPK Catching Passing Kicking

All of the above can be demonstrated using other sports and fun games to get kids moving and having fun, something different from 100% hockey.

Introduction of basics

Involve the Goalkeeper in exercises and games

FITT – Frequency, Intensity, Time, Task

F – Make sure the kids do skills lots of times but in short bursts, get them use to doing a skill. Repetitive means they will learn and retain more.

I – Low

Time – short

Task – very simple

Introduction of basics:

GSBBB - Grip Stick Body Ball Balance – how to hold stick for different activities, when and where to use different grips,

Body position, feet position, and moving with the ball

Ball control

Passing – teaching push,slap,hit, passing as much as possible

Tackling –how to tackle safely, where to stand and what to do

Shooting – hitting

Hockey Positions – what each position does and where they are on the pitch
Explain safety and some of the umpires decisions and what different rules mean.

Fitness

A few short sprints per session, they will get tired quickly though so only do a few at a time.

Train to Train (U12,U14)

Main Aims

Advanced Individual Skills

Basic Team Play

Working in groups in exercises,

Get them to try different positions

If they play in different positions they may either find that they like a new position or for example, that they will understand what defenders don't like against them, so when they play forward they can

Coaching Style:

TELL and SHARE – Again a lot of coaching techniques, introducing ideas but also starting to use Q+A with the juniors. Make them think about why they do things, how much have they learnt every session

Plenty of visual aids – using white boards, cones, bibs

When demonstrating try to coach no more than 2 points at a time so they understand and retain.

Use kids in demonstrations to show other kids they can also do it

Main Areas to Coach

ABCs, JKTs, CPKs - Continue from FUNdamentals but then

More advanced individual skills:

1v1 skills - Starting to look at how to do 1v1 attacking and defending

Move onto 2v1 attacking and defending skills

Different types of receiving and working on first touch for quicker passing

Passing drills / shooting drills involving several people

Start to work on deflections and shooting from close range as well as top of D

Aerials (both doing them and receiving them)

Introduction of Conditioned Games to get players use to doing certain skills on the pitch

RECAP of last session and link sessions in e.g. 1 week do 1v1 defending, next session do 2v1 defending as well as recapping 1v1 defending

Note: if an exercise is breaking down, can always go off for 10 minutes and work on some basics again, make sure they are getting them correct and then go back into main exercise or game.

FITT – Frequency, Intensity, Time, Task

F –

I – Low - Medium

Time – longer stints of exercises

Task – enforcing basics and starting to work in groups of several people per exercise, start to put players of different positions together.

Fitness

Introduce ladders, hurdles, core stability

Warmups - always dynamic stretching and cool down with static stretching
Short fitness bursts, both stamina and sprinting
Game Fitness – play lots of games for match like fitness

Penalty Corners

Introduce both attacking and defending side – a few simple variations on attacking side – help the juniors out with what is effective or not. Understand main aims of PC (shot and score, variation on main shot, winning another PC)
Defending – understand main aims of defending PCs (Stop goal, stop shot, 2nd phase clearing the ball)

Train to Train (U14,U16)

Main Aims

Far More Team Play – more exercises focussed on playing as a unit
More work on advanced individual skills, both attacking and defending.
More Q+A in sessions, more in depth explaining as to why certain aspects are being coached – let them come up with answers rather than being prompted.
Getting players to think about why they are doing things and how they can succeed

Coaching Style:

SHARE – explaining ideas and how and when to use them, but sharing ideas with group of players, asking for them to come up with solutions, answers, variations.
Not only visual aids but reading material, demonstration with players,
Can now explain two or three points per exercise for them to understand fully what they need to achieve

Main Areas to Coach

ABCs, JKTs, CPKs - Continue from U10/U12s but then
More advanced individual skills:
1v1 skills – continuing to work on 1v1 attacking and defending but also then move onto 2v1, 3v2, 4v3 etc attacking and defending skills
Different types of receiving and working on first touch for quicker passing
Start to work on game situations
More shooting drills which involve both a shot and deflections and shooting from close range.
Team defensive skills – 2v1,3v2 defending, making sure players are always being involved and helping the team, and that they don't stand in positions where they aren't marking anyone.
More use of Conditioned Games to get players to understand concepts of what is going on.
Maybe start to introduce "Concept coaching" i.e. to make players understand a certain area of team play – use an exercise which doesn't involve sticks and balls
RECAP of last session and link sessions in over 3-4 week period

Team Play

Advancement on age group below;

Defending and attacking in units e.g. holding onto possession and moving ball around
Advanced attacking skills – reverse stick shooting, using Aerials to get out of defence and to create an attack.

Note: if an exercise is breaking down, can always go off for 10 minutes and work on some basics again, make sure they are getting them correct and then go back into main exercise or game.

Session Structure

Keep to main aim of session – 1 or 2 exercises for individual skills to start with but more of the session to involve game play or playing in units.
Small sided games to practise the individual skills learnt in that session
e.g. if session is on attacking 3v2, have a 4v4 sided game and see if the kids can start to use what they have learnt

Can do specifics relating to last match day concerns but don't become a "reactive coach" i.e. don't just fix an immediate problem. By all means have a look but keep to progressive coaching, building on last couple of week's tasks.

FITT – Frequency, Intensity, Time, Task

F –

I – Higher

Time – short

Task – more complicated – involve more players and more team exercises and game situations

Fitness

Subset of the main men's team's fitness, bearing in mind this age group are still growing they shouldn't be pushed to the same level as the age group above or men's teams.

Penalty Corners

Introduce both attacking and defending side – a few simple variations on attacking side – help the juniors out with what is effective or not.

Defending – understand main aims of defending PCs (Stop goal, stop shot, 2nd phase clearing the ball)

Start to let Goalkeeper make some decisions on what they feel is best based on their defence and how they want defensive set up.

Train to Train (U16,U18)

Main Aims

Far More Team Play, tactics and more game realistic and game situation exercises
More work on advanced individual skills.

More emphasis on changing formations, tactics during a game / training session

More Q+A in sessions, more in depth explaining as to why certain aspects are being coached – let them come up with answers rather than being prompted.

Getting players to think about why they are doing things and how they can succeed

Coaching Style:

SHARE – Lessia-z-faire: Sharing tactics and game situations how and when to use them, but sharing ideas with group of players, asking for them to come up with solutions, answers, variations.

Don't let players dictate but sometimes ask them to see what they feel more comfortable with and how to develop things.

Main Areas to Coach

1v1 skills – continuing to work on 1v1 attacking and defending but also then move onto 2v1, 3v2, 4v3 etc attacking and defending skills

Continue work on different tactics, styles of play in game situations. Focus on getting the ball to where you want, both attacking and defensive.

Work on moving the ball to move opposition – being patient in possession

Team defensive skills – Zonal v man marking v presses (either deep press, attacking press, half court)

More use of Conditioned Games to get players to understand concepts of what is going on.

Continue to use “Concept coaching” i.e. to make players understand a certain area of team play – use an exercise which doesn't involve sticks and balls

RECAP of last session and link sessions in over 3-4 week period

Team Play

Advancement on age group below;

Attacking – isolate opposition players

Have an AIM to attack opposition, how is it best suited to our players

Defending:

Different types of marking (Zonal v Man to Man) and when to use them. When to exploit them against opposition.

Zonal – compacting space v Man to Man marking.

Moving the ball to where your teams wants it e.g. moving it to their weak side/player

Session Structure

Keep to main aim of session – more team game scenarios and tactical play.

Can do specifics relating to last match day concerns but don't become a “reactive coach” i.e. don't just fix an immediate problem. By all means have a look but keep to progressive coaching, building on last couple of week's tasks.

Small sided games to practise both the individual skills learnt and to practise the team skills that are wanted to be coached.

FITT – Frequency, Intensity, Time, Task

F –

I – As high as Men's top teams

Time – long and short exercises,

Task – very unit play based, tasks where players have to do decision making

Fitness

Can join in with the Men's fitness training if they are playing in this side.

Penalty Corners

Almost could do the Laissez-faire style of coaching – let the youngsters decide what they think is effective attacking wise, and what variations to use.

Occasionally offer advice but up to them as to final decision depending on success

Defending – Different variations rather than 1 standard way of running out, concentrate on 2nd phase i.e. what happens after initial strike is saved or is broken down. Goalkeeper to help decide if they are confident taking shot and where they are most comfortable with everyone running to