



CHELMSFORD HOCKEY CLUB

JUNIOR SECTION

JUNIOR COACHING PROGRAMME

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Introduction

Chelmsford Hockey Club is committed to the improvement of the quality and consistency of its coaching, this document helps provide a framework for that coaching, whether being delivered at Under-8 or Under-18 or anywhere in between. This information can be tailored to every group's needs, while at the same time ensuring that the Club offers training to all its members on a common basis.

The background is to establish a common platform of training and development for all players, irrespective of age and ability. This work has focused on the core skills needed to play hockey and concentrates on key principles that, if delivered and coached effectively, will significantly improve the ability and performance of all participants.

It is also important to recognise how young players develop physical, psychological and emotional characteristics and the impact of these on their ability to learn new skills, perform them and apply them in game situations.

It is important that all coaches aspire to the following principles for planning and delivering coaching sessions:

Planning effective coaching sessions

- Review players' needs and establish goals for coaching sessions
- Plan realistic timings, sequences and intensity for the sessions
- Plan a good balance of learning and practice
- Plan appropriate technical content for the aim of the session
- Plan appropriate progressions to develop the performance of all participants
- Plan progressive sessions, where skills are developed into game situations
- Develop physical and mental ability as well as hockey skills and techniques

Delivering effective coaching sessions

- Emphasise the key learning points for the session
- Demand quality from players
- Always practice at match pace
- ***Keep the sessions fun and enjoyable***
- Encourage decision making
- Reassure players that it's alright to make mistakes
- Don't interrupt practices too often, allow practices to run and drop coaching points in to individuals or the group
- Encourage players to work with different players
- Have enough balls for practices to run without stopping for collection regularly
- Keep players active and involved – avoid long queues and standing around
- Where possible have an independent goalkeeper coach at each session - if not, set the practice so that the GKs can take part by using their feet instead of a stick.

This document outlines the player syllabus

- Core skills
- Movement skills
- Small unit play
- Game play
- Set plays
- Tactics

It is intended that each age group coach will use this document as guidance and work within its framework to design and deliver coaching sessions specific and appropriate to their particular age group and individual athletes. Alongside Resources from England Hockey's Hockey Hub

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

It is important to take into consideration that players taking up the sport after the Under-8 age group may need to spend time working with lower age groups before they are capable of training effectively with their own age group.

Carrying the ball hard into space to go forward is an equally important skill set as traditional V-drags and other carrying and elimination skills. • In all exercises players should be encouraged to perform at a game pace. How big is the practice area, does this allow for a player to carry at pace? • Encourage players to experiment with different solutions to allow them to carry the ball forward. Can they move their feet to support this? Can they get the ball off the floor? Can they travel in a different direction to then go forward again?

• Moving the ball hard into space to go forward is an equally important skill set as traditional slap hits and other moving skills. • In all exercises players should be encouraged to receive and move the ball whilst in motion, and close to match speed, does your game scenario allow for this? • Encourage players to experiment with different solutions to allow them to move the ball forward. Does the way their feet are facing effect this? Does it help to get lower to the ground, how can they do this? Does how they receive the ball effect the ability to move it of

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Player Syllabus – outfield players

LTAD Phase	Under-8	Under-10	Under-12	Under-14	Under-16	Under-18
1. Core skills	60%	60%	50%	40%	40%	35%
Unopposed ball carrying	Essential	Essential	Essential	Essential	Essential	Essential
Static pushing	Essential	Essential	Essential	Essential	Essential	Essential
Static hitting	Essential	Essential	Essential	Essential	Essential	Essential
Static open stick receiving	Essential	Essential	Essential	Essential	Essential	Essential
Elimination skills	Essential	Essential	Essential	Essential	Essential	Essential
Open stick block tackle	Progression	Essential	Essential	Essential	Essential	Essential
Static slapping	Progression	Essential	Essential	Essential	Essential	Essential
Moving push	Progression	Essential	Essential	Essential	Essential	Essential
Moving hit	Progression	Essential	Essential	Essential	Essential	Essential
Reverse stick receiving		Progression	Essential	Essential	Essential	Essential
Receiving open stick on the move		Progression	Essential	Essential	Essential	Essential
Moving slap		Progression	Essential	Essential	Essential	Essential
Pushing, hitting and slapping to goal		Progression	Essential	Essential	Essential	Essential
Jab tackling		Progression	Essential	Essential	Essential	Essential
Split grip reverse pass		Advanced	Progression	Essential	Essential	Essential
Defensive intercept		Advanced	Progression	Essential	Essential	Essential
Reverse stick push on the move		Advanced	Progression	Essential	Essential	Essential
Lifted push			Progression	Essential	Essential	Essential
Receiving reverse stick push on the move			Progression	Essential	Essential	Essential
Receiving a lifted ball			Progression	Essential	Essential	Essential
Reverse stick tackling			Progression	Essential	Essential	Essential
Reverse stick hitting			Advanced	Essential	Essential	Essential
Aerials			Advanced	Essential	Essential	Essential
3D skills				Essential	Essential	Essential
Wider goal-scoring skills				Essential	Essential	Essential
Other tackling techniques				Progression	Progression	Essential
2. Movement skills	20%	20%	10%	5%	5%	5%
B & C – Balance and coordination, FS – Foot speed, S – Speed, M – Movement Skills, P – Proprioception¹, MOB - Mobility						
Fun Warm up games i.e TAG (M)	Essential	Essential				
Hopping and skipping. Statues game hold balance (B&C)	Essential	Essential				
Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS)	Essential	Essential				
High Knees, arms pumping, run as fast as possible in straight lines (S)	Essential	Essential				

Low movement, monkey run – running in low positions without falling over	Essential	Essential				
Promote mobility lunging, crawling to move hips and lower back through range (MOB)	Essential	Essential				
Fun warm up games i.e. TAG. Respond to coaches instructions (M)			Essential			
Core agility, dodge ball, tag rugby activity (B&C)			Essential			
Start fast – stop fast. Giving targets to stop in. Change direction (M)			Essential			
Balance and awareness. Single foot double foot hopping and holding (B&C)			Essential			
High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S)			Essential	Essential	Essential	Essential
Getting into low position with head and chest high e.g. hurdle walk unders (MOB)			Progression	Progression	Progression	Progression
Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB)			Progression	Progression	Progression	Progression
Learn and practice in an isolated closed environment. Learn and repeat the SKILL without pressure (M)				Essential	Essential	
Stopping and starting – making sure centre of gravity is inside foot in direction of movement (M)				Essential	Essential	
Hopping, skipping balances with eyes closed (P)				Essential	Essential	
Execution of target foot skills / foot work patterns in closed setting / controlled environment DRILL then SKILL (M)						Essential
Some transfer of foot skills to unanticipated environments. Reacting to commands and signals (M)						Essential
Balance, control and efficiency in most movement patterns – Getting in the right body positions (M, B & C)						Essential
Anticipation and recognition of stimulus to move with speed of feet movements (FS)						Progression
Resistance to fatigue in closed skill environment. Getting SKILL right in the drill when tiring. Drill until fatigued (M)						Progression
3. Small unit play	0%	0%	20%	30%	30%	25%
Opposed ball carrying 1v1			Essential	Essential	Essential	Essential
Defending in 1v1			Essential	Essential	Essential	Essential
2v1 small unit play (attack and defence)			Essential	Essential	Essential	Essential
2v2 (attack and defence)				Progression	Progression	Essential
Circle entry						Progression
4. Game play	20%	20%	15%	20%	20%	25%
Small-sided games	Essential	Essential	Essential	Essential	Essential	Essential
Small areas and games for fun	Essential	Essential	Essential			
Mini hockey			Essential			
Full-pitch 11v11				Essential	Essential	Essential
Pressing						Progression
Outletting						Progression
Attacking and Defending the Final Third						Progression

5. Set plays	0%	0%	5%	5%	5%	10%
Individual PCA attack skills			Progression			
Penalty Stroke			Progression	Essential	Essential	Essential
PCA & PCD skills				Essential	Essential	Essential
6. Tactics	0%	0%	As part of set plays, small unit play and game principles			

¹ Proprioception is a critical component of balance. It refers to the body's ability to sense movement within joints and joint position, enabling us to know where our limbs are in space without having to look. Proprioception underlies everyday movements, and is especially important for complicated sporting movements that require precise coordination. When a joint or other body part is injured, one's ability to properly coordinate muscular efforts is inhibited and body-spatial perceptions are altered. Such skewed perceptions limit the ability of a patient to perform therapeutic flexibility, strength and endurance exercises correctly, increasing the risk for incomplete rehabilitation and chronic pain or other problems. Therefore, reestablishing proprioception is critical to a functional rehabilitation program.

Player Syllabus – goalkeepers

LTAD Phase	Under-8	Under-10	Under-12	Under-14	Under-16	Under-18
1. Core skills	60%	60%	50%	40%	40%	35%
Saving and clearing	Essential	Essential	Essential	Essential	Essential	Essential
Kicking with both feet	Essential	Essential	Essential	Essential	Essential	Essential
Hand saves	Essential	Essential	Essential	Essential	Essential	Essential
Positioning	Essential	Essential	Essential	Essential	Essential	Essential
Communication skills	Progression	Essential	Essential	Essential	Essential	Essential
Closing down an attacker	Progression	Essential	Essential	Essential	Essential	Essential
Accurate kicking with both feet	Progression	Essential	Essential	Essential	Essential	Essential
Hand saving and clearing in the air and on turf	Progression	Essential	Essential	Essential	Essential	Essential
Saving with right hand and stick		Progression	Essential	Essential	Essential	Essential
Diving to save in open play		Progression	Essential	Essential	Essential	Essential
Smothering an attacker		Advanced				
Positioning and narrowing the angle		Advanced				
Save/clear straight shots			Progression	Essential	Essential	Essential
Save/clear wide shots			Progression	Essential	Essential	Essential
Ability to smother on both sides of the body			Advanced	Essential	Essential	Essential
Diving technique left and right				Essential	Essential	Essential
Decision making in "5 yard box"				Essential	Essential	Essential
Going down to defend a PC hit shot				Progression	Progression	Essential
PC drag flick saving – diving technique				Progression	Progression	Essential
PC saving decision making				Progression	Progression	Essential
2. Movement skills	20%	20%	10%	5%	5%	5%
B & C – Balance and coordination, FS – Foot speed, S – Speed, M – Movement Skills, P – Proprioception¹, MOB - Mobility						
Fun Warm up games i.e TAG (M)	Essential	Essential				
Hopping and skipping. Statues game hold balance (B&C)	Essential	Essential				
Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS)	Essential	Essential				
High Knees, arms pumping, run as fast as possible in straight lines (S)	Essential	Essential				
Low movement, monkey run – running in low positions without falling over	Essential	Essential				
Promote mobility lunging, crawling to move hips and lower back through range (MOB)	Essential	Essential				
Fun warm up games i.e. TAG. Respond to coaches instructions (M)			Essential			
Core agility, dodge ball, tag rugby activity (B&C)			Essential			

Start fast – stop fast. Giving targets to stop in. Change direction (M)			Essential			
Balance and awareness. Single foot double foot hopping and holding (B&C)			Essential			
High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S)			Essential	Essential	Essential	Essential
Getting into low position with head and chest high e.g. hurdle walk unders (MOB)			Progression	Progression	Progression	Progression
Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB)			Progression	Progression	Progression	Progression
Learn and practice in an isolated closed environment. Learn and repeat the SKILL without pressure (M)				Essential	Essential	
Stopping and starting – making sure centre of gravity is inside foot in direction of movement (M)				Essential	Essential	
Hopping, skipping balances with eyes closed (P)				Essential	Essential	
Execution of target foot skills / foot work patterns in closed setting / controlled environment DRILL then SKILL (M)						Essential
Some transfer of foot skills to unanticipated environments. Reacting to commands and signals (M)						Essential
Balance, control and efficiency in most movement patterns – Getting in the right body positions (M, B & C)						Essential
Anticipation and recognition of stimulus to move with speed of feet movements (FS)						Progression
Resistance to fatigue in closed skill environment. Getting SKILL right in the drill when tiring. Drill until fatigued (M)						Progression
3. Small unit play	0%	0%	20%	30%	30%	25%
Opposed ball carrying 1v1			Essential	Essential	Essential	Essential
Defending in 1v1			Essential	Essential	Essential	Essential
2v1 small unit play (attack and defence)			Essential	Essential	Essential	Essential
2v2 (attack and defence)				Progression	Progression	Essential
Circle entry						Progression
4. Game play	20%	20%	15%	20%	20%	25%
“Game reading” and decision making			Essential	Essential	Essential	Essential
Working with defenders 1v1, 2v1 and 2v2				Essential	Essential	Essential
5. Set plays	0%	0%	5%	5%	5%	10%
PCD GK skills			Progression	Essential	Essential	Essential
Penalty Stroke Saving			Progression	Essential	Essential	Essential
6. Tactics	0%	0%	As part of set plays, small unit play and game principles			

¹ Proprioception is a critical component of balance. It refers to the body's ability to sense movement within joints and joint position, enabling us to know where our limbs are in space without having to look. Proprioception underlies everyday movements, and is especially important for complicated sporting movements that require precise coordination. When a joint or other body part is injured, one's ability to properly coordinate muscular efforts is inhibited and body-spatial perceptions are altered. Such skewed perceptions limit the ability of a patient to perform therapeutic flexibility, strength and endurance exercises correctly, increasing the risk for incomplete rehabilitation and chronic pain or other problems. Therefore, reestablishing proprioception is critical to a functional rehabilitation program.

