



FHBC 'Learn 2 Train' Program 2017-18

(Eligibility: athletes born in 2005, 2006, 2007 and 2008)

Fall and Winter

Below provides general information about the L2T program. Information specific to each year will be provided on the [FHBC L2T webpage](#). In 2017-18, L2T will be offered in 3 FHBC regions (Mainland, Victoria and Duncan) targeting 15-20 hours. **New!** This year, weekly programming will be offered from October to November and resume from January to February (6 sessions).

- 10-12 sessions
- 16-20 hours on-field training
- \$245 per athlete
- Training program only. No Festival offered in 2017-18

Summary Overview

Field Hockey BC (FHBC) is committed to providing comprehensive programming at three stages of athlete development; 'Learn 2 Train' (L2T); 'Train 2 Train' (T2T); and 'Train 2 Compete' (T2C). These stages align to the Canadian Long-Term Field Hockey Development Model, a model based on the federally and provincially mandated Long-Term Athlete Development model ([LTAD](#)). FHBC's strategic delivery plan for athlete programming is to offer both **Regional** and **Provincial** opportunities in alignment with the Canadian National Team program. These programs are highlighted below with the 'Learn 2 Train' Development Program is a **Regional** Program for boys and girls:

- FHBC 'Learn 2 Train' Development Program (targeting ages 10-13)
- FHBC 'Train 2 Train' Performance Program (targeting ages 13-15)
- FHBC 'Train 2 Compete' Performance Program (targeting ages 16-18)
- FHBC 'Learn 2 Win' Performance Program (targeting ages 19-23)

'Learn 2 Train' Program Overview

The 'Learn 2 Train' program is designed as a developmental program that provides complimentary training to the BC community club system. This program is designed to run outside of the BC Junior Leagues and prepare L2T athletes for future Train 2 Train performance programs.

Timeline:

- Program Registration – September/October
- Athlete Assessment – October
- Training – October-November and January-February

Training:

- Targets 15-20 training hours of on-field instruction with the inclusion of warm up / cool down time
- 1 practice per week, sessions are typically 1.5 hours in duration

Program Highlights:

- Developmentally-appropriate coaching
- Participation in an educational, supportive and fun environment



Regions

- Mainland
- Victoria
- Duncan

Assessment

The Learn 2 Train program is for young athletes who have some experience playing field hockey and will be expected to demonstrate fundamental field hockey skills. A rudimentary assessment takes place on the first day of the program to determine athlete's developmental stage of learning. The intent of this program is to provide an opportunity to further develop athletes' skill base and prepare athletes for the potential to participate in future performance programming.

Skills Matrix Pillars

FHBC's Learn 2 Train Program is structured to develop the 'whole' athlete using NINE skills matrix pillars, which are:

1. Technical
2. Tactical
3. Mental Fitness (psychological)
4. Physiological
5. Social-emotional
6. Life Skills
7. Pedagogy (Art and Science of Teaching/Coaching)
8. Physical Literacy
9. Coach Education and Mentorship

1) Technical Skills

- Movement with the ball
 - Develop and Progress key technical skills with a focus on the push, hit, trap, sweep, and dribble
- Movement without the ball
 - Fundamental Movement Skill acquisition will form a basis throughout the program
 - Preparing the athlete for sessions and play – Stage and Sport specific warm up and cool down
- Goalie-specific training may be delivered (upon demand), noting that interested goalies will also be incorporated into the skill acquisition training as outlined above (please note FHBC does not provide equipment).

2) Tactical Skills

- Decision-making application in 1v1, 2v1, 1v2 situations
- Athletes will become familiar with hockey 5's environment through exposure in training and Festival



3) Mental Fitness (Psychological) Skills

- Coach-led and reinforced through coach NCCP training and mentorship
 - motivation, positive reinforcement, concepts of teamwork and team ethos, imagery, goal setting, injury management, inclusivity
- The elements above will also form part of the on-field training environment

4) Physiological

- There will be a fitness emphasis built into practice planning
- Athletes/parents may be asked to complete an activity survey to show average weekly physical activity to provide coaches with an idea of training load outside of the program, allowing the program compliment (not overload) the athlete
- It is expected that athletes arrive 15 minutes early for warm-up and remain until the end of the session for a 15 minute cool-down
- Concussion workshop for coaches and parents may be delivered

5) Emotional/Social and 6) Life Skills

- Coach-led and reinforced through coach NCCP training and mentorship
- Team building and team ethos
 - On-field during warm up/cool-downs at training and off field during the Festival
- Importance placed on:
 - Sleep
 - Hydration
 - Nutrition
 - Fatigue
 - Health

7) Pedagogy (Art and Science of Teaching/Coaching)

- Coach intake to review program objectives
- Ongoing coach mentorship support in each region

8) Physical Literacy

- Coaches to use the pre-program assessment to form an indication of athlete physical literacy and field hockey skills
- focus on footwork development using specific exercises in both the warm up/cool down and during training

9) Coach Education and Mentorship

- Coaches in the 'Learn 2 Train' program will all be sponsored by Field Hockey BC for stage-specific formal education through the NCCP pathway. This sponsorship is NOT derived through program fees but is a Field Hockey BC commitment to Coach Education and Professional Development.
- FHBC led Coach Mentorship continues throughout the program

Any questions? Please contact the Athlete Program Manager melody@fieldhockeybc.com