



Provincial Coach Education (PCE) Pathway

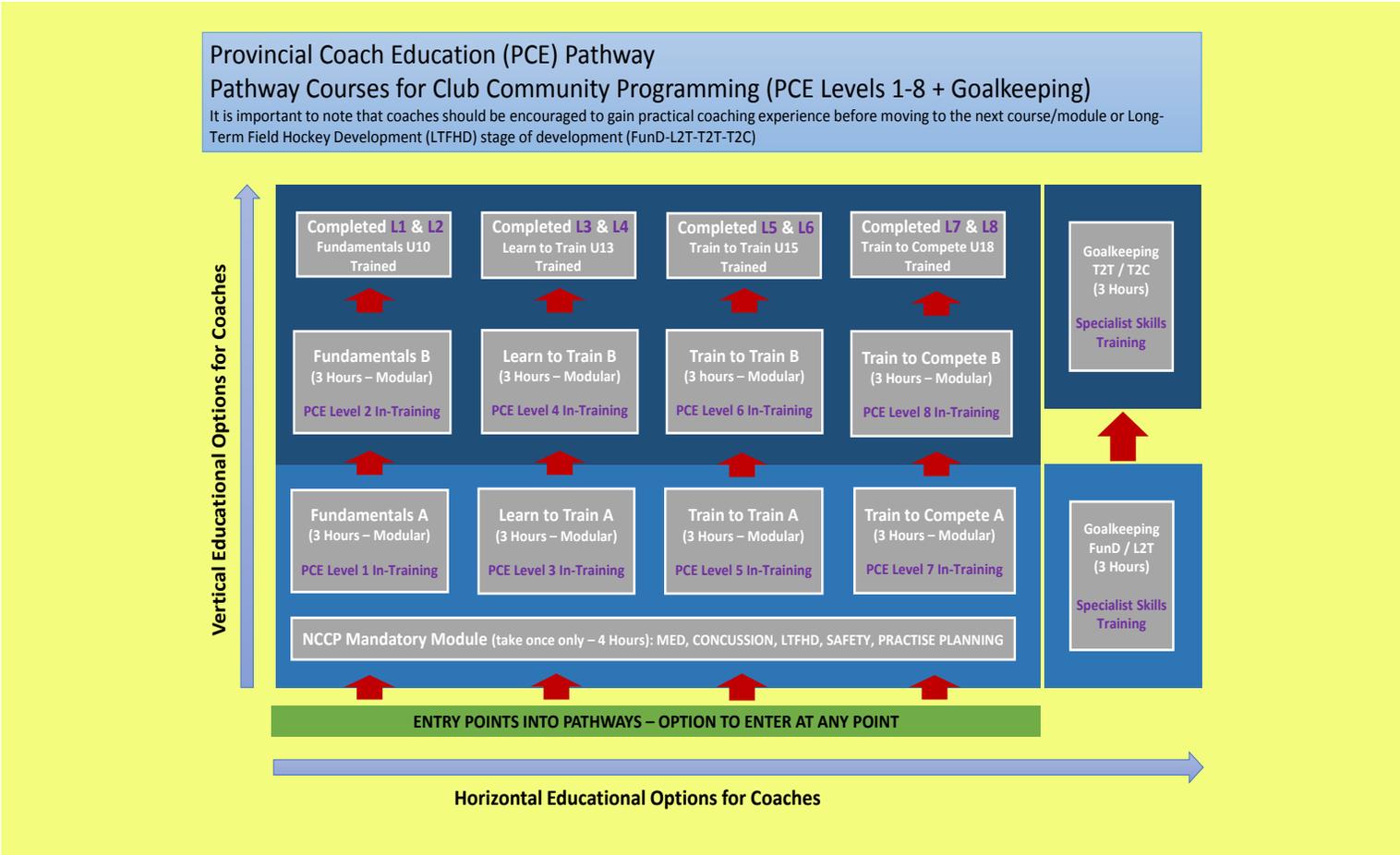
A PROVINCIAL INTRODUCTION TO COACHING FIELD HOCKEY

Field Hockey BC's Commitment to Providing Formal Coach Education
Targeted at Community Club Coaches Across the Province

Strategic Intent

It is Field Hockey BC's strategic desire to present opportunities within formal coach education that complement the National Coach Certification Program (NCCP) and align to the Long-Term Field Hockey Development framework (LTFHD). The Provincial Coach Education Pathway (PCE) is primarily targeted at voluntary club community coaches and places a greater emphasis on the technical and tactical building blocks for field hockey development.

Each module is designed to be short in length (3 hours) thus allowing for a flexible approach to delivery. The mid-term goals are to utilize the PCE pathway as a catalyst for greater community engagement in coach education, to raise the value and consistency of coach delivery across the Province, and to phase in mandatory standards for coach education over time.



Strategic Planning - Key Objectives for the PCE Pathway 2019-2021

Objective A: **Quality Facilitation and Evaluation**

“Inspiring and empowering coaches to deliver the best possible athlete experience”

Field Hockey BC aims to deliver a first-class educational experience and in doing so enable community club coaches to deliver a consistent field hockey curriculum whilst raising the value associated with the athlete experience across the Province. The modular curriculum is designed to provide coaches with a foundation for technical and tactical learning that is tailored to each stage of Long-Term Athlete Development (LTAD). Such a foundation allows coaches to evolve and adapt practice and game based learning according to the needs of an athlete group.

- KPI (Years 1-3): Progressive investment in training, education, and professional development for and of facilitators and facilitator evaluators – target numbers and opportunities set on an annual basis – expectation for renewal of facilitator numbers is on a two-year cycle.

Objective B: **Formal Education Accessible to ALL**

“Mandatory coach education standards in 2021.... jump on board NOW.... it’s FREE for 2019 and 2020!”

Field Hockey BC recognizes that both time commitment and financial constraint continue to be a significant barrier to coach involvement in formal education, especially at the club community level. The Provincial Coach Education (PCE) Pathway has been designed to deliver a core-curriculum in as flexible and concise a format as possible allowing for community clubs to decide the most efficient manner with which to deliver the program. In addition, Field Hockey BC has made the financial commitment for both 2019 and 2020 to absorb all associated delivery costs for the PCE Pathway – all modular courses will be offered ‘free of charge’ to PCE candidates for a two-year period. For those candidates wishing to access the National Coach Certification Program (NCCP), Field Hockey BC has also made the financial commitment to subsidize 50% of the associated course delivery costs throughout 2019, 2020, and 2021.

In 2021, Field Hockey BC intends to phase in Mandatory Requirements for formal Coach Education. Minimum mandatory requirements will target the PCE Pathway in 2021 with all coaches in the Province required to attain ‘Trained’ status at the appropriate LTAD stage of learning (the LTAD stage of learning a coach is operational within in that season). It should be noted that ‘Trained’ status within the NCCP pathway is considered a higher level of formal qualification than that of the PCE Pathway.

- KPI (Years 1&2): Funds available to allow courses to be held in local and regional centers without the fear of cancellation due to small numbers or concern over candidate affordability – Course demographic and numbers tracked – target numbers quantified following 2019 pilot delivery
- KPI (Years 1&2): Funds available to assist and inspire coaches to gain formal NCCP qualifications (including assistance with operational costs associated with coach evaluation) – transference from ‘trained’ status to ‘certified’ status tracked
- KPI (Year 3): Funding provision to allow for transition to Mandatory Status requiring all coaches to attain a minimum of Provincial Coach Education (PCE) Pathway ‘Trained’ status within the appropriate LTAD stage of learning.

Objective C: **Ongoing Review and Enhancement to Course Content**

“Recognition that coaches and athletes learn in different ways”

Field Hockey BC aims to evolve the PCE Pathway content material in line with the development of field hockey at both a global and domestic level. Over time the desire is for the PCE Pathway to both look and feel like a tailored British Columbia and Canadian field hockey resource and be available to access in multiple formats.

- KPI (Years 1&2): To review and enhance pilot course content emphasizing the provision of FHBC and Canadian photographic reference material and the phased transition from static photographic reference to include video clip FHBC and Canadian reference material
- KPI (Years 1&2): To enhance the lesson plan resource library to include example lesson and drill plans at each stage of learning
- KPI (Year 3): To plan for the transition of course material and modular delivery to an online education platform.

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i. Introduction

Welcome to our Provincial coaching pathway. Aligned to Sport for Life's Long Term Athlete Development vision, this pathway focuses on coaching within an athletic stage of development rather than chronological age group. Each course is only 3 hours in length but packed full of the essential information you need on your coaching journey. We recommend you progress through the pathway first vertically within each stage before then progressing horizontally through the LTAD stages. The scope to take a single taster session does however exist and we know that whether it is a single sample course or all 10 courses that you undertake, you will be both inspired and armed with useful coaching tips, enabling you to deliver better sessions.

ii. Course Introduction

Fundamentals	Learn to Train	Train to Train	Train to Compete
<p>In this course, you will engage with the learning facilitator and other participants to learn the basics of how to run an effective practice session. This course engages participants in topics such as safety and basic session structure as well as learning how to incorporate fundamental movement skills into sessions. This course covers basic technicals, tactics, and small sided, conditioned and adapted game set ups to ensure participants leave the course motivated and armed with the ability to deliver effective sessions.</p>	<p>In this course, participants are engaged in the art and science of learning theory and what this means to technical skill training in hockey. Touching on neuroscience and mental skills training, this course examines how we learn and to coach for effective learning. It covers how to coach the core techniques of the game, including forehand and backhand hitting and drags. It will also examine how these can be applied within small sided, conditioned and adapted game formats.</p>	<p>This course leads participants through a transformational coaching journey and focuses on how to develop the physical athlete within sessions and whilst still developing the technical one. With a special focus on 3 D skills development, coaches are also led through small sided, conditioned and adapted game management, learning how to apply techniques and skills into game environments.</p>	<p>In this course, coaches will be engaged in learning how to coach some of the specialist skills involved in the game. Learning some advanced techniques and specialist skills of the game, coaches will also learn how to develop sessions which develop decision making. As the most advanced Provincial coaching course on offer, this course also explores basic team set up for the 11 a- side version of the game so coaches understand how to set up a team in both attack and defense.</p>

iii. Content Overview

Train to Compete	Game Design	4	Non-Linear principles	4	Specialist skills	4	Intro to out letting and pressing shapes; tactics for some special skills
Train to Train	Transformational Coaching	3	Physiological Development in and through Hockey	3	V drags; 3 D skills; Shooting skills, overload attack and defense situations	3	Simple Game Set Up
Learn to Train	Coaching Process	2	Science of Skill Learning	2	Hitting - forehand and backhand; Elimination Drags; 1 v 1 attack and defense	2	1 v 1 Tactics
FUNdametnals	Safe and Fun session Management	1	FMS, Physical Literacy and Hockey	1	Grip; Moving with ball; Passing and Receiving	1	Space: Moving to it with ball; closing down off ball
Course / LTAD Stage Content	Pedagogy (art)		Pedagogy (Science)		Technical		Tactical

iv. Content Detail

		GK FUN / L2T		GK T2T/T2C				
		What is it like to be a GK Basic Techniques Integrating GKers into Practice		Technique Development Game Positioning Special				
B (3 hours)	4	Detect and Correct Technical Skills	Detect and Correct Technical Skills	4	Attacking and Defending Skills	4	Coaching Non Linear Session	
	3	Basic techniques Passing and receiving	Learn to Train Technique (ii)	3	How to Achieve Technical and Physiological Development in a Session	3	Special Skills	
	2	Teaching Young Kids Fun, Engaging, Physical	Power of Analogy for technical training	2	Girls in Sport: Female Athlete Triad Girls and Boys are	2	Analyzing Performance: Game and Situational Analysis	
	1	4 C of Coaching	Visualization and Skill Learning	1	Session Design for Physiological Development	1	TGFU Game Design	
A (3 hours)	4	Running a practice	Learn to Train Technique (i)	4	Basic Rules and Principles of play	4	Teaching Specialist Skills	
	3	Techniques Grip / Move the Ball	Practice Review of FUNdamental Techniques	3	Techniques and Skills Situational Practices to Enhance Tactical Learning	3	Specialist Skills	
	2	Fundamental Movement Skills / Video	Coaching Process & Teaching Techniques: 1 Go	2	Physiological Development	2	Non-Linear Pedagogy	
	1	Running Safe + Fun Sessions (EAP;)	Neuroscience of Skills learning	1	Transformational Coaching	1	3 P's of coaching	
		15 min Intro + Video	15 min Intro + Video		15 min Intro + Video		15 min Intro + Video	
Time Allocation	Fundamentals		Learn to Train		Train to Train		Train to Compete	

v. Coach Profile

Fundamentals	Learn to Train	Train to Train	Train to Compete	Goalkeeper 1	Goalkeeper 2
<p>Parent volunteer coaches who are new to coaching and to the game of hockey.</p> <p>Coaches wanting to learn how to support the development of physically literate</p> <p>Current u18 players who are wanting to help with coaching</p> <p>Those working with boys age 6-9 and girls age 6 - 8</p>	<p>Parent volunteer coaches who know the basics of coaching.</p> <p>Coaches interested in being able to deliver effective technical development in their</p> <p>Those seeking to learn technical input for basic and more advanced</p> <p>Coaches working with boys age 9 – 12 and girls 8 - 11</p>	<p>Coaches with a good grasp of the basics of coaching and of hockey.</p> <p>Coaches who want to learn some of the advanced skills of the game.</p> <p>Coaches wanting to learn how to integrate physical development</p> <p>Coaches working with boys age 12 – 16 and girls age 11 - 15</p>	<p>Coaches with 2-3 years' experience within youth and club environment.</p> <p>Coaches who want to learn how to build exciting session design.</p> <p>Those seeking to learn how to develop specialist skills</p> <p>Coaches working with boys age 16 – 23 and girls age 15 - 21</p>	<p>Coaches working with teams where players are still sampling the specialist position of GK</p> <p>Coaches who want to be able to teach the core skills of Goalkeeping to players</p> <p>Coaches working with athletes in the Fundamentals and Learn to Train stages of development</p>	<p>Coaches working with players who have opted to focus on becoming goalkeepers</p> <p>Coaches who need to know in more depth how to coach goalkeepers and be able to go beyond the</p> <p>Coaches needing to coach positioning, penalty corner defense and some</p> <p>Coaches working with athletes in the Train to Train and Train to Compete stages of development</p>

vi. Athlete Profile

Fundamentals	Learn to Train	Train to Train	Train to Compete	Goalkeeper 1	Goalkeeper 2
<p>Beginners who want to learn a fun team sport</p> <p>Athletes are learning Fundamental movement skills and sports skills</p> <p>Boys age 6-9 and girls age 6 - 8</p>	<p>Athletes are learning core techniques of the game</p> <p>Athletes wanting to be technically good hockey players</p> <p>Boys age 9 – 12 and girls 8 - 11</p>	<p>Athletes are ready for sessions which develop technique and support their physical development.</p> <p>Athletes have acquired the basic skills of the game and are ready to learn more advanced</p> <p>Boys age 12 – 16 and girls age 11 - 15</p>	<p>Athletes are ready to learn specialist and complex skills</p> <p>Athletes requiring complex decision making scenarios</p> <p>Boys age 16 – 23 and girls age 15 - 21</p>	<p>Athletes wanting to try out the specialist position of goalkeeping</p> <p>Those who want to learn basic stance, saving and clearing techniques</p> <p>Boys and Girls in FUNDamentals and Learn to Train stages of development</p>	<p>Athletes who have chosen to be goalkeepers and want to improve their skill level</p> <p>Athletes who need to know positioning and advanced techniques of the game</p> <p>Boys and Girls in Train to Train and Train to Compete stages of development</p>