



# Coaching Approach

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# Objectives

- Meet the needs of the athlete effectively and efficiently
- More awareness of your role as a coach
- More organization and structure to your approach
- Increased planning and preparation



# Coaching Approach

- What is your focus / why do you coach?
- What is the focus of your athletes?
- Are they compatible?
- What is the right balance?



# Coaching Approach – Balance

- **Perspective**
  - Develop the person as well as the athlete - balance is key



# Coaching Approach - Goals

- Set goals and work towards them
- - Focus on continued “improvement” – the measure is against your last performance
- - Process vs. result goals  
- what constitutes success for your team?





# Coaching Approach - Preparation

- **Plan and prepare for success:**
  1. What is the goal?
  2. What performance is needed to achieve the goal?
  3. What is the quality and consistency required?
  4. What is the fitness needed to achieve the above?
  5. What is the plan to deliver 3 and 4?
  6. What are the controls / how do you define success?
  7. What is the support needed?

# Coaching Approach - Simplify

- **Coach using concepts and general principles**
- Defense: defend small spaces
- Offense: create options for the ball carrier
- Further knowledge will continually reinforce the base



# Coaching Approach - Engage

- **Develop intelligent athletes** – athletes that know “how” and “why”
- Encourage questions
- Don't be too quick to provide the answers

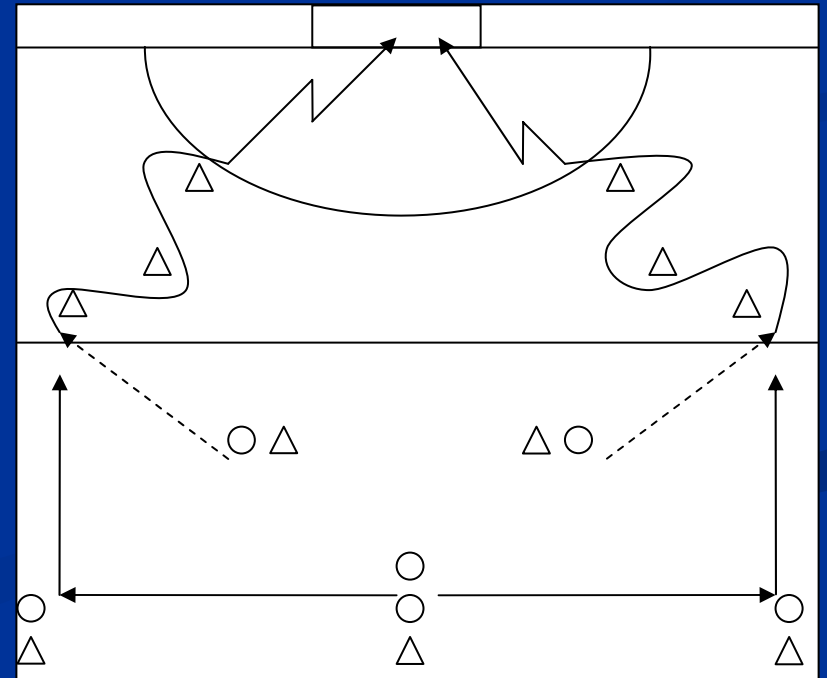
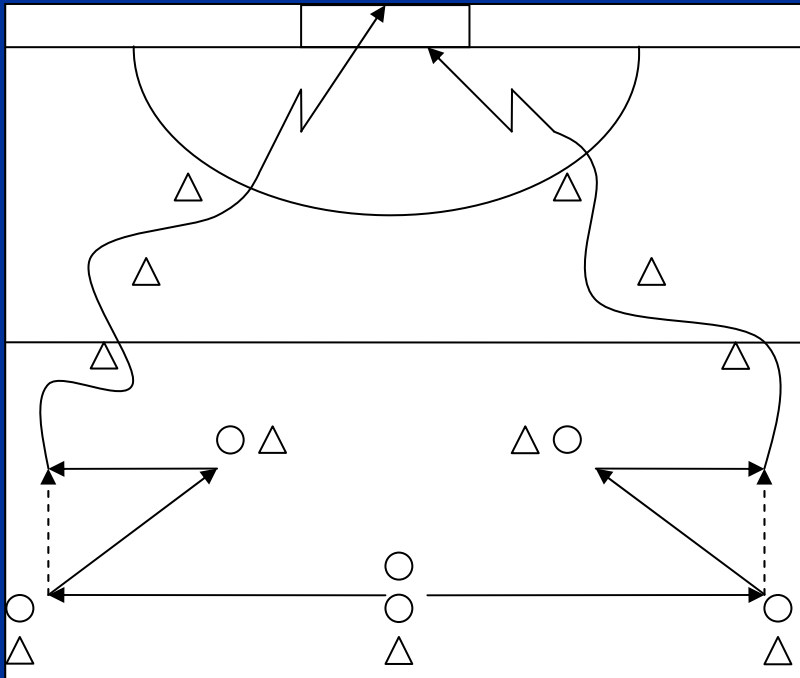
“athletes can now problem solve and innovate independent of coaching influence”





# Coaching Approach

- **Context based learning**
- Practice in order to play the game more effectively!
- Focus can vary
- Simplicity can be maintained



# Coaching Approach

- Evaluation of “decisions” not “outcomes”
- Not “don’t dribble!” rather “dribble when...”



# Coaching Approach

- Use and coach with “language” that gives “life” and leaves room for creativity
- Convey the need for a particular skill rather than say “how” and provide the answers
- Don’t let your limitations become that of the athletes



# Coaching Approach - Roles vs. Positions

- 3 roles in attack
- 3 roles in defense
- Players should be able to fill any role
  
- Factors to consider:
  - Where is the ball and pressure on the ball
  - Location of teammates
  - Location of opponents

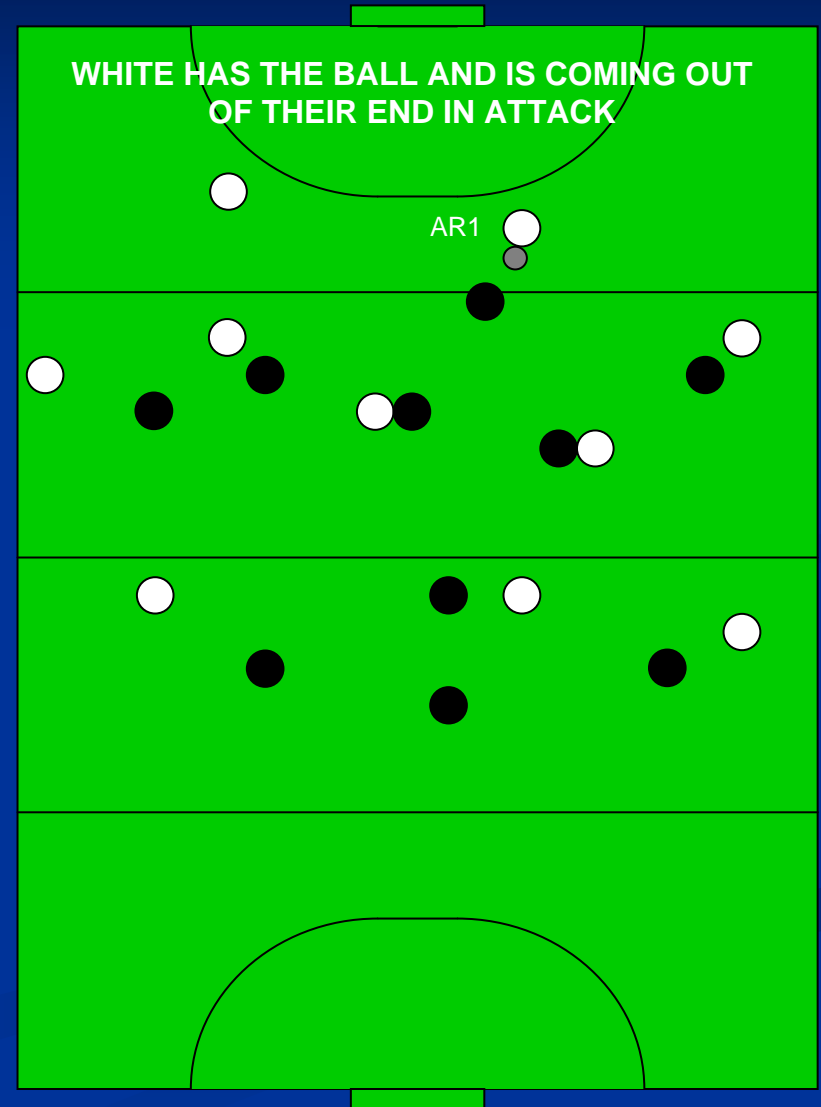
# Roles in Attack

## Attacking Role 1 (AR1):

- Ball carrier
- Responsible for keeping possession

## Critical requirements:

- Awareness of options
- sound decision making





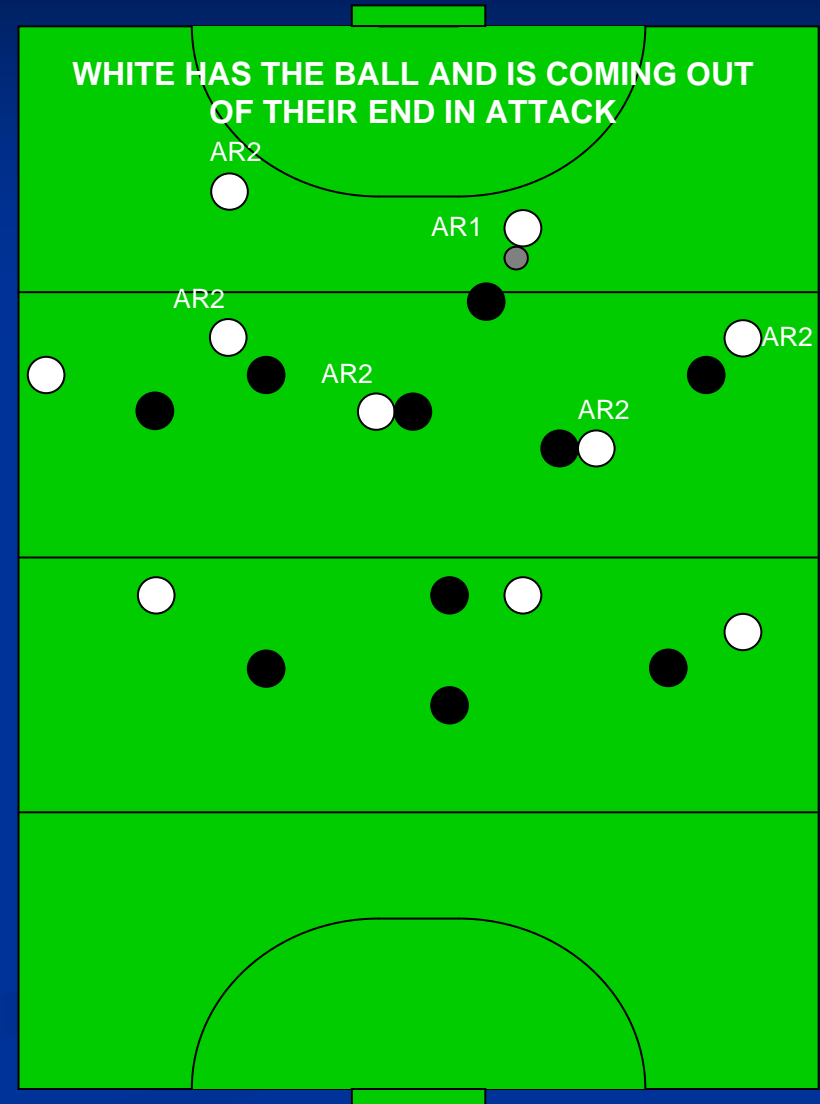
# Roles in Attack

## Attacking Role 2 (AR2):

- Support player - one pass away
- Provide a distinct passing option
- Positioning based on needs of the ball carrier and other AR2's

## Critical requirements:

- Awareness of AR1 and other AR2's
- Communication (verbal / non-verbal) with AR1 and other AR2's



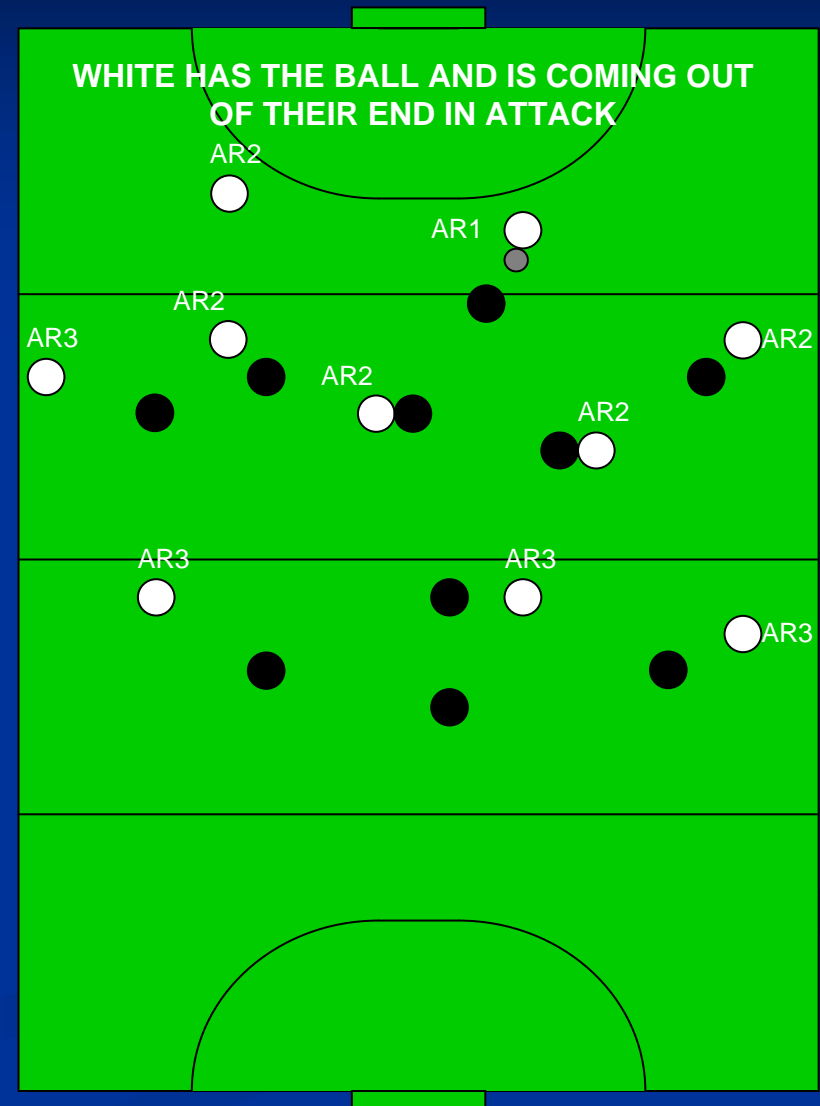
# Roles in Attack

## Attacking Role 3 (AR3):

- Support player - two or more passes away
- Creates space (depth and width)

## Critical requirements:

- Awareness of other AR3's
- Awareness of support for and pressure on the ball carrier
- Communication
- Anticipation of how the play is likely to unfold



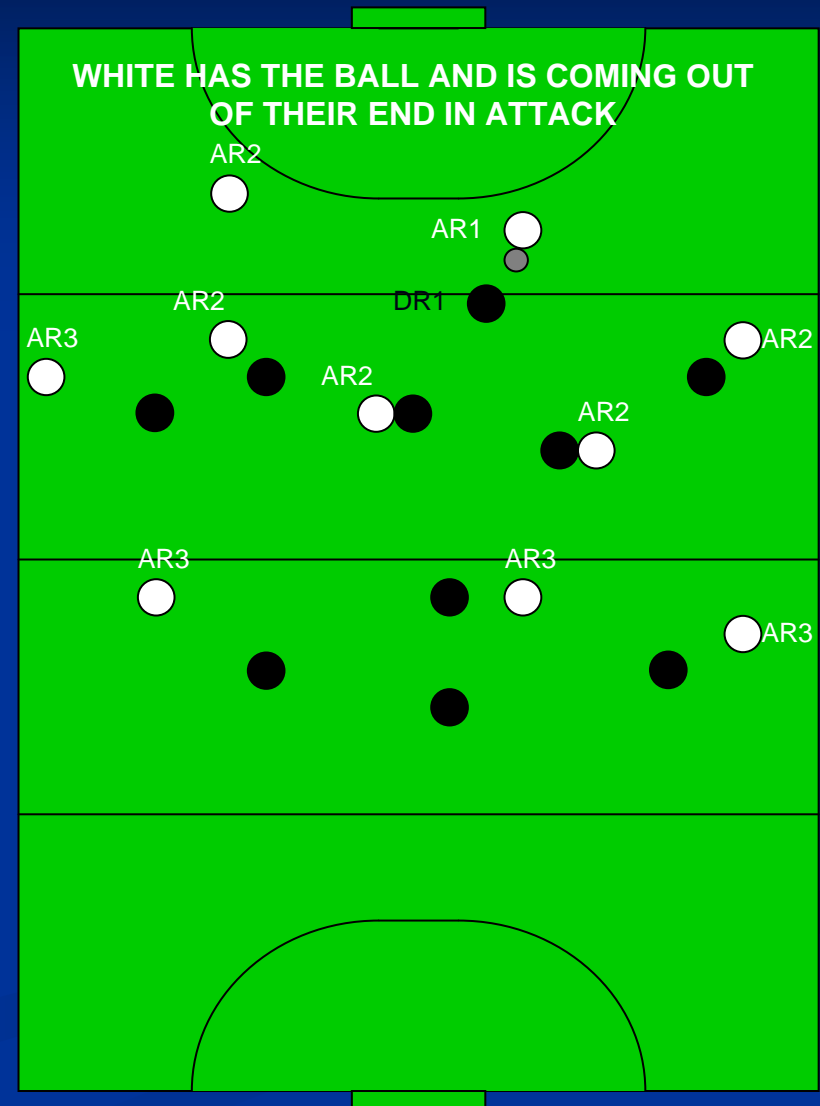
# Roles in Defense

## Defensive Role 1 (DR1):

- Closest player to AR1
- Pressures the ball carrier
- The **lines for pressure** will depend on team tactics

## Critical requirements:

- Awareness of organization of other defensive players around the ball
- Must avoid getting eliminated



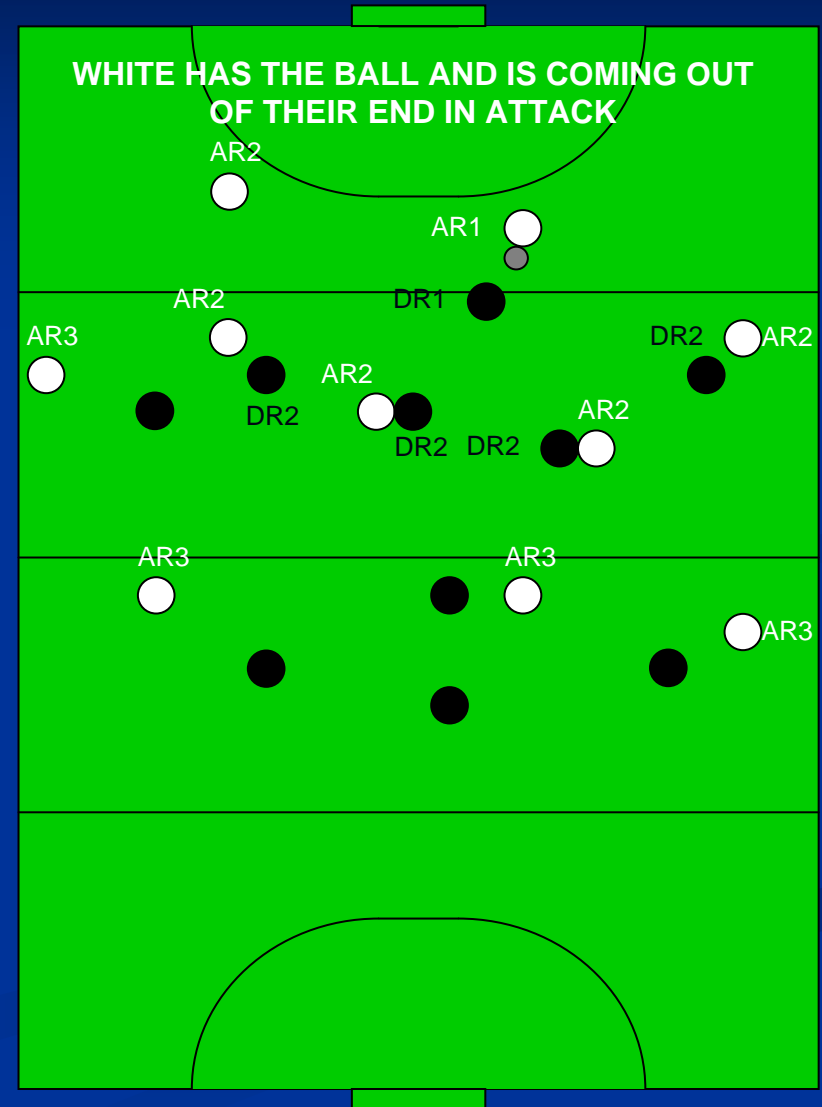
# Roles in Defense

## Defensive Role 2 (DR2):

- Players closest to DR1
- Eliminate the options immediately around the ball (passes to AR2's)

## Critical requirements:

- Awareness of the ball carrier's options
- Awareness of organization of other defensive players around the ball



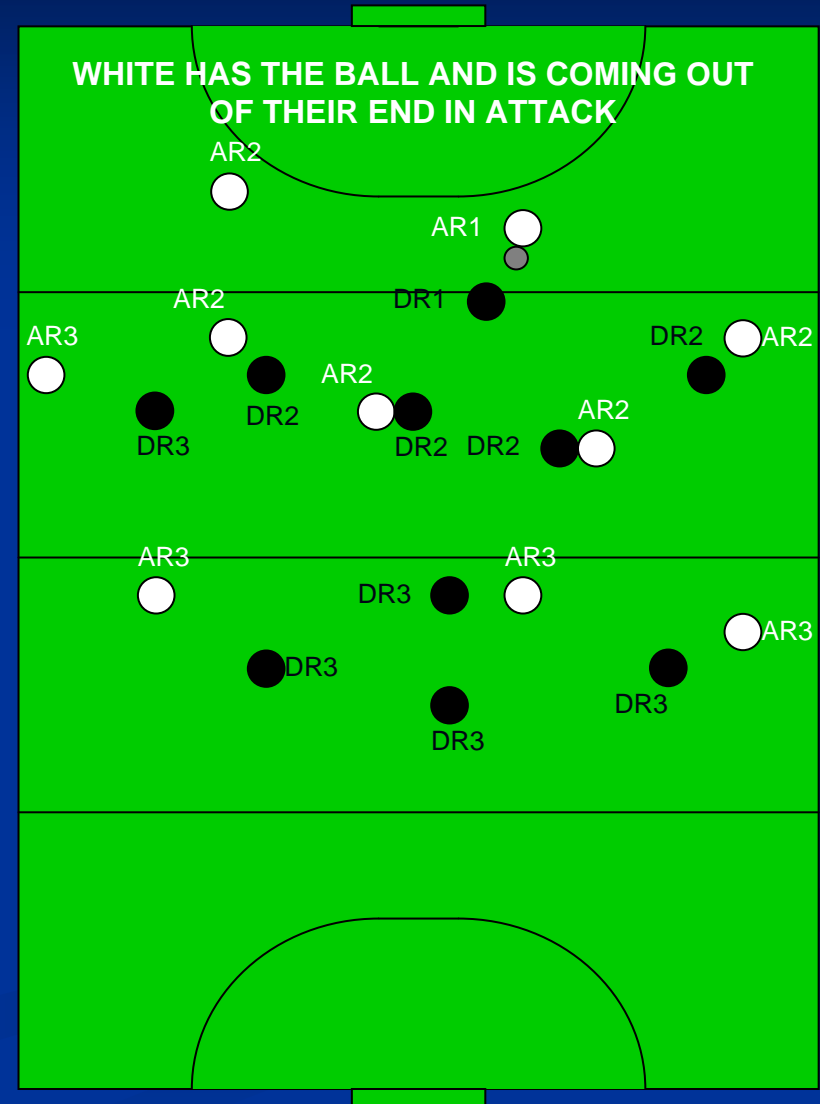
# Roles in Defense

## Defensive Role 3 (DR3):

- Defensive players furthest from the ball
- Positioned to provide depth and cover in defense as well as possible help for DR2's

## Critical requirements:

- Awareness of potential danger (**dangerous space** and AR3 movement)
- Communicate to position players in front of you





# Coaching Approach

- Be open to change and new ideas – continue to learn and develop



# Acknowledgements

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# Questions?

- Obstacles
- Solutions

