

CLUB PHILOSOPHY

Bloxwich Hockey Club are responsible for providing an engaging and inviting Hockey Development Programme for young players within our Club. Using the England Hockey guidelines within the Player Qualities document gives coaches a framework to work with which helps to scaffold a training programme.

Understanding Player Development Stages

We need to be mindful that often at Club and Talent Centre level we are at the stage of players being introduced to the sport at a very early stage and as such need to be aware of the capabilities of the players. Their journey and pathway through the Club will require support and help to ensure that the young players are exposed to the right environment for their development.

Our Coaching Philosophy

As a guide for coaching in different environments we can use Principles of Play as the key cornerstone and apply this to the level of the players being coached. Therefore the "style" of delivery is consistent for all the players we work with, but we adjust the content and levels depending on what stage they are at.



PRINCIPLES AND PHASES

IN POSSESSION

In possession is any moment within the game when our team have possession of the ball.

Main Principle

The best option to go forward and score.

Keep Phase

Opposition have the advantage. We must retain possession of the ball

Create Phase

Neutral position important to find the best way to go forward

Attack Phase

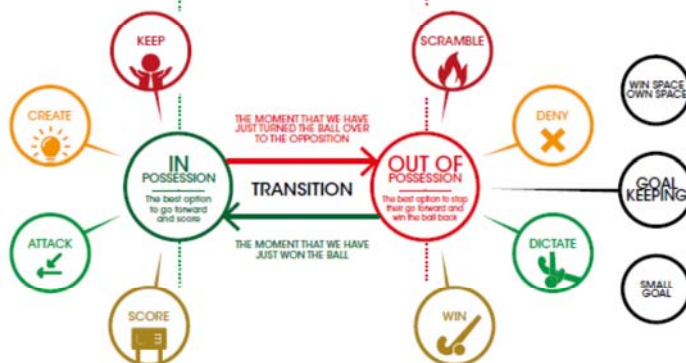
We have the advantage to go forward at speed

Score Phase

We are inside the circle. Our intention is to get an outcome (PCA; shot on target; rebound or goal).

Transition Out of Possession

The moment that we have lost possession to the opposition – we should also have principles that anticipate losing the ball. So during our attack or score phase, there are some members of the team planning and thinking about 'what if – we lose the ball' commonly known as "counter control".



(The traffic light system red, amber, green with an addition of gold is there to assist in the brain linking decision making moments. Red being a really tricky situation; amber being a warning or a get ready; green being a moment to capitalise on the advantage and gold being the key moments to go in our favour.)

OUT OF POSSESSION

Out of possession is any moment within the game when the opposition have possession of the ball.

Main Principle

The best option to stop their go forward and win the ball back

Scramble Phase

Opposition have the advantage to go forward. Our intent is to limit their opportunity to go forward at speed

Deny Phase

Stop their go forward by denying time and space

Dictate Phase

Force the opposition into an advantageous position for us

Win Phase

We have created an opportunity to WIN the ball back.

Transition into Possession

The moment that we have won possession from the opposition – we should also have principles that anticipate us winning the ball. During a 'win it' phase, we could organise some members of our team to already start moving into positions that help us attack with pace 'what if – we win the ball?'

Due to the specific nature of goal-keeping there are two principles of game understanding that they would need to consider specific to their positioning:

'Win space'-'Own space' principle – the way that we as GKs maintain control of the space between GK and striker.

Small Goal Principle – the way that a GK can control their depth and angles with their defenders and stance to reduce the size of the goal that a striker has to shoot at.

The Development Environment

Within this framework – England Hockey are striving to produce environments where highly skilled juniors are allowed to develop. The graphic below shows nicely the strands that can be woven through a programme of delivery. Again its important being mindful of the stage of development of players and their stage. But all these elements below can be woven into sessions at our Club.

As a Club, we see our role as starting this process of learning and scaffolding the players journey. Giving the players the opportunity and vision to see things that they can take into their own game which they can develop in other environments.



Example of Principles and Delivery

- 1) Playing Forwards
Passing and Ball Carry
- 2) Stopping Going Forwards
Defending and Tackling
- 3) Goal Scoring
- 4) Changing the Picture
Developing Tactics and Switch Play

These examples above are things that can be used within coaching frameworks to give the players a structure and outline of the content we are covering within that session. There are many strands that can be added into above, this list is a simple guide of content to be worked on.

Core Skill Development

Combined within these themes we can add in core skill elements which can be woven into the sessions.

For example -

Ball Control / Ball Carry – Spending time on mastering these important skills are things we consider vital in a players development, using inventive and fun ways to develop the “me and ball” phase is important. It’s not just about dribbling; it’s knowing how to control the ball.

Passing skills, Pushing – Hitting – Sweeping – Aerials – Reverse Stick Spending time on each these skills and giving the right advice on each one and weaving them into the sessions helps to build an understanding of multiple skills. Often players will over use something they are comfortable with and not use another skill they are less able to execute consistently. So giving a guideline and framing what good looks like within sessions will help build confidence and develop a wider range of techniques.

Defending - Without the ball Skills – In the same way we can weave in core with the ball skills, it is important to show and develop without the ball skills. How to pressure the ball and how to tackle in an effective way. Making these Skills without the ball a theme within the session also builds the awareness and raises the value of them and the players that are able to execute them consistently and well. Developing rounded players that have an understanding of all elements helps to build team ship awareness and stronger teams.

Summary

Adaptation of the levels of performance by each age group needs to be considered, however the messages and development of the principles will be similar just adjusted to the group we are coaching.

There are lots of information and details about all the above within England Hockey’s website and their coaching Hub, which is a really useful to have. What Bloxwich Hockey Club is trying to do is following their guidelines and providing our young players with the appropriate support they need within our Club.

<https://www.englandhockey.co.uk/play/talent-system/the-complete-player-qualities-introduction>