



Hockey NSW Coaching and Athlete Development Plan

Coaching Principles and IPP Key:

10-30 = Technical Correction

40-50 = Specific Focus

60-70 = Continued Development

80-90 = High Level of Skill Competencies

100 = Performing continuously above National average

Receiving Principles WB

- Receiving in motion fore stick SOB - 1pm
- Receiving in motion reverse SOB – 11am
- Receiving under pressure limited space effectiveness SOB
- Receiving being marked man on man (M2M)
- Receiving posting to receive + roll with SOB control
- Receiving on both sides of your body leading forward
- Receiving 1-2 wall pass creating 2 v 1 overload
- Receiving across your body - management of forward space
- Receiving OHS

Distribution Principles WB

- SOB - 1pm carry - forward vision assisting in your decision making
- SOB - 1pm carry push pass accuracy
- SOB -1pm carry ball speed executing push pass
- SOB -1pm carry accuracy of your slap pass
- SOB -1pm carry accuracy of your hit pass
- SOB - ball position 11am execution of 2 handed back hand pass
- SOB - goal scoring skills
- SOB - deflections
- SOB - ball redirection
- SOB - 3D skills
- OH - execution

Defensive Principles WOB

- Positioning to create line pressure on the pass - interceptions
- 1v1 in the contest stick pressure keeping attackers head down
- Controlling the attackers speed and space staying in the contest
- Line of engagement 1v1 positioning ball carrier effective channeling
- General field play M2M 1v1 marking gaining possession
- IFIT to intercept pass transitioning from defense to offensive
- Circle defense M2M marking
- Circle defense protection of feet - not conceding PC
- Zonal Marking

Offensive Principles - Elimination Skills WB

- SOB 1pm carry - forward vision assisting in your decision making
- SOB 1pm carry - accuracy of pass under pressure to support player
- SOB 1pm carry - penetration and accuracy in your passing
- SOB 1pm carry - 1v1 play eliminating defender with pass
- SOB 1pm carry -1v1 elimination of defender to engage next line
- SOB 1pm carry offensive principles of 1v1 - 2v1 - 3v2 understanding
- SOB 1pm carry to position defender to create space for pass
- 3D Skills

TEAM PLAY - SKILL COMPETENCIES ACROSS THE PLAYING ZONES

Team Play Offensive (WB)

- Effectiveness out letting from our back third
- MF control maintain possession building momentum
- Effectiveness in the attacking front third
- Effectiveness - in the circle

Team play Defensive (WOB)

- Effectiveness with our press
- Effectiveness defensively through our MF
- Effectiveness in our defensive back third
- Effectiveness in and defensive circle



Goal Keeping Performance

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Principle Of Movement In Making The Save

- Ability to get into a good set position
- Left Foot saves
- Right Foot saves
- Left Glove saves
- Right Glove & Stick saves
- Shots from around the perimeter
- Shots/Deflections from 7-9 yards and closer
- Sliding
- Diving

Game Concepts – Knowledge - Organize – Communication

- Did you scout opposition penalty corner batteries
- Are you comfortable in organizing penalty corner battery & rolls of the 4 defenders
- How would you rate your communication - directing players defensively when we loose possession for counter attack control
- How do you rate your ability in reading situations and your communication skills directing players
- Ability to decide whether or not to leave the goal and engage the ball carrier

Principles Of Penalty Corner Saves

- Drag Flicks – Glove saves
- Drag flick – stick saves
- Kicker saves
- Pad saves
- Logging
- Deflections on a PC

Principles Of 1v1

- General Confidence with 1v1s
- How do you rate your effectiveness 1v1s when the attacker goes stick side
- How do you rate your effectiveness 1v1s when the attacker goes glove side
- How do you rate your effectiveness when attacker turns and looks to spin either way

Mental Resilience & Confidence

After letting in a soft goal (GK would normally save)

- Are you able to maintain a level of mental positiveness and body language when a goal is scored against us?
- Are you comfortable in providing a level of communication to your players that keeps them focused on the task
- Your ability to refocus following an error and move onto the next play

