



# STATE GOLD FIELD COACH COMPETENCIES

## COACHING FIELD PLAYERS

### DISTRIBUTION PRINCIPLES WITH BALL

- Stick On Ball (SOB) - goal scoring skills
- SOB - 3D skills

### DEFENSIVE PRINCIPLES WITHOUT BALL

- Circle defense M2M marking
- Zonal Marking

### OFFENSIVE PRINCIPLES - ELIMINATION SKILLS WITH BALL

- SOB 1pm carry offensive principles of 1v1 - 2v1 - 3v2 understanding
- 3D Skills

### TEAM PLAY OFFENSIVE WITH BALL

- MF control maintain possession building momentum
- Effectiveness - in the circle

### TEAM PLAY DEFENSIVE WITHOUT BALL

- Effectiveness with our press
- Effectiveness in and defensive circle

### 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