



# STATE BRONZE FIELD COACH COMPETENCIES

## COACHING FIELD PLAYERS

### RECEIVING PRINCIPLES WITH BALL

- Receiving in motion fore stick Stick On Ball (SOB) - 1pm
- Receiving in motion reverse SOB – 11am
- Receiving under pressure limited space effectiveness SOB
- Receiving posting to receive + roll with SOB control
- Receiving across your body - management of forward space

### DISTRIBUTION PRINCIPLES WITH BALL

- 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 hit pass

### DEFENSIVE PRINCIPLES WITHOUT BALL

- 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

## **OFFENSIVE PRINCIPLES - ELIMINATION SKILLS WITH BALL**

- 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

## **COACHING GOALKEEPERS**

### **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
- 1 v 1 Shoot out

### **PRINCIPLES OF 1V1**

- General Confidence with 1v1s
- How do you rate your effectiveness 1v1s when the attacker goes stick side