



**ASPIRE**  
HOCKEY PROGRAM

COACHING  
**manual**

4053 5400 | [cairnshockey.com.au/aspire](http://cairnshockey.com.au/aspire)

# WELCOME & program outline

Meeting local needs is the cornerstone focus within Aspire to be Deadly. As our program has strengthened and expanded, the identification of what local needs are and how we can meet them became a priority.

One of the integral local needs identified was designing modified hockey programs that recognized the unique local conditions and limited resources available to support an opportunity to be introduced to hockey and expand that opportunity to create pathways and use modifications to meet these needs locally.

Aspire to be Deadly is a fundamental sport for development program. The program encourages you as one of its participants to Live Well, Learn Well and Lead Well.

Aspire to be Deadly Hockey model delivers a multi week hockey program with skill based development supporting increase in self-confidence, self-worth and above all creates safe spaces where you learn team work – working with and supporting others with positive dialogue, learning to deal with disappointment and conflict resolution. Aspire empowers you to set goals, it gives you the skills to reach your goals and most importantly encourages you to bring the team with you on your journey like all strong leaders.

This resource is designed to acknowledge the challenges when delivering hockey outside the traditional 11 a side competition format and provide support to teach fundamentals and then apply them in a modified landscape of the Aspire 5's and other non-traditional formats.

I would like to thank our Aspire Team for bringing this concept into reality and thank Hockey Australia for their continuing support to broaden opportunities and expand this program into these new spaces and places.

We seek collaboration with our education, community and well-being partners and align the hockey skill learning with the understanding of holistic balance – where healthy and active choices will make you stronger, where setting and attaining achievable goals become the stepping-stones to broader opportunities.

The Aspire Team is here to help you take this journey. Our team are well trained and understanding of the barriers that limit opportunity. Our team will support you on your journey. Just like Aspire to be Deadly, we hope this resource assists you in taking your small steps to find success.

*Julie McNeil*

Julie McNeil – General Manager

Cairns Hockey Aspire to be Deadly Hockey Program



# CONTENTS

*Cairns Hockey Aspire to be Deadly, its partners and friends acknowledges the traditional owners and custodians of country throughout Australia and acknowledges their continuing connection to land, waters and community. We pay our respects to the people, the cultures and the elders past, present and emerging.*

|                                       |         |
|---------------------------------------|---------|
| Welcome                               | page 2  |
| <b>SESSION 1</b> - Dribbling          | page 4  |
| <b>SESSION 2</b> - Pushing   Trapping | page 6  |
| <b>SESSION 3</b> - Passing            | page 8  |
| <b>SESSION 4</b> - Stealing           | page 10 |
| <b>SESSION 5</b> - Trapping           | page 12 |
| <b>SESSION 6</b> - Receiving          | page 14 |
| <b>SESSION 7</b> - Eliminations       | page 16 |
| <b>SESSION 8</b> - Goal Keeping       | page 18 |
| Deadly 5's Concept                    | page 19 |
| Session Plan Example                  | page 20 |
| Session Plan Template                 | page 21 |
| Glossary                              | page 22 |
| Coaching Accreditation Pathways       | page 23 |
| Acknowledgments                       | page 26 |

# SESSION 1

## DRIBBLING

### WARM UP Let's have fun!

#### I DO - YOU DO! - 5 mins

Participants form into pairs and sit opposite each other with a ball in between them.

The Coach calls out a body part, and the participants need to touch that body part, on their own body, with both hands.

Example, head, shoulder, feet etc.

When the coach calls "ball" both players try to get the ball first.

#### JUGGLING - 5 mins

Players are given a stick and ball each. With plenty of room, players try to juggle the hockey ball on their stick - flat side only.

Coach can introduce some "fun" stuff like...it's easier to do with your tongue poking out etc.



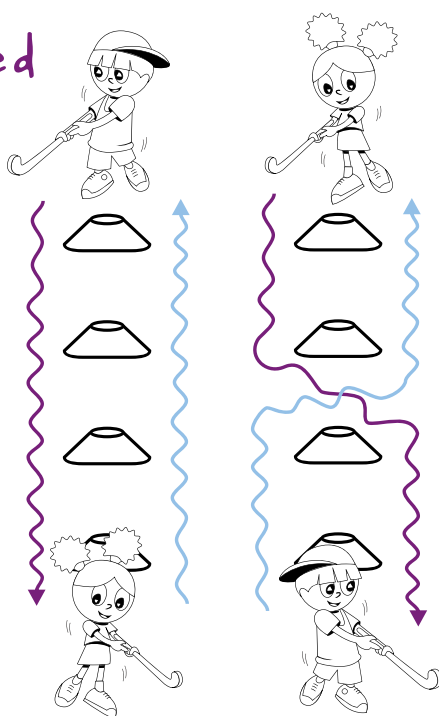
### what do I need?

- Balls
- Markers
- Hockey Sticks
- Shin Guards
- Sun Protection
- Whistle
- Coloured Bibs
- Hats

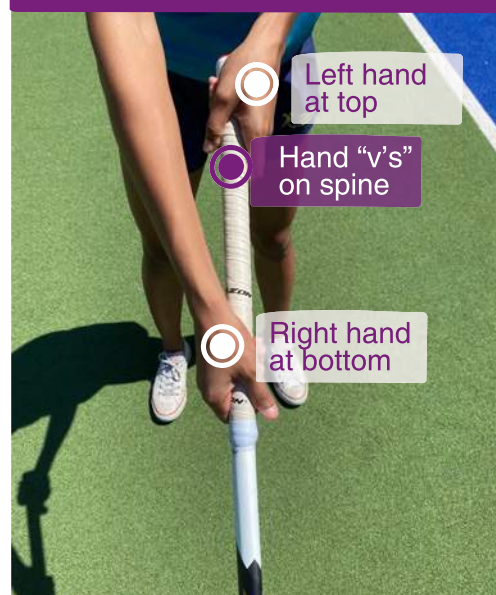
### LET'S GET started

#### SKILL 1 - Relay Dribble

4 teams, straight dribble



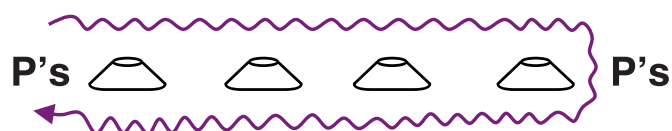
### PUSHING GRIP





## PHASE 2 - Dribbling

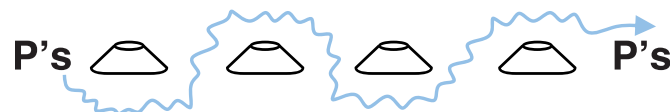
Around the far cone and back, run from both ends on opposite sides



Relay Races

## PHASE 3 - Dribbling

Weaving in and out of markers introducing scanning, coach hold up hands and players call which hand



## SMALL games

### JUNIOR

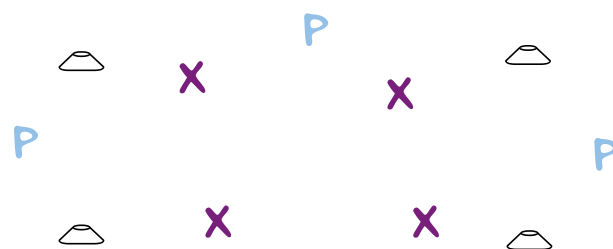
### THE COLOUR GAME

A square is created big enough to accommodate all players. Each player has a stick and ball. Corners of the square are different coloured markers.

Coach calls a colour and players have to dribble to that coloured marker. Last player there is eliminated but does call the next colour.

Coach can call numerous colours and players have to dribble around markers in order and finish at last called

### POISON BALL

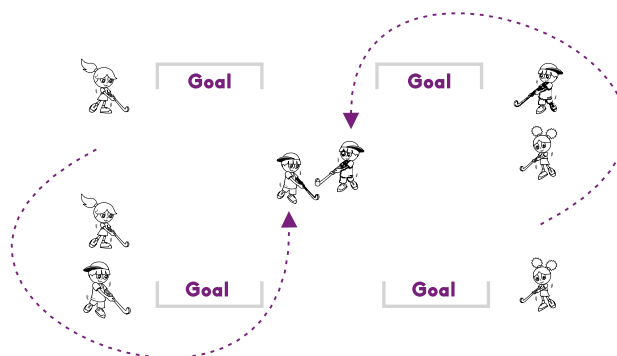


Players dribble within square. P's have light medicine ball and roll this through square to knock ball away from players dribbling. Last with ball wins!!!!

### SENIOR

### DOG & BONE

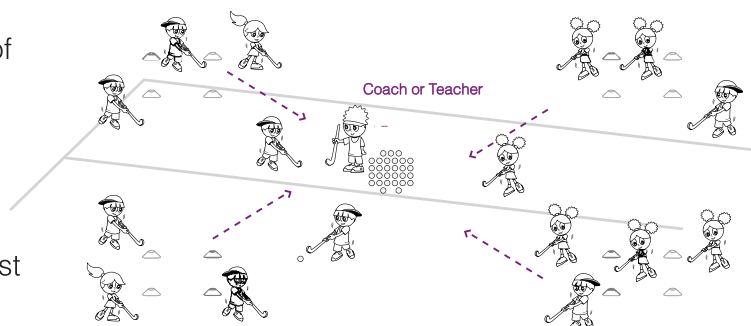
The ball should start in the middle of the playing area. As each player has a number, the coach will call a number and the players with the corresponding number must run around the other team's goal before they can get the ball and try and score a goal. Once a team scores 5 goals they are declared the winner.



### ROB THE NEST

On each corner of the playing area form a team of 3-5 players. Create a team nest of cones to be each teams home. One at a time a player from each group runs to the central nest to collect a ball, returning it to their team nest.

Once all the balls are gone, the team with the most balls in their team nest is the winner.



### WARM DOWN - SESSION REVIEW

DON'T FORGET - HYDRATE | ADEQUATE REST | SUN SCREEN

# SESSION 2

## PUSHING & TRAPPING

### WARM UP Dribbling review

#### COLLISION DRILL

All players in a square/circle, dribbling and changing direction.  
Making sure they do not run into each other

### LET'S GET started

#### SKILL DRILL 1 - The Pushing Game - 10mins

The participants grab a partner and stand 10 meters in front of each other, the coach then lays out 2 cones about 5 meters apart.

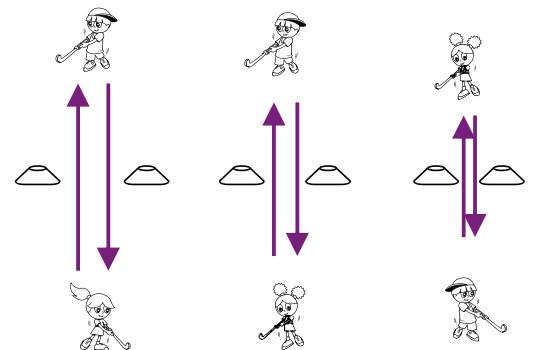
The aim of the game is for the participants to push the ball through the cones in order to get 1 point. The technique of the "step, slide, push" is demonstrated before the first round starts. At this point, it does not matter if the participants cannot trap the ball properly as the main skill is pushing.

After 2 minutes of that round, the participants call out their numbers to see who got the most 'goals'. The second round is a bit harder as the coach moves the cones closer; making them 3 meters apart. The second round commences and finishes after 2 minutes. The coach moves the cones closer together being 2 meters apart and gives the participants 2 minutes to score as many as they can.

Change up 1 - Tighter gap | Change up 2 - Greater distance

### coaching Tips

- Check grip
- Feet together
- Ball opposite feet
- STEP-SLIDE-PUSH
- Yahoo!!!

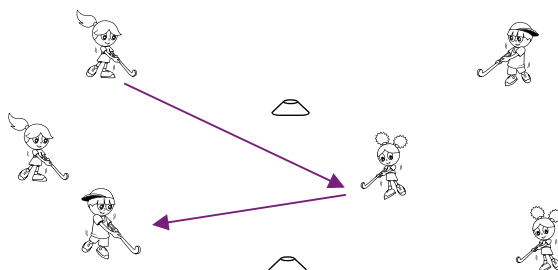


#### SKILL DRILL 2 Group Drill - 10mins

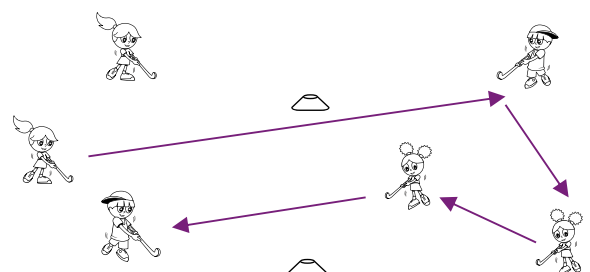
Groups of players stand at opposite ends of drill. Player must push pass the ball through the markers to the opposite group. Any player can stop the ball and return pass.

##### Step up 1 -

Pass return pass to different player



**Step up 2 -** All players must receive the ball before passing back eg P4 -P6 - P5

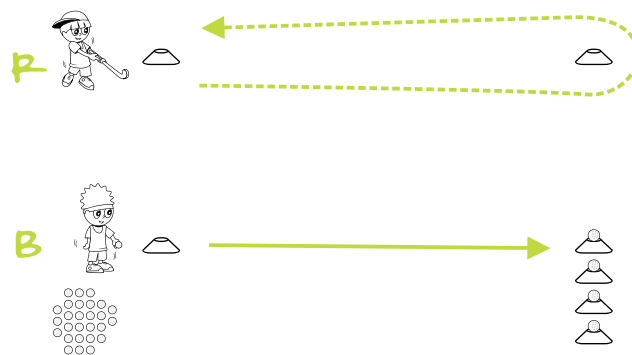


### CRICKET GAME

**Running Team:** One at a time must dribble ball around marker and at a designated point, push ball to next in line

**Bowling Team:** Push the ball at targets and try to dislodge balls from markers.

Game is over when all balls have been dislodged or bowling team run out of balls.

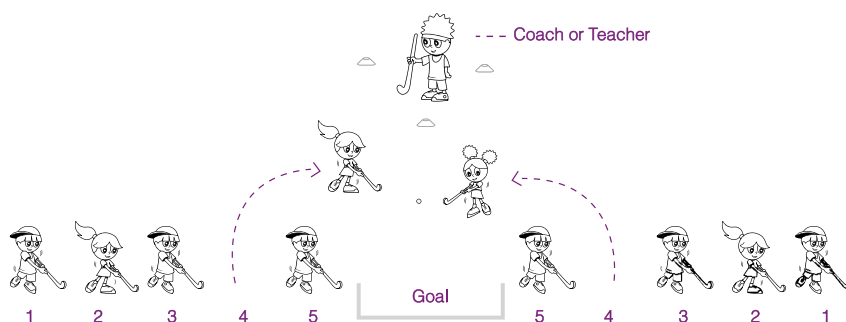


### FRUIT SALAD

Players are put into two teams of up to 5. They line up either side of a goal, along the backline.

Each player in each team is given a number from 1-5. The coach calls out a number and rolls the ball between the 2 players.

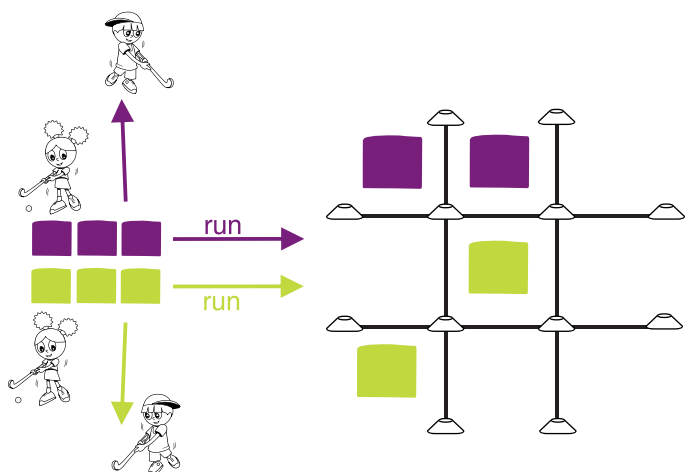
Once the ball has been rolled out, the players called run to get the ball. Both players must try and push the ball into the goal. One point is awarded to the player who pushes the ball into the goal. The team who scores five goals first is the winner.



## SENIOR

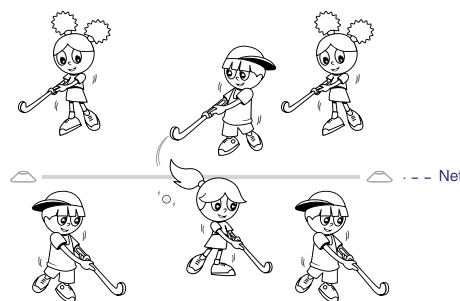
### NAUGHTS & CROSSES

Align markers, rope etc as per naughts and crosses game. Player passes ball to player on other line then picks up correct coloured bib and places in vacant square to play noughts and crosses.



### HOCKEY TENNIS

One team of three start with the ball on their side. Each team must try and push the ball over the other team's base line without lifting the ball (5 metres from the centre line). If the ball goes over the sideline, the ball is taken from where it went over the line. The team who pushes the ball past the other team over the baseline gets one point, the first team to 5 points wins the game.



### WARM DOWN - SESSION REVIEW

DON'T FORGET - STEP | SLIDE | PUSH

# SESSION 3

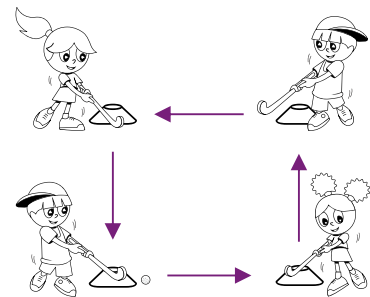
## PASSING

### WARM UP pushing & stopping review

#### SQUARE DRILL

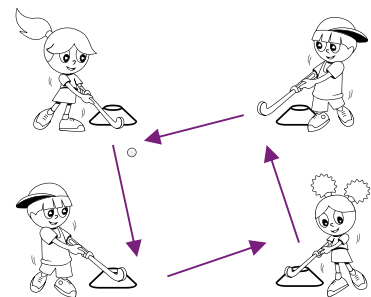
##### SKILL - DRILL 1

Set markers in square formation about 5 metres apart. Coach can adjust size of square to suit players ability. Players pass the ball to the next player in square and follow their pass. Starting point requires two (2) players.



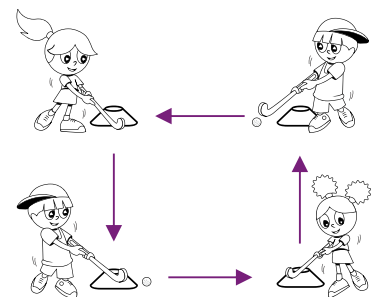
##### SKILL - DRILL 2

As above, however players now pass diagonally to a player on the move.



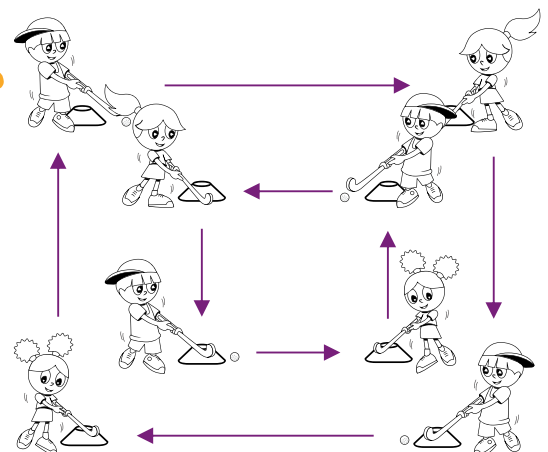
##### SKILL - DRILL 3

Skill Drill 1 with 2 balls



##### SKILL - DRILL 4

Two squares going different ways



### coaching Tips

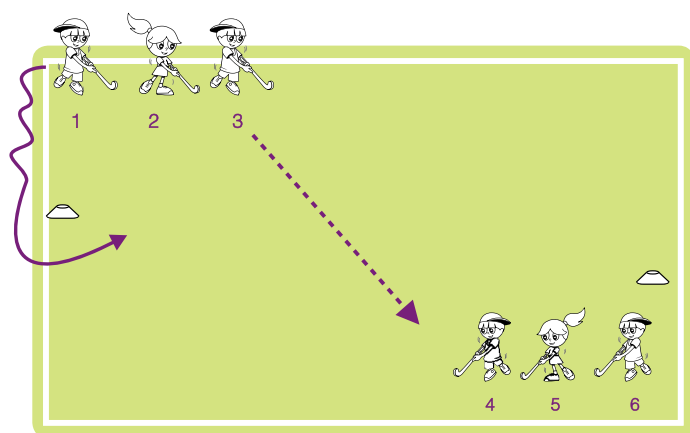
- Identify Target
- Follow Through
- Practice on move



### 3 vs 3 GAME

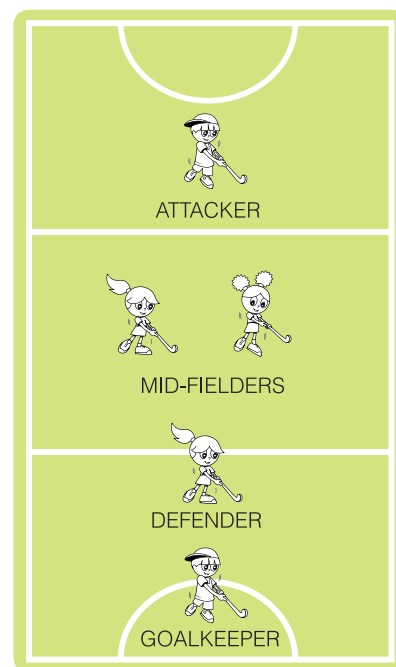
Coach calls "go". P1 and P6 dribble around the marker whilst player 2 and 3 for one team and players 4 and 5 for the other team lead onto the field. Player with the ball then passes to closest player who then passes on.

Once both teams have dribbled the ball over the end line, coach throws another ball into the middle for a 3 v 3 game.



### DEADLY 5's (5-v-5)

Game structure as below. Players must stay in zones throughout game. Mix it up after a while and let 1 midfielder go wherever they like ..... GAME ON!



**non  
STOP  
action**

*For more  
excitement  
add*

- More players
- More balls
- Change the field size

## SENIOR

### LET'S PLAY HOCKEY

Deadly 5's with Goal Keeper.

**Game 1** – Every player from a team must touch ball prior to score.

**Mix it Up!** Add some markers in field corners to form small areas. Ball must go into designated area and out to a team mate before goal can be scored.....

### GAME ON AGAIN

All players must get a touch, but can then score in any goal. Maybe get two (2) balls going at the same time??

**Watch out for** Team work  
Poor Behaviour  
Crowding



**WARM DOWN - SESSION REVIEW** have fun, smile, laugh, play together

For coaching/training videos visit [cairnshockey.com.au/aspire](http://cairnshockey.com.au/aspire) then [click on the YouTube link](#)

# SESSION 4

## STEALING

### WARM UP Review PASSING

#### COLLISION DRILL

Players pass multiple balls to each other in designated area. Spare player has swimming noodle. A player is eliminated when "tapped" by noodle and in possession of the ball.....

### LET'S GET started

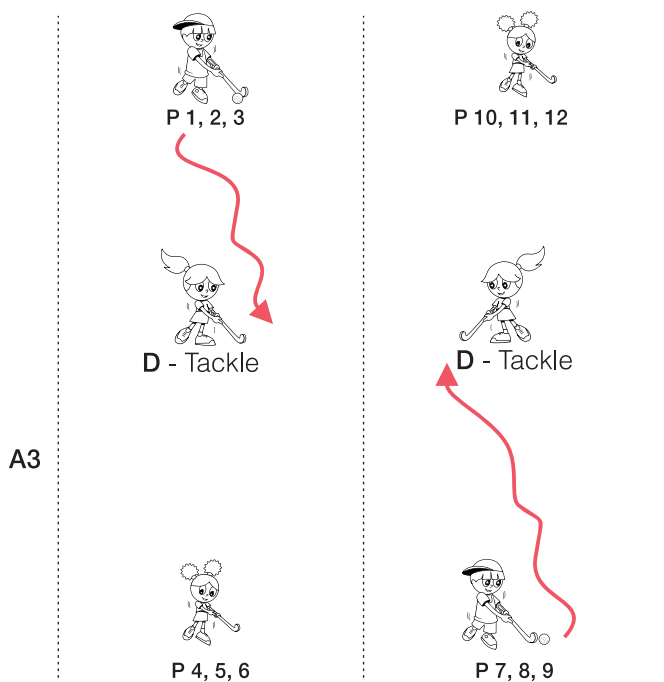
#### SKILL - DRILL 1

Player dribbles ball through channel. Player who is defending makes tackle and then passes ball back to players. Rotate defender on a regular basis.



#### SKILL - DRILL 2

As in Drill 1 however now have two (2) lines Going at the same time. Rotate "D" on a regular basis.

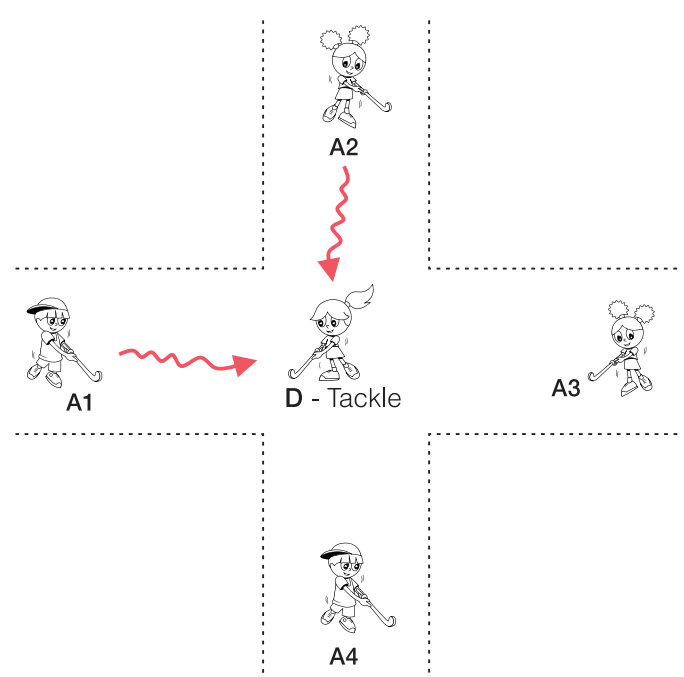


### coaching Tips

- Grip - 2 hands on stick
- Right shoulder to right shoulder
- Well balanced
- Keep possession after steal
- Protect your feet

#### SKILL - DRILL 3

A1 tries to dribble past "D" and get to A3. A2 tries to get to A4, A3 then tries to get to A1 etc

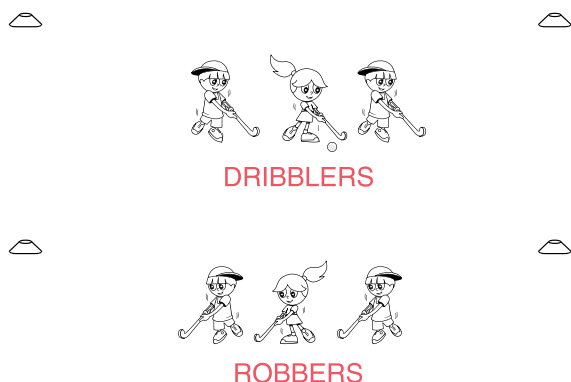


### ROBBERS & DRIBBLERS

Dribblers move around within square.

On call from the Coach, robbers enter square and knocks a dribblers ball out.

Robbers can continue to target another dribbler until one dribbler remains.



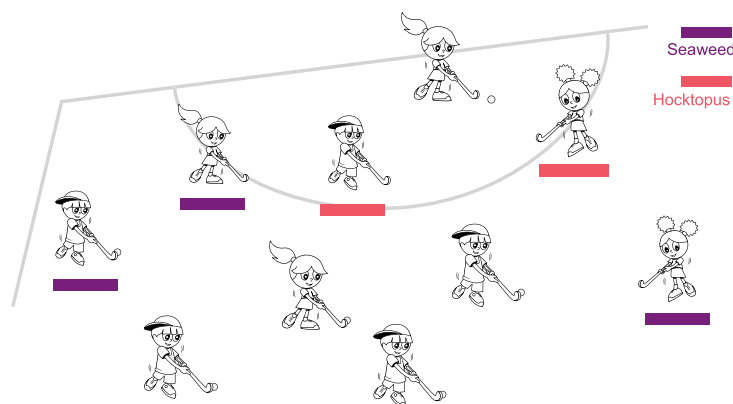
#### Emphasise the RULES of the Game

Danger - both stick and raised ball, use of feet not allowed, flat side of stick only, what about a keeper?

### HOCKTOPUS

2 mobile stealers should be selected from the participants, they are the 'Hocktopus'. The rest of the players line up at one end of the field, each of those players have a ball. The players must dribble the ball to the other end of the field, while the Hocktopus try and steal the ball from them. Once a player has had their ball stolen they become seaweed. Seaweed are stationary stealers, they can try and steal the ball from players but are not permitted to move in order to do so.

The last players to have their ball stolen by either the Hocktopus or seaweed is the winner.



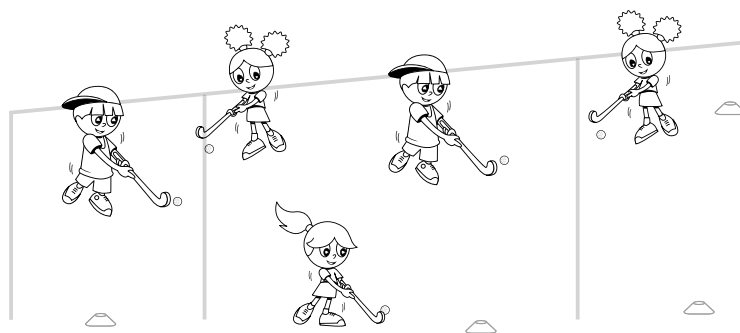
## SENIOR

### KNOCK OUT

Set the field up, every player has a ball.

In this game players are trying to steal balls from other players and pass it out of the field while trying to keep their ball safe in the field.

Once a player's ball has been pushed out of the field they are eliminated.



### SMALL GAMES

#### GAME TIPS

Players in each zone restricted?  
What about a "no go" zone to make players go wide  
Uneven teams - 7 v 6 etc

**HEY! Don't forget about the warm down session review...player feedback is important**

---

---

---

---

---

---

---

---



# SESSION 5

## TRAPPING

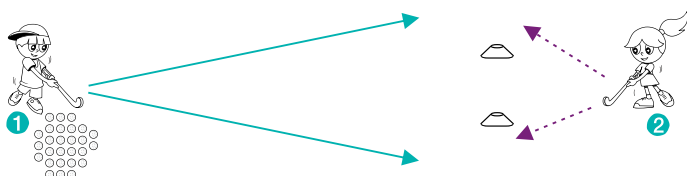
### WARM UP *review stealing* HOCKTOPUS

Refer to page 11 - Junior Small games

### LET'S GET started

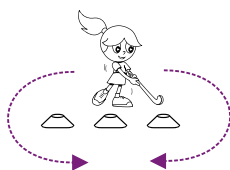
#### SKILL - DRILL 1

Players stand 5 meters apart. P1 has hockey balls and passes to P2 who starts in between two (2) markers. P2 leads either side of markers "stops" ball and passes back to P1. Alternate players after about 10 "stops"



#### SKILL - DRILL 2

As above, however P2 now runs around markers and stops the ball in front. P2 can even jump the markers to stop the ball. P2 must protect the markers and not let the ball hit them.



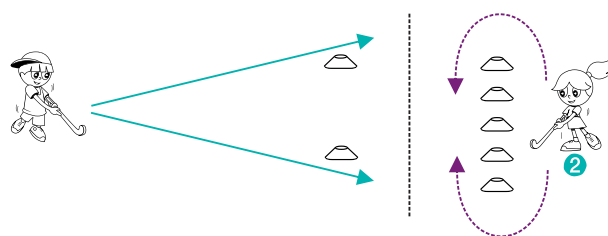
### Photos - Trapping



#### SKILL - DRILL 3

Increase the width of markers to make player travel further to "stop" ball.

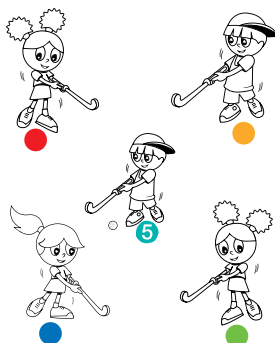
Increase number of markers players has to run around. Maybe introduce a hurdle for player to jump over?



#### More drills

P5 starts with ball. Coach or spare player calls colour. P5 hits to that colour and gets ball back.

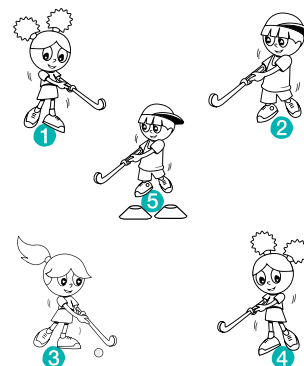
Multiple colours can be called and P5 must pass in that order.



This time a player on the outside P1-4 start with the ball.

They pass ball to each other and at some stage try and hit markers.

P5 protects markers

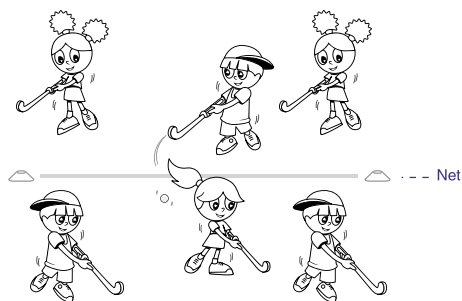




### HOCKEY TENNIS

One team of three start with the ball on their side. Each team must try and push the ball over the other team's base line without lifting the ball (5 metres from the centre line). If the ball goes over the sideline, the ball is taken from where it went over the line.

The team who pushes the ball past the other team over the baseline gets one point, the first team to 5 points wins the game.



**DON'T FORGET TO...**

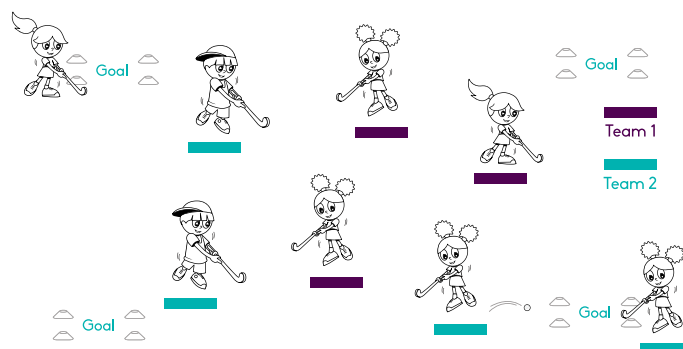
HYDRATE - during training  
SLIP SLOP SLAP  
High fives & SMILE

### BOX TRAP

A team scores a goal by passing the ball to a team mate who receives the ball in a box.

Box is defined by 4 markers or objects at each corner of exercise. A defender cannot enter the box.

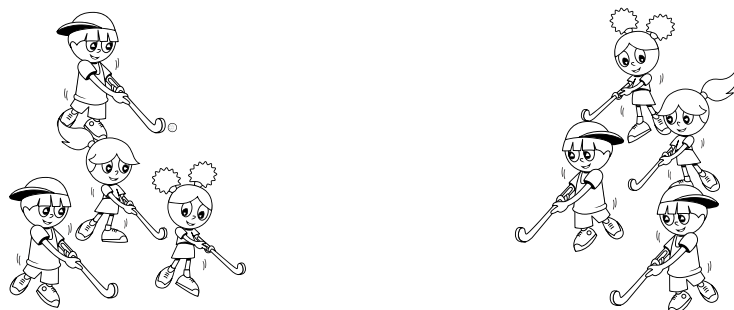
Once the ball has been received in a box, that box is eliminated for that team i.e. cant make a trap in that box again. The first team to make a trap in all four boxes is the winner.



## SENIOR

### GAME ONE

Players form groups at both ends, numbers depend on coach. Ball hit from one group to other. One player stops ball and then passes to another player in group. All must receive ball before hit back to other group. Coach can call sequence to receiving!

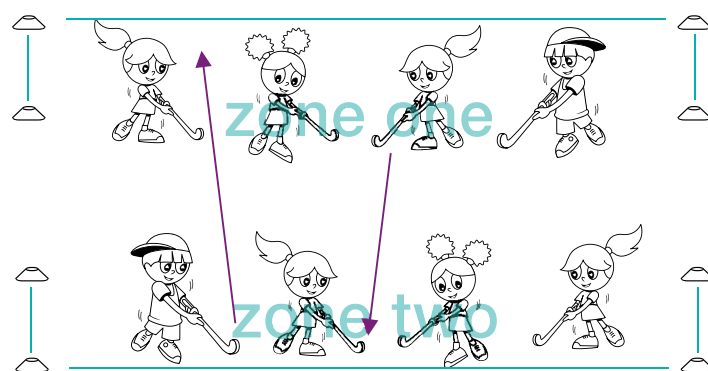


### GAME TWO

Players commence game in either zone one or two. Player aim is to hit ball through zone at opposite end over back line.

First to 5 wins!

Hey, why not try more than one ball at a time??



# SESSION 6

## RECEIVING

### WARM UP *Review Trapping*

#### BOX TRAP

Refer to page 13 - Junior Small games

### LET'S GET started

#### SKILL - DRILL 1 - Around the Square

Set markers in a square with 2 players at first marker. P1 dribbles toward P2 who leads forward to receive pass. Players rotate around the square to continue drill. Coach can have multiple players at markers if required.

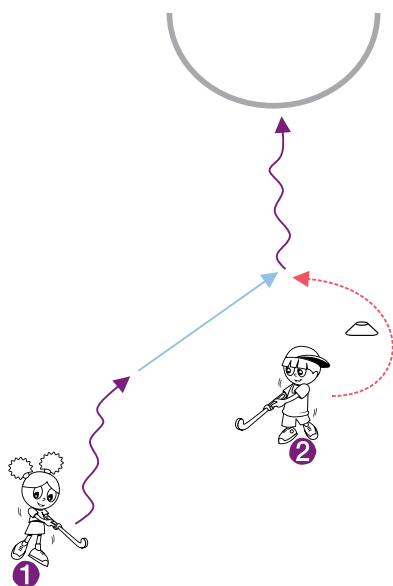
**Phase 2** - Mark a smaller square inside the current square and have the same drill going in the opposite direction!



#### SKILL - DRILL 2

P1 dribbles forward as P2 leads around marker. P1 passes to P2 who receives on the move and scores goal. Coach can have multiple players at each station to keep drill flowing.

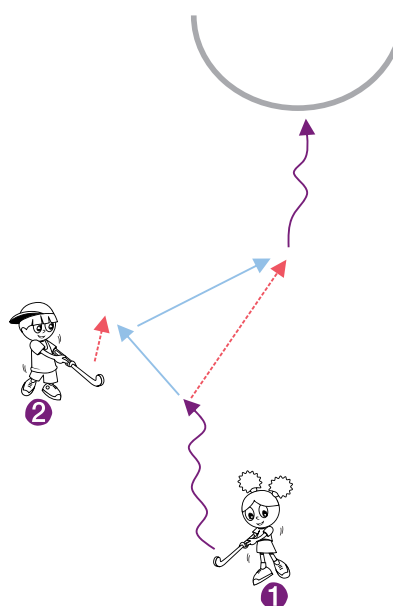
*Maybe introduce a keeper to defend goal?*



#### SKILL - DRILL 3

P1 dribbles and passes to P2 who receives on the move. P1 leads forward to receive ball back from P2. P1 travels forward and scores goal... YAHOO!!

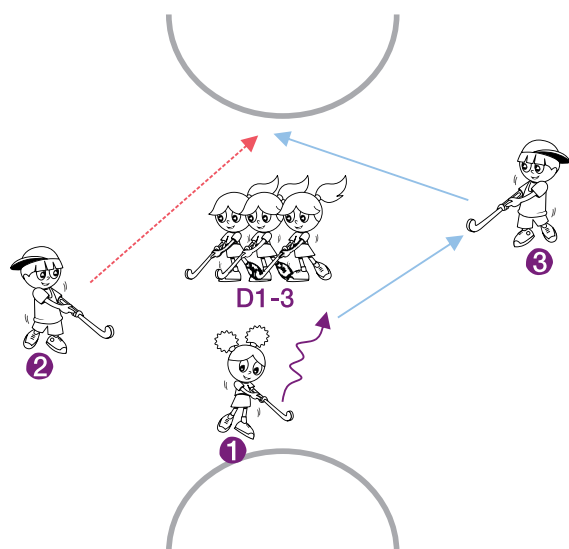
*Make it more fun and let defender chase P1.  
Introduce keeper.*



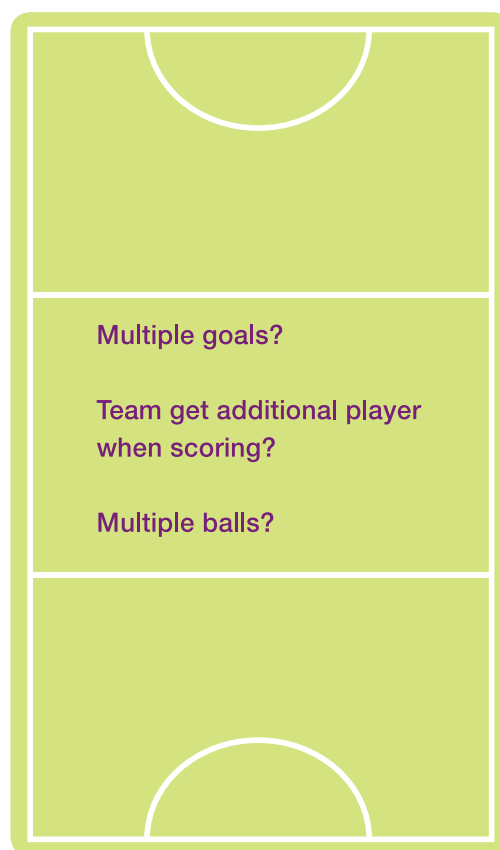
### 3 V 3 GAME

P1 dribbles at defenders and passes to P3 who then passes to P2 on the move. When goal is scored P's get ball from net and try and score in the other goal. D's join in and becomes a 3-v-3.

If enough numbers, have keepers in each net.



### 5 V 5 GAME

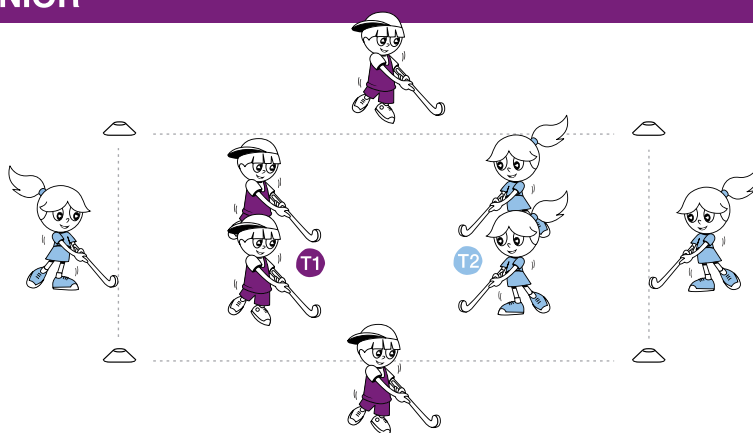


## SENIOR

### TEAM 1 VS TEAM 2

Team 1 v Team 2 inside square. Either team can pass to their outside player, who cannot be tackled and then get ball back. First team to receive five passes inside square from either each other or an outside player wins the game.

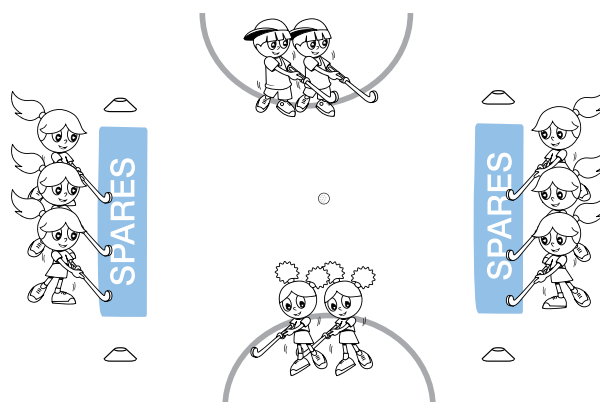
**Shake it up** - by letting outside player join inside square, if they receive a pass, making a 3-v-2



### GAME TWO

Make square with markers. Two players at each end run to get ball in middle when coach says go.

Each time a team in the middle makes a successful pass to a team mate they get an additional player from their sideline players. Team can score goal at any time.



# SESSION 17

## ELIMINATIONS

### WARM UP *Review receiving* SQUARE RECEIVING DRILL

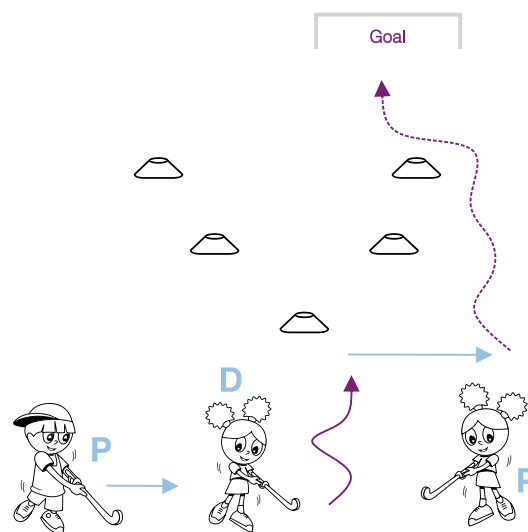
### LET'S GET *started*

#### SKILL - DRILL 1

Dribbler "D" receives ball from either "P". dribbles at first marker, drags to eliminate the marker. D continues dribbling and finish's with a goal shot.

Increase difficulty of drill by adding more eliminations.

Place a row of markers at end of drill and have players "lift" ball over markers to finish...great fun!



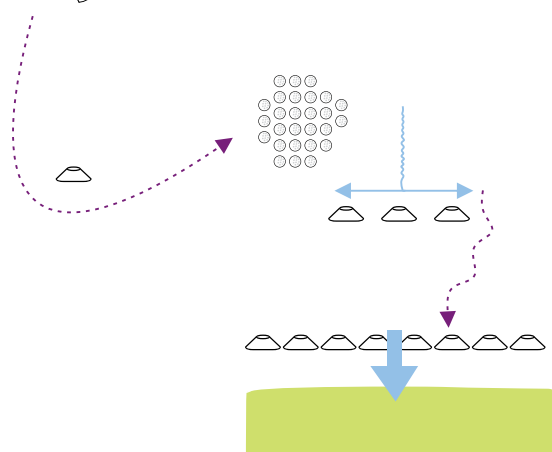
**coaching Tips**

- Look up
- See early

#### SKILL - DRILL 2

Player runs around first marker and gathers ball. Dribbles at middle marker and drags ball either way to eliminate markers.

Player continues dribbling and then endeavours to lift ball over markers into square. Ball in square counts as one point....how many do they get??



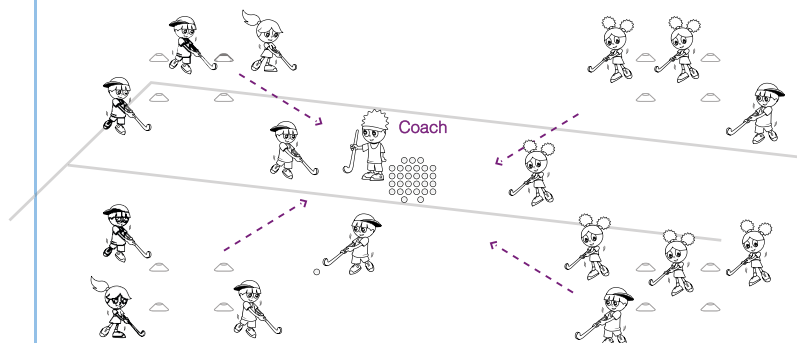
#### SKILL - DRILL 3

##### ROB THE NEST!

On each corner of the playing area form a team of 3-5 players. Create a team nest of cones to be each teams home.

One at a time a player from each group runs to the central nest to collect a ball, returning it to their team nest.

Once all the balls are gone, the team with the most balls in their team nest is the winner.





## SKILL - DRILL 3

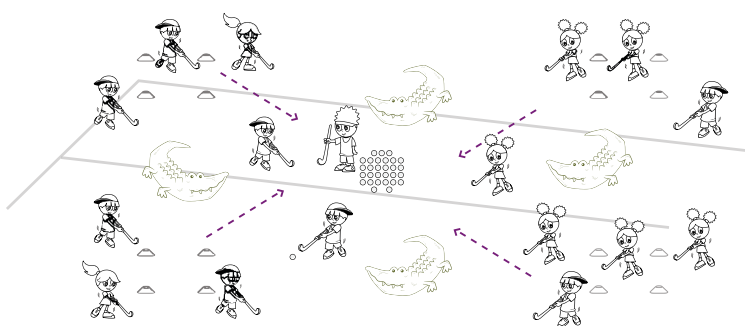
### ROB THE NEST! - CROC VERSION

This version of the game is similar to the previous game of rob the nest. We are just advancing the difficulty of the game. When setting up this game you can now place markers around the nest. These markers we now call Crocs and these crocs are protecting their nest. You can place as many crocs as you like and vary the distance between each croc, depending on how hard you like to make it for the players.

This time when the players run to the nest to collect a ball, they must now dribble back to their nest without touching a croc.

**You cannot touch a croc with your feet, ball or stick.**

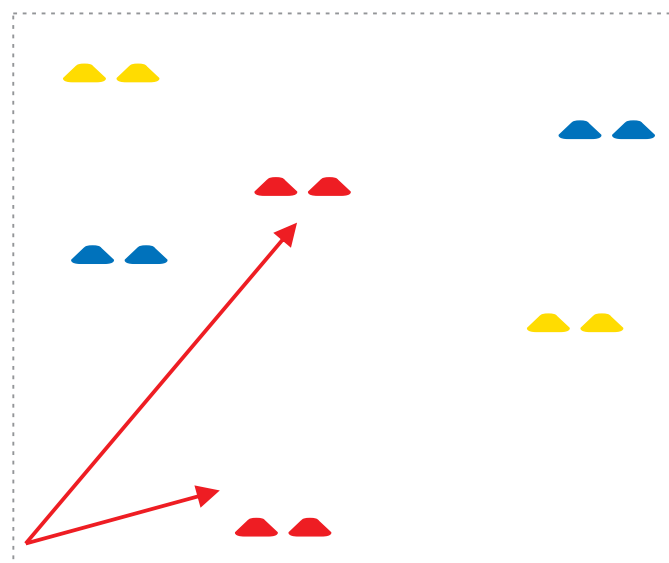
If you do hit a croc you must place the ball back in the nest and go back to their nest without a ball and tag the next person.



## DRAG THE COLOURS

Form 3 teams, each representing a colour. Player 1 on each team starts with a ball. On "go" call from coach player dribbles to any of their coloured markers and eliminates them with a drag.

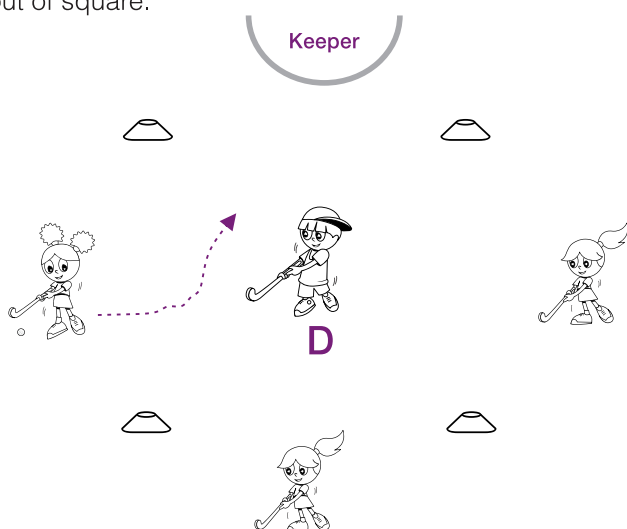
All sets must be "eliminated" before passing to next player.



## SENIOR

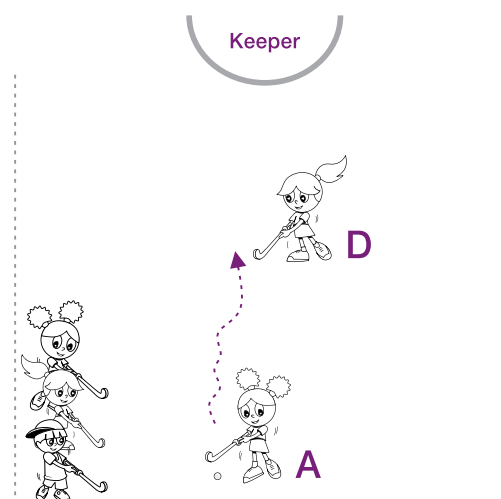
### GAME 1

Players 1, 2 and 3 in turn try to eliminate defender inside square. If successful, they continue forward for a shot on goal. If "D" wins ball they knock the ball out of square.



### GAME 2

Attacker with ball, try's to eliminate defender and score a goal. All action stays inside channel. If "A" scores they run back to end of line. if "D" wins ball then "A" becomes new defender.



## WARM DOWN - SESSION REVIEW

For coaching/training videos visit [cairnshockey.com.au/aspire](http://cairnshockey.com.au/aspire) then [click on the YouTube link](#)



# GOAL KEEPING



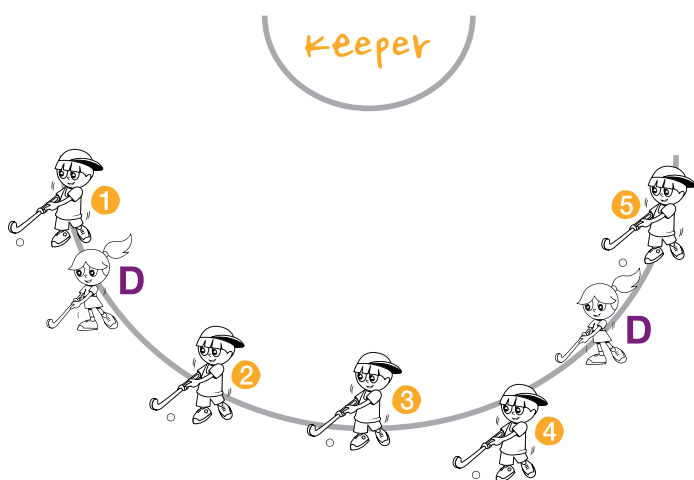
## KIT & PADS

- 1 Helmet
- 2 Arm guards
- 3 Glove - Pad
- 4 Stick
- 5 Chest Guard
- 6 Groin Protector
- 7 Over Pants
- 8 Leg Guard
- 9 Foot Guard

## GOALKEEPER TRAINING DRILL 1

Players 1 - 5 each have a ball. P1 has shot with keeper attempting save. P's in turn have shots with keeper shuffling around "red arch" to make saves.

**SKILL UP** - after shot have Defenders run into clear ball - GAME ON! - 5 "A's" v 3 "D's"

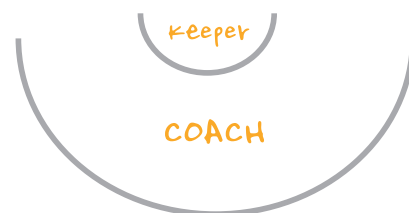


## GOALKEEPER TRAINING DRILL 2

Tennis balls (or something similar) are hit or thrown at a keeper in the air. Coach uses a tennis racquet for this exercise.

Keeper makes saves using gloves to propel ball away from scoring zone.

**SKILL UP** - as in drill 1, after glove save one players has shot with hockey ball - GAME ON!



**SET  
READY  
TO GO**



# DEADLY FIVES



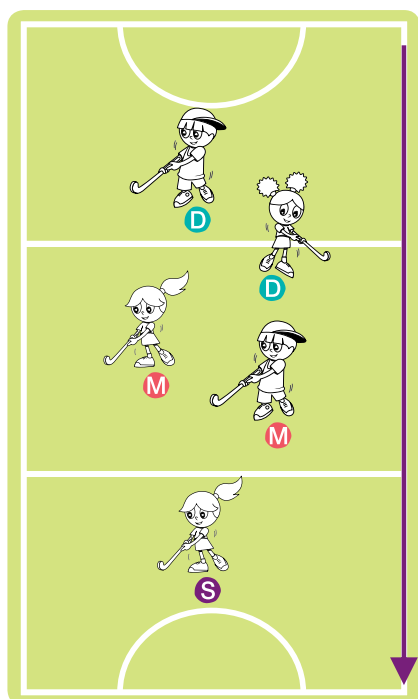
The Aspire Hockey Deadly 5's is a modified version of the official short-form of hockey. The official short form game is played with 5 players rather than the original 11. In the Aspire Hockey Deadly 5's, depending on each program and community local needs, the numbers for each team may change. The modification has been designed so games can be played for up to 8 a side. The Aspire to be Deadly program recommend the 5 a side format to make more teams.

Aspire Hockey Deadly 5's condenses the best of 11 aside hockey into an action-packed skilful and fun game. This is a high-speed running game designed for high scoring and more involvement by all players. Aspire Hockey Deadly 5's concept widens hockey's reach by understanding the challenges outside of the high population areas. Deadly 5's assists to lessen the barriers around participation including reducing costs for travel and the availability for remote areas to suit their needs and availability of playing area. Aspire Hockey Deadly 5's is about suiting the needs of communities and embracing opportunities to provide a great hockey experience.

Aspire Hockey Deadly 5's is designed to be inclusive, fun and engaging for all levels, genders and ages. It's great for programs with a youth and development focus, but broaden the focus and it will also adapt to Walking Hockey and other small games.

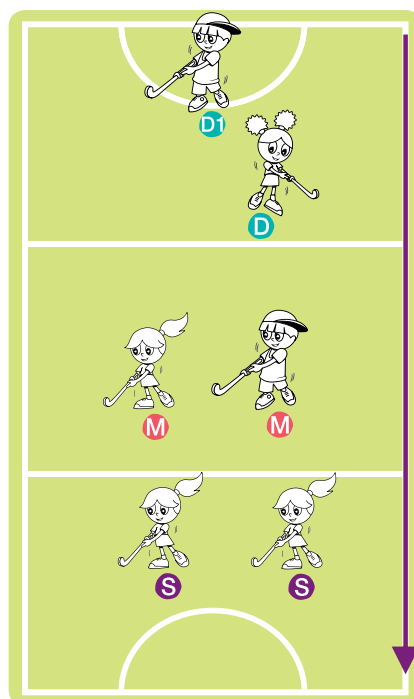
*It's a great way to find your 30 minutes of regular exercise a day. Join us and be part of Aspire Hockey Deadly 5's.*

5 aside



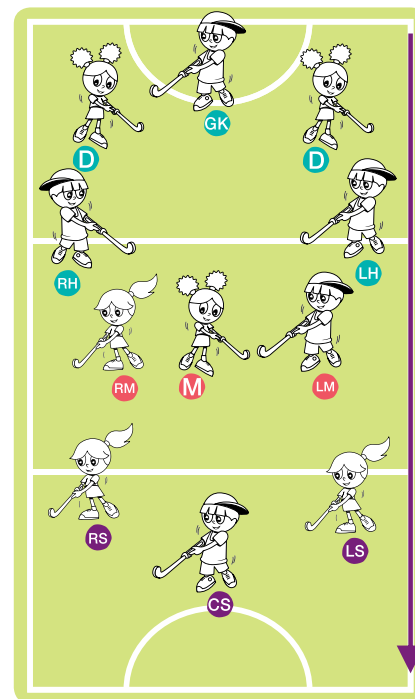
S Strikers  
M Midfield  
D Defender

6 aside



S Strikers  
M Midfield  
D Defender  
D1 Can be kicking Full back

11 aside



LS Left Striker  
CS Centre Striker  
RS Right Striker  
LM Left Midfield  
CM Centre Midfield  
RM Right Midfield  
LH Left Half  
D Defender  
RH Right Half

| Session Plan 1              |   |  |
|-----------------------------|---|--|
| <b>Date:</b> 12/03/2020     | <b>Clients:</b>                             | <b>Equipment Needed:</b><br>- Hockey Sticks<br>- Hockey Balls<br>- Markers |
| <b>Venue:</b> Cairns Hockey | <b>Age:</b> Grade 4 – Grade 6               |  |
| <b>Duration:</b> 75mins     | <b>Number:</b> 12<br><b>Experienced:</b> No |  |

| Aims and Objectives:  |  |   |
|---|--|---|
| Participants leaving the session understanding how to hold a hockey stick and have the knowledge of how to dribble the ball in 3 different ways and being able to hockey tackle.  |  |   |
| Warm-up Activity:   | Drills, Activities and Games:  | Cool-Down Activity:   |
| <p>A well-paced run and static/dynamic stretches. Give participants the safety talk and do the procedure of how to hold a hockey stick. Show how to do the 3 dribbles with the 2 tackles and get participants to copy how to do it. (10mins)</p> <p>Split them up into a group of 4 and have them do relays with the dribbles that were just taught and tackles. (10mins)</p> | <p><b>“The Netball Game”</b></p> <p>A square is created big enough to fit all participants in and you split them up into 2 groups. One group will be the taggers and the other group will be the dribblers. Taggers will have a soccer ball/ volley ball or a netball to use to tag the dribblers. The dribblers will have a hockey stick and ball each and will dribble in the square. The taggers cannot run with the ball and they cannot throw the ball at the dribblers. They must be within arm reach to tag the dribblers with the ball in their hands.</p> <p>This game is like netball with the taggers. The aim for the dribblers is to avoid being touched by the ball and the taggers aim is to try and get all the dribblers out. (15mins)</p> <p><b>5 MINUTE DRINK BREAK</b></p> <p><b>“Dog and Bone”</b></p> <p>Split them up into 2 groups and have them line up on the opposite end of the field. Give them numbers and they need to remember their number so when the coach calls out a number, from both teams the number called out runs into the middle. Grabs the ball closest to their team and they need to dribble it into the goals. (15mins)</p> <p><b>5 MINUTE DRINK BREAK</b></p> | <p><b>“Hitting Challenge”</b></p> <p>Split them up into 2 even lines and get them to hit, push or slap the ball as hard as they can to make it travel far. (10mins)</p> <p>A slow jog around the playing area also collecting the balls and light warm-down stretches to conclude the session. (10mins)</p> |
| Coaching Tips / Key Elements:   |  | Risk Management Considerations:   |
| Making sure that all participants are comfortable and understand the instructions that have been given.   |  | Making sure that the playing ground is suitable to play on. Look around for any glass, rocks, sharp harmful objects and anything that can flick up and potentially cause minor and major injuries.  |
| Review / Evaluation:  | <p>A brief chat with the participants asking questions:<br/> <i>“Did you all have fun?”</i>                      <i>“Did you drink enough water?”</i><br/> <i>“Did you learn anything new?”</i>        <i>“Did you eat before training?”</i><br/>           After asking these questions – have a quick chat about the upcoming sessions. (5mins)</p>  |   |



## SESSION PLAN & review

## template

|                   |   |                   |
|-------------------|---|-------------------|
| Session Plan      |   |                   |
| Date:     /     / | Clients:<br>Age:<br>Number:<br>Experienced: | Equipment Needed: |
| Venue:            |   |                   |
| Duration:    mins |   |                   |

|                               |                               |                                 |
|-------------------------------|-------------------------------|---------------------------------|
| Aims and Objectives:          |                               |                                 |
| Warm-up Activity:             | Drills, Activities and Games: | Cool-Down Activity:             |
|                               |                               |                                 |
| Coaching Tips / Key Elements: |                               | Risk Management Considerations: |
|                               |                               |                                 |
| Review / Evaluation:          |                               |                                 |



# GLOSSARY what does it all mean?

Direction - Path of the ball



Player with ball



Player without ball



Player



Markers



Balls



Goal



Player turn/order



Attacking Player/s

A | A1 | A2 | A3....

Defending Player/s

D | D1 | D2 | D3....

Coach or Teacher



# COACHING Accreditation pathway

## STEP 1

Go to <http://hockeyed.hockey.org.au/>

Register a new account

## STEP 2

To register for a coach course:

1. Click on the course name
2. (for level 1 & above) pay the \$50 fee via Paypal - bank accounts and credit card accepted.
3. You will then have access to the course to learn at your own pace.
4. When you are ready, complete the quiz and the practical assessment, then upload the practical assessment for review

## COMMUNITY COACH

1. Register for Community Coach
2. Complete Play by the Rules - Child Protection Course
3. Complete the Applied Learning quiz
4. PRACTICAL - A demonstration of your coaching skills. To complete the practical section, you will need to undertake the following steps:
  - 1) Print out the practical competency checklist
  - 2) Fill out your details
  - 3) Email this to your local coordinator - [wes.ferns@aspirecairnshockey.com.au](mailto:wes.ferns@aspirecairnshockey.com.au)
5. Inclusive Coaching

## LEVEL 1

1. Register for the level 1 course
2. \$50 payment
3. Applied Learning - Sport Aust Community General Principles online course.
4. PRACTICAL - A demonstration of your coaching skills. To complete the practical section, you will need to undertake the following steps:
  - 1) Print out the practical competency checklist
  - 2) Fill out your details
  - 3) Email this to your local coordinator - [wes.ferns@aspirecairnshockey.com.au](mailto:wes.ferns@aspirecairnshockey.com.au)
  - 4) Assessment by qualified coach on site or
  - 5) Send through one completed session plan for assessment with checklist

## Working with Children Checks

***Have you got your "Working with Children Check"***

For more information about your state and territory procedures and requirements please visit - [Play by the Rules - playbytherules.net.au](http://playbytherules.net.au)

Please use link for further information - [hockeyed.hockey.org.au](http://hockeyed.hockey.org.au)





Evidence of competencies can be shown at any level of hockey in Australia, Hookin2Hockey and modified versions of the game.

| Community Coach<br>Hookin2Hockey/Schools Coach<br>Competencies |   |
|--|---|
| Manage Self  | 1. Organise necessary equipment for session/ games<br>2. Be appropriately attired for session<br>3. Demonstrate a positive attitude towards coaching  |
| Manage Athletes  | 4. Demonstrate familiarity with core skills<br>5. Demonstrate familiarity with basic drills/small games<br>6. Conduct sessions/ games to ensure fun and maximum participation<br>7. Demonstrate group organisation and management<br>8. Manage any incidents that occur |
| Manage Others  | 7. Work cooperatively with coordinators, parents/ guardians and other coaches and/ or teachers  |
| Manage Environment   | 8. Select a suitable area/ surface to conduct session   |



# LEVEL 1 COACH COMPETENCIES

Evidence of competencies can be shown at modified versions of hockey or lower levels of club/ school hockey in Australia.

## MANAGE SELF

Develop a coaching philosophy

- Display proficiency of basic hockey skills
- Plan and prepare for training sessions and matches
- Display an enthusiastic and organised approach to coaching

## MANAGE ATHLETES

- Teach basic hockey rules
- Coach basic technical hockey skills
- Instruct players in the basic requirements of playing positions
- Conduct a training session and perform role of match day coach
- Demonstrate positive and clear communication skills
- Identify the needs and development of junior players as per the Junior Hockey Policy

## MANAGE OTHERS

- Communicate and work cooperatively with officials, parents, volunteers and administrators

## MANAGE ENVIRONMENT

- Undertake measures to ensure a safe training session
- Cooperate with other users of training/ competition facilities
- Abide by the Coaches Code of Behaviour



# ACKNOWLEDGEMENTS

The development of Cairns Hockey Aspire to be Deadly Education and Training Resources require skill, understanding, recognition and respect to ensure the contents support a high- quality product and a simple and clear delivery method.

This Aspire coaching resource has been conceived, developed and delivered by the Cairns Hockey Aspire Team to support the expanding growth of the Aspire Hockey Programs outside of mainstream hockey. It is designed to become part of the Aspire Schools Hockey Program and to assist with rural, remote and indigenous community hockey programs.

We acknowledge and thank sincerely David McNeil, Wesley Ferns, Jess Fatnowna and Lisa Fatnowna for turning a concept into a reality and providing the passion and commitment to present a world class resource as part of our commitment to inclusion.

Cairns Hockey Aspire to be Deadly is a sport for development program funded through the Australian Government focusing on education and well-being and using the sport of hockey to drive positive social outcomes. We thank National Indigenous Australians Agency for their ongoing support. Our local champion, Member for Leichardt Warren Entsch MHR provides us with unconditional assistance which in turn makes these resources possible. We also take this opportunity to thank Hockey Australia, Oceania Hockey Federation and Hockey Queensland, who have committed to becoming partners in future opportunities. With a mutual focus on growing hockey and building capacity, their support is sincerely appreciated.

Our local partners have provided the support we need to ensure high quality delivery and we offer our thanks to BDO (Nth Qld), Mazon and Just Hockey for their commitment to our program. A special thanks to Jess Snedden and the team at allsigns print & design in Cairns for embracing this project and working with the Aspire Team to produce this resource and also thanks to Ella, Rhiannon and Mili for your goal keeping photos and input.

We know the Aspire Coaching Manual will be of great benefit to those participants, parents, volunteers and supporters who become involved in hockey.



Your Aspire team - Lisa, Wes, Julie, David and Jess



## USEFUL LINKS

[Aspire Hockey Coach/Training Videos](#)

[Aspire to be Deadly](#)

[GKFullTraining](#)

[Stomp](#)

[Hockey Australia – Sporting Schools](#)

[Hockey Australia – Hookin2Hockey](#)

[Hockey Australia – Hockey Ed](#)

[Play by the Rules](#)

[cairnshockey.com.au/aspire](http://cairnshockey.com.au/aspire) then [click on YouTube link](#)

[cairnshockey.com.au/aspire](http://cairnshockey.com.au/aspire)

[youtube.com/channel/UCIY2MWPnfartBaC5esLwCg](https://youtube.com/channel/UCIY2MWPnfartBaC5esLwCg)

[stompgoalkeeping.com.au](http://stompgoalkeeping.com.au)

[sportaus.gov.au/schools](http://sportaus.gov.au/schools)

[hookin2hockey.com.au](http://hookin2hockey.com.au)

[hockeyed.hockey.org.au](http://hockeyed.hockey.org.au)

[playbytherules.net.au](http://playbytherules.net.au)

## ASPIRE TO BE DEADLY THANKS OUR SUPPORTIVE PARTNERS



