

Coach Course 2020 (Kwik/Kiwi/Mini)

Preamble:

Club history - know the history and the part we all play in it.

Why children play sport >>> filling these needs >>> the sports objectives.

Heighten >>> enjoyment/fun >> success >> knowledge >>> health >> love of the game

Websites and online learning

Be realistic in what can you achieve Training Day Match Day (the reward for training)

Making Life Easier

Kiwisticks ... the 22m line >> manager taking care of rotations >> correct ball >>umpire-coach >> managing people/children ... pre game talk /training day talk /athletes personal responsibility/team responsibility

Where you stand as coach >>> dugout, half way >>> the sun at team talks >>> what can you achieve in 3 minutes at half time, your end of match wrap up ... what did we learn ?? ... best thing "YOU/PLAYER" did today ?? ... best memory (passing sequences, individual technique, running for others) >>> Rewarding the things they understand ... Mental/Physical/Technical and Social.

Having a plan ... BUT ... being prepared to change to plan B, C ... be flexible >>> big picture attitude

The knowledge base

Training drills: Mental >>> Physical >>> Technical

Drills that improve individual development >> Drills that reflect match day problems (Y7/8)

Base drills >>> Technical expertise vs Fun activities

Positions >>> strategies >>> concepts the ability for children to understand and implement.

Passing over distance >>> age/strength related

Passers not dribblers give us the ability to transfer the point of attack

Dribblers can create numerical advantage 2v1, 3v2 etc

Skill based statistics >>> Y5,6,7,8 (website) >>> Skill testing and its place in the club

Specialists vs Generalists ... coaches who can't see the trees for the forest vs coaches who can't see the forest for the trees.

Kind and Wicked learning >>> auto feedback drills, creating players with variance not "one trick ponies"

Player self-analysis a critical component (self-education). Teaching others to teach themselves.

My/Your Coaching Philosophy

Keep instructions simple ... "Go to the danger" ... "Protect the circle first not the goal"

Coaching ... the technical Skills:

Training Non Negotiables: see attached.

Coaching to a book or plan vs coaching to the needs of the group >>> what are the roles of Strikers, Midfielders, Defenders ???

Technical syllabus ... identifying technical problems and making improvements.

Summary:

The above bullet points outline material covered during this course. For more information please contact coachingdirector@somervillehockey.org.nz

END.