



Coach Education
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Coaching Field Hockey

Course Introduction

- Foreword
- Welcome
- Course Objectives

The Art of Coaching

- Guidelines and Tips

Passing

- Introduction
- Push, Hit, Sweep and Low Down Backhand
- Techniques

Receiving

- Flat and Reverse

Basic Rules

- Rules to Understand
- Restarts
- Umpiring Signals

Ball Handling Skills

- Drill Ideas

Tackling

- Individual Tackling Skills
- Body Positioning in Tackling
- Deciding When to Tackle
- Speed, Space and Vision
- Channeling
- Good Space
- Double Team
- The Successful Tackle

Training Set Up

- Training Session Components
- Maximizing Space and Numbers
- How to Develop a Training Drill

Goal Keeping

- Goal Keeping Principles

Goal Scoring

- Goal Scoring Principles
- Drills

Developmental Games

- 2v1
- 4v4
- Self-Play
- 3v2

Tactical Awareness

- Outletting
- Pressing
- Transfer of Play
- Counter Attack
- Counter Defense
- Set Pieces
- Playing Positions

Resources – Supplemental Video: Tracking on Angles; Receiving Skills; Reverse Stick Tackle; Tackling, Low Down Flat Tackle; Best Goal Scoring Positions; 3v3 Possession and Elimination; Development of “Off Ball Awareness;” Self-Play Restart; Elimination Skills; Simple Pressing Options: Full Press; Passing and Receiving Skills; How to Press; 5 Station Rotation Circuit; Saves; Goal Drills; Penalty Corner; 4v4; 8v8; Continuous 3v2; Continuous 4v3; Marking Situations; Offset Center Half; Free Flow Full Field Drill; Receiving Skills; Tracking; Warm Up; Aerial Dribble; GK Test; Great Goal; Individual Close Range Scoring; Low Down Back Hand; 3 Player Passing Weave.