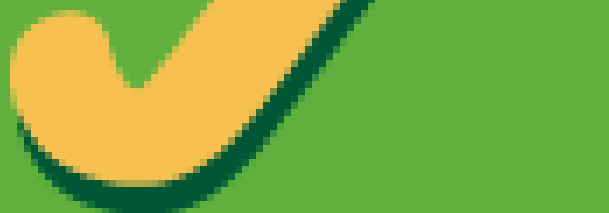


**FIH**

**"Youth Coaching Courses"**



**Guidelines  
for the  
Course Conductors**





## Youth Coaching Course

These guidelines are established for the course conductors to run the Youth Coaching Courses and have aims to assist the National Associations in their Youth Development Programmes. In order to provide the basic outlines of the course programme and to introduce the elements of Youth Development some important aspects are introduced in these guidelines.

FIH Development and Coaching Committee intend to continue organising such courses, which will address mainly the stream of Youth Coaching; previously this coaching area was covered under the Development Coaching Courses. On the basis of continuous evaluation Youth Courses and the conductors' reports this paper, if necessary, will be updated from time to time.

This paper covers a wide range of topics, which can be introduced to the youth coaches but you have to assess the nature of the course according to the situation and select the appropriate course contents. Certainly you will not have enough time to cover all the topics, it is therefore suggested to prepare some course materials based on these guidelines and distribute them to the participants.

## Important aspects

Courses should address the following major aspects of Youth Coaching,

- The characteristics of the Youth of different age groups as well as understanding of natural phenomena of youth development in general.
- What and how to coach in which age group – Demonstration of a coaching programme for different youth groups, which adapts perfectly to their physical and mental capacities.
- Part of the programme should be the demonstration and explication of the different basic skills in hockey with a progressive series of exercises for each important basic skill, "Skill learning process"
- Learning to understand the game through the practise of a great number of simplified games, which are adapted to the skill and intelligence level, "Methodological process"
- Development of the perception skills and their knowledge, how they learn to read and react (take correct decisions) and the problems they face in group skills and in particular game situation, "factors affecting the decision-making"
- Using youth friendly coaching methods taking into account their particular necessities.
- Tactical awareness and behaviour

## Essential tools and skills for coaches:

- Provide a safe playing environment
- Treat every player as an individual person.
- Balance your demands to the players' abilities. It is vital and a key to progress.
- Don't introduce difficult and complex situations too early.



- Progressive training is vital and motivation is the key to success.
- There is a big difference in Youth and adult Coaching and the course should meet the different requirement accordingly. Therefore structuring a session for the youth is different as with adults. Youth should be treated as youth, not as small adults.
- Let them learn by discovery (trial and error theory) but let them also discover through learning.
- Avoid long explanations, as young people prefer hand-one experience rather than listening.
- You should organise a very active session, more participation with a short break for tips.
- Winning should not only be the main motivation the emphases should also be enjoying to play game and have fun with friends.

## Contents

The guideline covers the following areas.

- Course programme
- Course Organisation
- Theoretical sessions
- Practical sessions
- Skill Competition
- Social Programmes

## Course programme - Model

Attached you will find 2 different Models of the course programme, these Models provide the basic framework for the course contents.

The duration of the course is normally 5 to 6 days, evening prior to the commencement and/or morning of your departure day can also be used for administrative work or for a short session for your official programme so, if possible, adjust your arrival and departure times and be aware of the participants travel schedule.

The models are flexible enough to accommodate different standards and circumstances and weather conditions. You may want to change the daily schedule or the structure but make sure that you are focusing on the Youth coaching contents and meeting the foremost objectives.

Never assume that everything you need for the course would be available, so you have to modify the programme according to the circumstances and it is only possible if you develop timely communication with the organisers, initially the FIH office will provide the necessary link with the NHA. Always consider the unforeseen events or problems, which might interrupt your timetable.



## Course Programme, Model - 1

In this model coaches can have equal opportunity to enhance their theoretical knowledge and learn training methods. It can be used for a group of coaches who has coaching experience at certain levels and be able to participate in discussions and share their experiences.

	Mon	Tues	Wed	Thrus	Fri	Sat	Sun
Time	day 1	day 2	day 3	day 4	day 5	day 6	day 7
Morning	Breakfast	8:00	8:00	8:00	8:00	8:00	8:00
09:00-10:30		Theory session	Theory session	Case Study	Theory session	Group presentation	Departure and check-out
10:45-12:30		Theory session	Theory-Group discussion	Video session	Theory session	Group presentation	Departure and check-out
Lunch	Lunch	12:45	12:45	12:45	12:45	12:45	
14:45-16:15	Arrival and check-in	Practice Session	Practice Session	Practical - Work Shop	Practice Session	Hockey Olympics	
16:30-18:00	Meeting with local event manager	Practice Session	Practice Session	Practical - Work Shop	Practice Session	Hockey Olympics	
Dinner	Dinner	18:15	18:15	18:15	18:15	18:15	
19:30-21:00	Opening program Course Aims	Video Session	Work shop-T	Free	Video Session	Evaluation Fare-well party	



## Course Programme, Model - 2

To the new or less experienced teachers it is important to demonstrate more exercises and games and discuss most of the training aspects at the ground. This model is practice oriented and designed in such a way that coaches can spend more time at the practical sessions.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Time	day 1	day 2	day 3	day 4	day 5	day 6	day 7
Morning	Breakfast	8:00	8:00	8:00	8:00	8:00	8:00
		Hockey for 8-9 years	Hockey for 8-9 years	Hockey for 10-11 years	Hockey for 10-11 years	Hockey for 12-13 years	
09:00-10:30		Practice session	Practice session	Practice session	Practice session for 6-a-side Hockey	Practice session for 8-a-side Hockey	Departure and check-out
10:45-12:30		Practice session	Practice Session	Practice Session	Practice session for 6-aside Hockey	Workshop: „Ideas to improve the development of our hockey“	Departure and check-out
Lunch	Lunch	12:45	12:45	12:45	12:45	12:45	
14:45-16:15	Arrival and check-in	The need to work with a Hockey Development Model	Practice session	Workshop „Design a youth competition program for a season“	8-a-side Hockey	Video session or workshop	
16:30-18:00	Meeting with local event manager	Demonstration of the rules of Mini Hockey	Variations of Mini Hockey	6-a-side Hockey	Practice session for 8-a-side Hockey	The Hockey of the past, today and tomorrow	
Dinner	Dinner	18:15	18:15	18:15	18:15	18:15	
19:30-21:00	Opening Ceremony	Video Session	Workshop	Free	Video Session	Evaluation Fare-well party	



## Course Organisation:

- ❑ Ask for a local event Manager's help, who is good with facility management and arrangement of such events.
- ❑ Check the followings,
  - Theoretical and practical Sessions Arrangements
    1. Make sure that the lecture or conference room facilities are available and are functioning properly. These include facilities like Computer, Power point, Video, TV, Overhead projectors and other supporting accessories like White boards, Markers, Papers, Magnets etc.
    2. Training aids, balls, shirts and other Ground Equipment, Young players for practical sessions.
  - Transport Schedule and arrangements.

After arrival and check-in, try to get all the required information and inspect the course venues.

After the official introductory session it is necessary to introduce the program and the targets of the course. You have to explain the rules such as punctuality, participation, communication and co-operation, which are needed in order to reach the targets.

At the end of the course there has to be a closing session, in which you have to evaluate the course. Analyze the goal of the course in accordance with its results. Get feedback from the participants about everything from the contents of the course to the food, accommodation provided. Sum up the positive as well as negatives aspects. Encourage participants to express their opinion about what more could be done to develop and excel performance. Motivate and generate enthusiasm among the participants for hockey training and coaching.

## Theoretical sessions / Workshops

Try to include the following topics in your theory sessions and introduce the Youth Coaching essential areas and create discussions on important topics. Make sure that all the coaches participate in discussions. Try to organise some group work and encourage participants to lead the discussions during interactive sessions.

Always introduce some case studies and try to find out practical solutions both on Coaching theory and technical aspects.

### Youth Coaching and Training Theory

Introduce and discuss the Coaching and Training principles, Coaching Aims, Quality of training, Process of learning and Corrections, Motivation Theory, Different age groups and coaching techniques.

### Skill Learning Process

Introduce the skill learning process and different phases from discovery to the perfection stage and include the principles of introducing difficulty levels and creating stressful situations.



## Information Presenting Techniques / Demonstration Principles

Discuss these two topics in depth and introduce the flexible solutions, identify the problem areas and how to cope different situations.

## Skill Analysis

Include some sessions for the skill analysis where you can discuss the skill breakdowns and identify its common errors and correction procedures. The best way to do that is through the use of Video.

## Team Talk

Talking with a Youth Team is different than a senior group, provide some tips to the coaches that what they should and should not talk during the pre-match briefing, half time and after the game. Art of correcting the youth and giving feedback by using different ways of motivation should be addressed in the course. Also discuss the psychological factors effecting performance and how a coach can reduce the self-negative talk, a young player normally experience under stress.

## Handling winning and losing

This aspect is also different at youth level. Youths can easily get influenced by results, introduce some strategies to handle the results. Ask coaches to present their methods and create discussion and analyse the contents and the way of presenting information and delivering instructions.

## Workshop on Coaching Roles

Discuss the roles a coach has to play while dealing with Youth Coaching, analyse the responsibilities and coaching attitudes. Also create discussions on the different qualities of a coach. What is the realistic approach in coaching? As a coach how do you deal with people? if you are able to know yourself, your athletes, your coaching style and your attitude? As a coach what are the qualities you possess? Create discussion on these questions and let coaches find their own answers.

## Workshop focus on the organisation of a Training Session

- Objective of the Training session
- How to organise a training session

## Other important Topics

- Players Positions and responsibilities
- Developing Tactical Awareness and Players Tactical roles
- Importance of Tactical discipline
- Creative Handling of different game situations
- Training under Game Situation



- Testing under stressful conditions but set the realistic goals
- Mental Development Aspects
- Video analyses both on Skill and Tactical behaviour
- Physical preparation for the different age groups

## Practical Sessions

Remember don't always assume that every thing would be available so double check with the arrangements and visit the facilities prior to your practical session with your check list.

You should know about the level of the young players available for the practical sessions. Ask in advance about the age group of the participants, also, although difficult but try to get information about their playing level. Try to have a short meeting with the coach of those youngsters and also you can start your first session with some simple drills or 6-side game of 10-15 minutes in order to better know about them and at the same time you can ask coaches to make comments on the skill level, some common errors etc. after your quick analysis you may want to change your preset activity plan.

Points to consider:

- Do not give too many ideas to the coaches during this course, which is not possible in such a short time.
- Demonstrate and work out the objectives of as many games and corrective exercises as possible, relating them to a certain age group.
- Involve young players and less-experienced hockey teachers as much as you can, it is important to encourage them. Demonstration of some star players among the coaches can be a good attraction.
- If the skill level is very low, do not point out every error in front of players but how you can give feed back to the coaches, find your solutions.
- You must have variations in the training drills without changing the contents.
- You should attempt and demonstrate through training drills how a coach can keep the players involved with high degree of interest and concentration.
- Identify the measures you use to keep players motivated during the session, may be you use multiplicity approach and introduce diversity in your session, which always attract the players or rewarding them.
- What can distract the players during a session, discuss this topic.

## Training Session

- Plan your session under your objectives and in accordance with the available facilities.
- Demonstrate how you use the available space on the field.
- Show how you make a very active session for every body.
- Participation is vital and equal participation motivates the players.
- Long waits for the action will discourage the players.





- Demonstrate the demonstration principles.

### Practical Topics

Select topics from the following list according to the available time, remember you are dealing with Youth Coaching and different age groups and different levels, set your priorities.

- Goal scoring and goal keeping (Always good to start at youth level)
- Base (skill)
- Defending skills
- The skill of Passing
- Creating space, Vision & Decision making (simple and complex), Communication
- Tactical awareness and tactical behavior, Tactical responsibilities and roles (attack & defense), Group Tactics, Demonstrate solutions to the group tactics , Numerical superiority ,
- Counter attack
- Entering the circle/ circle situations
- Set Situations
- Free hits and restart situations (16 yards defensive build up etc.)

### Hockey Games with fun & Skill Competition

You can organise some fun games and skill competition with different skill stations during the last session and reward the winners and other participants. Don't forget to appreciate the young players and thank them for their support for the course and give them a piece of advice that they got the potential to reach at the best level. Advise your group that motivation is key to success at youth level and this helps further learning.

### Social Programmes

The participants of the course have to pay full concentration and high level of attentions during long hours, daily. Not only to relax but also to provide some social activity, you should include some entertainment activities program as part of the course. These programs will help coaches to know each other and feel like a group, try to involve the youth players also organise some thing in accordance with the culture and tradition.

Activities like Sightseeing could be a nice alternative to the course's normal program.

### Are you a Hockey Ambassador?

Yes you are, hockey promotion is also your responsibility, the coaching course and presence of a FIH coach in the city should be announced & published in the local Media. You can ask prior to the course that possible Media involvement is the basic requirement, FIH DCC will assist you in this regard. You may want to see some of the leading journalists during the course and may want to tell



them the importance of the youth coaching and how it provides the opportunities for different nations to promote their Youth and Youth activities.

May be you can make some comments on the Country's Hockey situation and their potential and how they pressingly deserve the Government support. Some comments on Hockey! That Hockey was second highest ticket selling sport in Sydney Olympic Games and how it is developing worldwide.

## Your Course Report:

After the completion of the course, the conductors should submit a detailed report describing the fact sheet of the course, different activities, participants' performance, course organisation etc.

The conductors should completely fill-in the course evaluation report forms, which would be provided by FIH. Wherever necessary, support your report with descriptive documents.

You should include your recommendations for further improving and enhancing the effectiveness of these types of courses. The report should also include any problem or difficulties you might have faced during the course.

Suggest, what in your opinion should be included and/or excluded from such events in future, for example length of the course, topics covered, number of participants etc. Snapshots of various activities during the course must also be submitted together with evaluation report.

Get feedback from participants as well and include in your report (FIH will also provide separate evaluation forms for the participants). Your report should also include list of the participants.

The main purpose of this report would be to analyze which goals did we achieve and which ones we failed to achieve and why. The report would provide the basis for designing future courses in accordance with your experiences and recommendations. The summary and/or key points from your report together with the photographs will also be posted on FIH's web site as it would be interesting to learn from your experience. Your report should reach the FIH office within 20 days after the completion of the course.

On behalf of **Theo Ykema**, Chairman of FIH Development & Coaching Committee we appreciate your past contribution and looking forward to your future commitments to FIH coaching activities and wish you all the best for your recent assignment.

If you need further assistance, please contact me or **Mrs. Catherine Tummers**, FIH Administration Manager at the FIH office Brussels.

Wish you all the best.

Tayyab Ikram  
FIH Coaching Manager  
FIH Development & Coaching Committee