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| Name: | |  | | |
| Date: | Time: 90 minutes | Venue/facility: | | Risk assessment complete: |
| Session no.: | |
| Group and age: U8-U12 | | Coaches/personnel: | | Equipment/resources: |
| Ability: | | Others: | | Participants’ needs: |
| Objective: | | | | |
| Principles of Session Design | | | Example | |
| Topic: (Be clear and concise) | | | Topic: Win the Ball Back – Shadow the Ball Carrier | |
| **Warm-up** (15-30 minutes)  Depending on the ability of the group, this can be done with stick and ball. | | | **Warm up:** Bulldog   * Group is organised into ‘bulldogs’ and runners (rough ratio is 1 bulldog to every 5 runners) * Pitch is whatever useable space you can find for your numbers * The runners’ aim to get from one end of the pitch to the other. * The bulldogs’ aim to tag the runners. If a runner is tagged, they become a bulldog for the next round. * Keep playing until only one runner is left, who is crowned as the winner. * GKs have a choice to be bulldogs or runners | |
| 1. **Relevant to the topic** 2. **Prepare the body and mind for activity** 3. **Enjoyable, productive, relevant hockey** 4. **Involve goalkeepers** 5. **Allow to players to join in as they arrive with minimal disruption and explanation needed** | | | 1. **Relevant:** this game encourages bulldogs to protect an area of the pitch and push the runners towards the sidelines, where it is easier to make a tag. 2. **Body and mind:** the players are physically active and making decisions 3. **Enjoyable, productive, relevant to hockey:** Players are using hockey-specific movements in a lightly competitive environment 4. **Involve GKs:** GKs have a defined role in the warm-up that develops relevant movement patterns 5. **Players can join:** Late players can be added to teams as they arrive | |
| Activity/Session Content (including Progression) | | | Example: | |
| **Main session** (60-75 minutes)  Depending on the ability of the group, this can be done with or without a stick to allow players to see how the game can be played without the distraction of a stick.  Especially with younger players, be lenient with the rules and allow the game to flow. | | | **Main session**  Topic: Win the Ball Back – Shadow the Ball Carrier   * 4+GK v 4+GK (plus subs if needed) * Game played across an eighth pitch. Two normal goals with 7m Ds. * One point per goal scored. * If a team wins a PCA, they have a free shot on goal from top D against the GK. Play rebounds. * GK theme: Rebounds (saving secondary shots on goal) | |
| **Game:**   1. **Set a problem relevant to the topic** 2. **Create opportunities to solve the problem through game design (show, not tell)** 3. **Allow the players the opportunity to identify and solve the problems without your input** 4. **GK specific: make sure GKs are involved – use relevant themes from GK gameplay model** | | | **Game:**   1. **Set the problem:** Can we stop the opposition attacking the inside of the pitch? 2. **Game design:** Ds means that the attack has to try to get to the middle of the pitch in order to score. 3. **Opportunity to identify and solve:** Players ‘have a go’ for the first set with minimal interjection from the coaches. Encourage discussion amongst the players to see if they recognise what is going wrong and what is going well. Introduce progressions or regressions as required. 4. **GK specific:** If the defenders shadow correctly, the attack should be forced wide. This means that most shots on goal will be from deflections off of crosses, which are hard to save cleanly. This is therefore a good opportunity to practice saves off of rebounds. | |
| **Intervention:**   1. **Regression: make the game less match-like by changing variables (player numbers, pitch size, scoring system, etc) to increase focus on the problem and help guide the players to solve them**   **OR**   1. **Progression: if the players are solving the problem competently and consistently already, change variables to make the game more match-like (ie increase difficulty)** | | | **Intervention:**   1. **Regression:** Defenders get an extra point if they keep the ball out of their D for 10 seconds. 2. OR 3. **Progression:** Make the pitch bigger. | |
| **Game:**   1. **Guide discussion towards identifying the problem/problems** 2. **Allow the players to tackle the problems again** 3. **Highlight individual development** | | | **Game:**   1. **Guide discussion**: What conditions have changed? What has this change encouraged you to do? How has this helped you to solve the problem? 2. **Allow the players to tackle the problem again:** Players can have another go (with or without regression or progression, depending on need) 3. **Highlight individual development**: Praise those who show the most improvement across the session (this does not always equate to the player who is ‘the best’ hockey player in the squad) | |
| **Breakouts:**  **Throughout the session, players should be taken out of the main session into ‘breakouts.’**  **A breakout = groups of up to 10 players per coach in a designated part of the astro that are working on a relevant technical focus.** | | | **Breakouts:**  Technical Focus: Channelling     * Group of 10 divided into three groups of roughly equal numbers. One group per pitch. * Each pitch is 5m x 5m. One side has three gates on it. * One attacker and one defender active at any one time. Both players start on the opposite side of the pitch to the gates, in the right corner. * The attacker tries to carry a ball through the gates. The right-most gate is worth 3 points, middle gate 2, left gate worth 1. * Aim is for the attackers to score as many points as possible in a given time-limit. * Swap to channel on the other side as appropriate * Rotate breakout group every 15 minutes | |
| 1. **Tight focus on technical and motor skill development** 2. **Keep it short (max 15 minutes) to avoid boredom** 3. **Rotate through all players in the session so that they all get a go** | | | 1. **Tight focus:** There is high opportunity for repetition and individual technical development under the guidance of the coach 2. **Keep it short:** no longer than 15 minutes 3. **Rotate through all players:** Multiple groups are given equal time throughout the session to have a go | |

**Coaching Session Evaluation**

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| Describe how you feel you met the objectives of the session and if there is anything that you would change: |  | | | | |
| Describe how you feel you managed to incorporate the elements of the Golden Thread into your session. Describe how you would adapt future sessions to include or enhance any of the elements. | | | | | |
| Fun: | Lots of touches of the ball: | Constant decision making: | | Looks like the game: | Stretch: |
|  |  |  | |  |  |
| Feedback from Others | | | | | |
| Did you receive feedback from others?  What was the method of feedback and who from? |  | | | | |
| Self-evaluation | | | | | |
| What were your areas of strength? |  | | | | |
| Priorities for own personal development/action plan: | Development: | | Action plan: | | |