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| Name: | |  | | |
| Date: | Time: 60 minutes | Venue/facility: | | Risk assessment complete: |
| Session no.: | |
| Group and age: U14-U18 | | Coaches/personnel: | | Equipment/resources: |
| Ability: | | Others: | | Participants’ needs: |
| Objective: | | | | |
| Principles of Session Design | | | Example | |
| Topic: (Be clear and concise) | | | Topic: Win the Ball Back – Take the Ball | |
| **Warm-up** (10 minutes - off-pitch if possible before the session starts to maximise pitch-time) | | | **Warm up:** Rollerball   * Players organise themselves into teams of 5. * Pitch is a 20mx15m rectangle with two goals on opposite ends. Two teams per pitch. * Each team tries to score in the opposition’s goal * The ball must be rolled along the floor. * The defending team can win the ball back through interceptions or tackling the player on the ball (two hand touch). The defending team then becomes the attacking team. * GKs in goal where possible | |
| 1. **Relevant to the topic** 2. **Prepare the body and mind for activity** 3. **Enjoyable, productive, relevant to hockey** 4. **Involve goalkeepers** 5. **Allow to players to join in as they arrive with minimal disruption and explanation needed** | | | 1. **Relevant:** This game gives lots of opportunities to tackle and win the ball back. 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** (50-60 minutes) | | | **Main session**  Topic: Win the Ball Back – Take the Ball   * 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 penalty shuffle on goal from halfway against the GK. Play rebounds. * GK theme: Make the save | |
| **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 problem without your input** 4. **GK specific: make sure GKs are involved – use relevant themes from GK gameplay model** | | | **Game:**   1. **Set the problem:** Can you win the ball back? 2. **Game design:** Small, congested pitch creates lots of 1v1 battles. 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:** Small pitch leads to lots of shots on goal from a variety of areas. | |
| **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 it**   **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 gain a point each time they win the ball through tackling 2. OR 3. **Progression:** Increase the size of the pitch | |
| **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) | |

**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: | | |