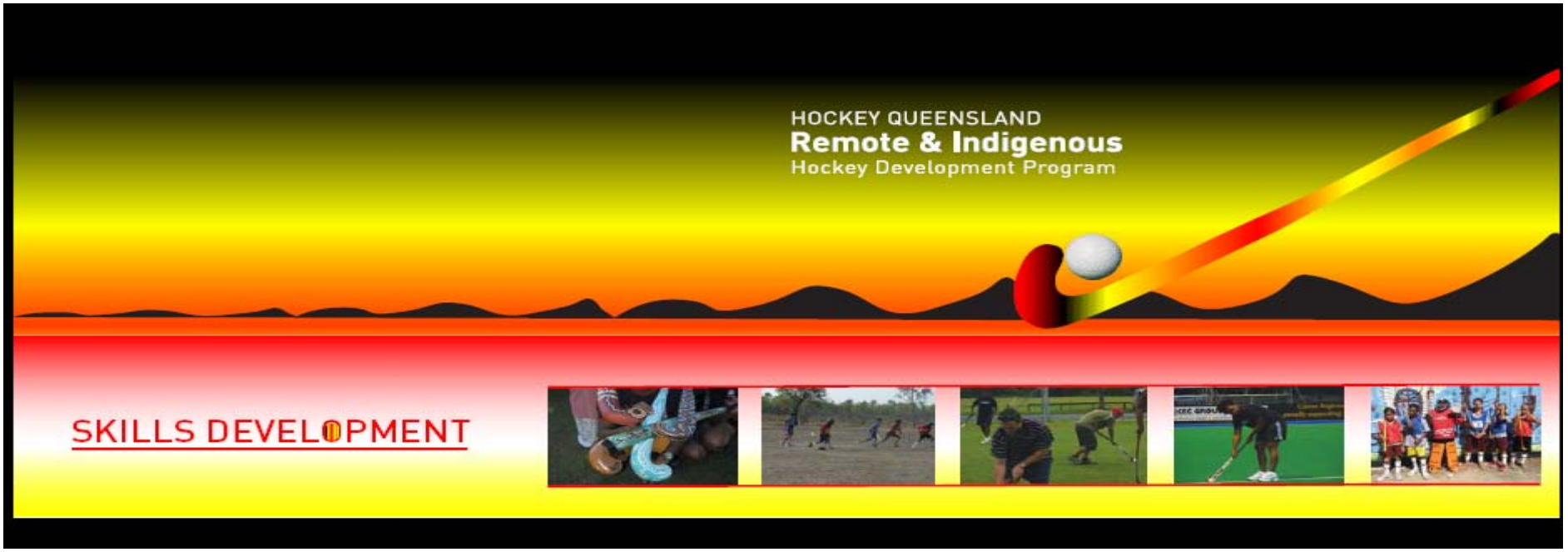

Remote Program Modified Beginners Hockey Course

Remote Program Beginners Hockey Course
Course Overview

Module	Unit	Delivery Strategy	Assessment
The Role of the Coach (1 hour)	• The tasks and responsibilities • Ethical considerations • Skills for coaches to develop • Coaching styles	Lecture, group discussions, brainstorming and video presentation	Non assessable
Conduct and Organisation of a Training Session (1 hours)	• Reasons for planning • Elements of a session • The yearly plan	Presentation, video, group work, observation	Successfully complete the outline of a session plan.
Sport Safety (30 min)	• Injury prevention / risk management • Sources of information • Legal responsibility and duty of care • Safer sport program	Presentation, practical activities and groups	Complete a risk management plan.
Officiating – Implications for Coaches (1 hour)	• Developing player attitudes • Coach/umpire/player relationships • Recent rule interpretation • Tactical implications	Game observation, discussion with umpires, practical demonstration	Observation
Set Plays (1 hours)	• Free hits • Penalty corners • Corners • Penalty stroke • Restarts	Group discussion with set scenarios, video, game observation	Successfully customise set play outcomes. Peer evaluation.

Coaching Children (1 hour)	• Why children participate • Growth and development • Coaching for fun and success • Are children like adults?	Presentation and group work	Complete workbook
Teaching and Developing Skills (2 hours)	• Teaching skills-simple to complex • Delivery/Distribution Skills • Pushing • Hitting • Reverse stick skills • Receiving/Controlling the ball • Trapping • Reverse stick skills • Dribbling/Moving with the ball • Passing strategies • Leading • Goalscoring • Goalkeeping • Dispossession/Tackling • Minor games	Presentation, video and practical	Observation
Position Play (1 hour)	• Areas of play, principles of positions and history of systems • Width, space off the ball and tight defence • Principals of attack and defence and linking both • Summary of positions and roles	Whiteboard description and demonstration. Game analysis. Structured games and freezing play	Observation. Complete match analysis.

Optional Modules

Select One of these Units

Coaching Female Athletes (1 hour)	• Physical factors affecting female athletes • Nutrition implications • Sociological factors effecting performance	Presentation and group work	Complete workbook
Sports Nutrition (1 hour)	• Basic nutrition guidelines • Fluid replacement	Presentation and group work	Complete workbook
Sports Psychology (1 hour)	• Introduction to sport psychology • Goal setting • Mental preparation	Presentation. Group work and practical	Complete workbook

Sports General

Recommend Teaching sport skill/games, coaching communication, coaching team sports

Generic Component Select 2	• Teaching sport skill/games • Group management • Coaching communication • Physical conditioning • Sport safety and law • Coaching better • Coaching team sports • Coaching veteran athletes • Coaching athletes with disability • Drugs in sport • Development of the athlete	Presentation and group work	Complete workbook

Additional Development Officer Training Modules

Conducting Training Sessions and Small Games for Training (3-4 hours)	• Conduct team training sessions • Organise drills to teach skills • Organise small games to enhance skills	Small group of players to coach.	Observation
	•		
Introducing a hockey as a new sport into the community (1 hours)	• Identify Indigenous Games similar to hockey and modify these games as transition • Use simple drills • Deliver modify drills and keep it fun	Small Groups of players to coach	Observation