

HOCKEY QUEENSLAND
Remote & Indigenous
Hockey Development Program

SKILLS DEVELOPMENT



Remote Hockey Entry Level Modified
Coaching Course

Remote Program Modified Entry Level Hockey Coaching Course
Course Overview

Module	Unit	Delivery Strategy	Assessment
The Role of the Coach (1 hour)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Developing player attitudes • Coach/umpire/player relationships • Recent rule interpretation • Tactical implications 	Game observation, discussion with umpires, practical demonstration	Observation
Set Plays (1 hours)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Teaching skills-simple to complex • Delivery/Distribution Skills <ul style="list-style-type: none"> • Pushing • Hitting • Reverse stick skills • Receiving/Controlling the ball <ul style="list-style-type: none"> • 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 (30 min)	<ul style="list-style-type: none"> • 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

Entry Level Course – Sports Nutrition is the Option Module and this is reduced to 30 minutes

Coaching Female Athletes (1 hour)	<ul style="list-style-type: none"> • Physical factors affecting female athletes • Nutrition implications • Sociological factors effecting performance 	Presentation and group work	Complete workbook
Sports Nutrition (30 min)	<ul style="list-style-type: none"> • Basic nutrition guidelines • Fluid replacement 	Presentation and group work	Complete workbook
Sports Psychology (1 hour)	<ul style="list-style-type: none"> • Introduction to sport psychology • Goal setting • Mental preparation 	Presentation. Group work and practical	Complete workbook

Sports General

Generic Component Select 2	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Conduct team training sessions • Organise drills to teach skills • Organise small games to enhance skills 	Small group of players to coach.	Observation
	<ul style="list-style-type: none"> • 		
Introducing a hockey as a new sport into the community (1 hours)	<ul style="list-style-type: none"> • 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