



## **COACH DEVELOPMENT FRAMEWORK**

**MAY 2009**

# COACH DEVELOPMENT FRAMEWORK

## INTRODUCTION

Hockey New Zealand and SPARC have a vision to create a “world class coaching environment”.

Hockey New Zealand has developed a new Coach Development Framework that is based on continuous improvement through increasing effective coaching skills, knowledge and understanding. The new workshops in the framework will replace the existing courses: Kiwi, Getting Started, Level One and Level Two over time. The Small Sticks workshops replaced Kiwi & Getting Started in 2008; and the Youth and Club workshops will be introduced to replace Hockey New Zealand Level One this year. The current Hockey New Zealand Level Two will remain, with the intention to introduce age group specific elite programmes to replace Level Two in future.

To stay “current”, a coach who has participated in a Small Sticks, Youth or Club workshop must attend at least one extension module delivered by their Association or Regional Sports Trust per year.

### **Coach Development Workshops will be:**

- Player centred – based on the needs of the athletes and aligned to their stages of development
- Practical – to meet the needs of the coaches
- Integrated – the sport specific knowledge and the general principles of coaching will be applied in a practical coaching environment
- Flexible - to allow a coach to develop at their own pace and also to start where it is appropriate to their needs
- Encouraging continuous coach development by providing suggestions for further self development

### **Objectives of Workshops:**

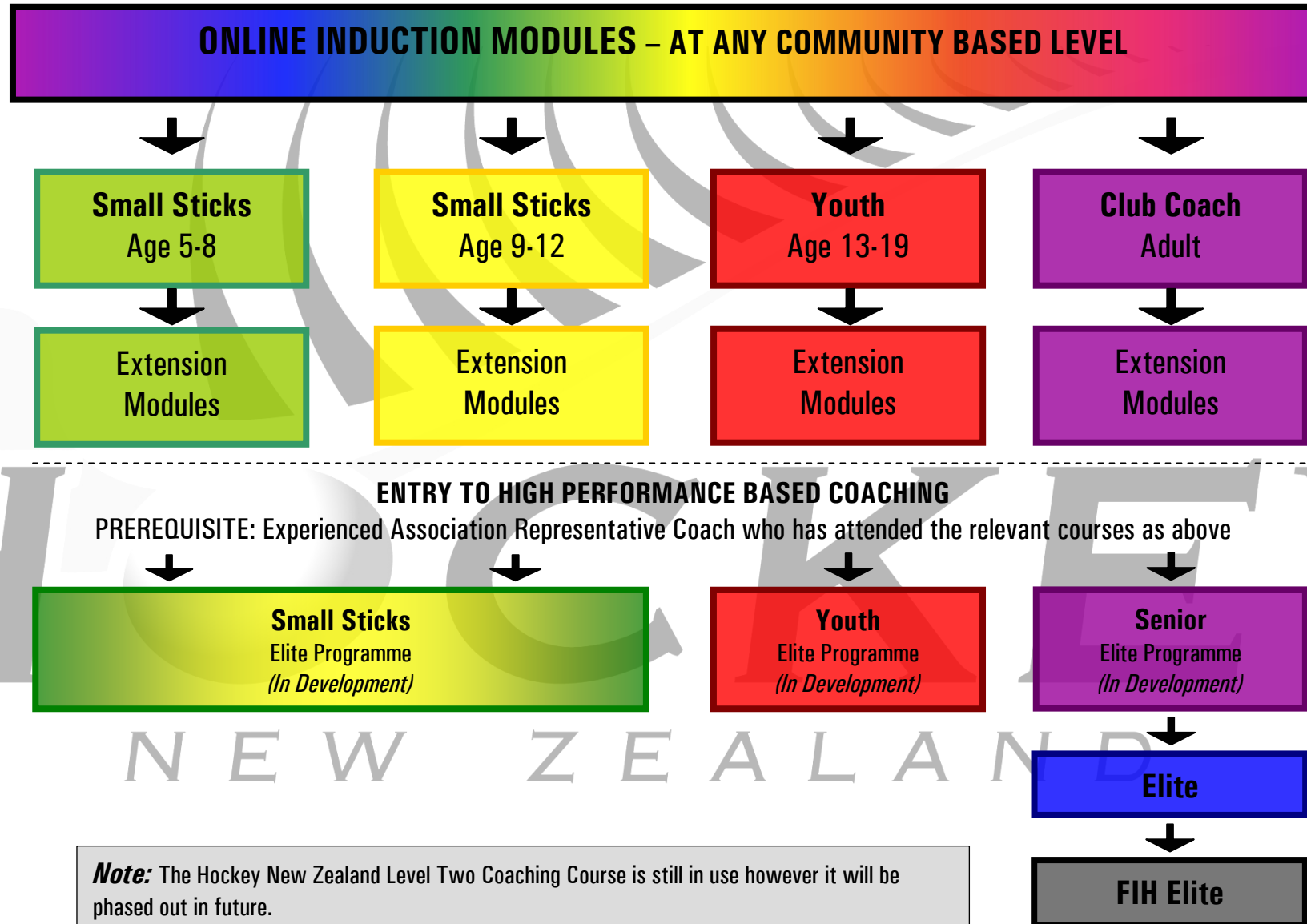
The workshops, mainly through practical examples, will provide information and techniques for coaches to feel confident to coach players from their chosen age group by:

- Providing a safe playing and practice environment
- Helping coaches to treat every player as an individual person
- Balancing demands to the players abilities
- Recognising that players are individuals who have increasingly busy lives as they grow older – academic, social, employment as well as sport
- Allowing players to learn by discovery and repetition (trial and error theory) but let them also discover through learning
- Recognising that the key to success is by giving positive motivation and feedback to players
- Maximising enjoyment and participation of players

All material will continuously be trialled, evaluated and updated by Hockey New Zealand, SPARC and RDM/CoachForce personnel.

# Coach Development Framework

(Community Based Athlete Centred Coach Development)





## **ENTRY TO COACHING**

(Community Based Athlete Centred Coach Development)

### **ONLINE INDUCTION MODULES - "INTERACTIVE GUIDE TO COACHING" & "COACHES SAFETY NET"**

Status: CURRENT

Target Market: All hockey coaches from any community based level

Format: Half hour interactive modules which can be completed online through the Hockey New Zealand website

Purpose: An introduction to coaching processes and safety for all hockey coaches.

### **SMALL STICKS AGE 5-8**

Status: CURRENT

Target Market: Club or school coaches of athletes aged between 5-8 years old that mainly play a 4/6 aside modified game

Format: 3 hour programme, with both theory and practical components (can be delivered in 1 or 2 workshops).

Purpose: These workshops, mainly through practical examples, will provide information and techniques for coaches to feel confident to coach players between the ages of five and eight.

Extension Modules: To be developed by RDM/CoachForce personnel to suit needs. Hockey New Zealand to supply templates if needed.

### **SMALL STICKS AGE 9-12**

Status: CURRENT

Target Market: Club or school coaches of athletes aged between 9-12 years old that play a 6, 8 or 11 aside game.

Format: 3 hour programme, with both theory and practical components (can be delivered in 1 or 2 workshops).

Purpose: These workshops, mainly through practical examples, will provide information and techniques for coaches to feel confident to coach players between the ages of nine and twelve.

Extension Modules: To be developed by RDM/CoachForce personnel to suit needs. Hockey New Zealand to supply templates if needed.

### **YOUTH AGE 13-19**

Status: CURRENT

Target Market: Club or school coaches of athletes aged between 13-19 years old

Format: 4 hour programme, with both theory and practical components (can be delivered in 1 or 2 workshops).

Purpose: These workshops, mainly through practical examples, will provide information and techniques for coaches to feel confident to coach players between the ages of thirteen and nineteen years.

Extension Modules: To be developed by RDM/CoachForce personnel to suit needs. Hockey New Zealand to supply templates if needed.

### **CLUB COACH**

Status: CURRENT

Target Market: Coaches at senior club level

Format: 4 hour programme, with both theory and practical components (can be delivered in 1 or 2 workshops).

Purpose: These workshops, mainly through practical examples, will provide information and techniques for coaches to feel confident to coach players from the age of seventeen and up.

Extension Modules: To be developed by RDM/CoachForce personnel to suit needs. Hockey New Zealand to supply templates if needed.

## **ENTRY TO ADVANCED COACH DEVELOPMENT**

**PREREQUISITE:** Experienced Association Representative Coach who has attended the relevant community workshops. (Must have at least 1 years experience of head coaching at a National tournament and participated in extension workshops)

### **SMALL STICKS ELITE PROGRAMME**

Status: IN DEVELOPMENT

Target Market: Hatch Cup and Collier Trophy Representative Coaches

Format: To be confirmed

Purpose: To be confirmed

### **YOUTH ELITE PROGRAMME**

Status: IN DEVELOPMENT

Target Market: U18 & U16 Representative Coaches

Format: To be confirmed

Purpose: To be confirmed

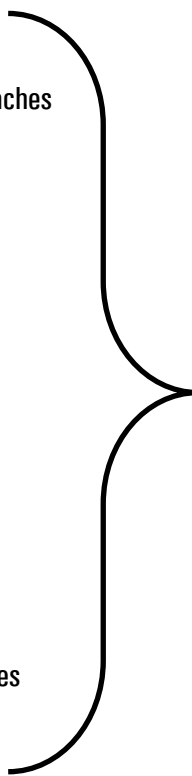
### **SENIOR ELITE PROGRAMME**

Status: IN DEVELOPMENT

Target Market: U21 & Senior Tournament Representative Coaches

Format: To be confirmed

Purpose: To be confirmed



**Currently Hockey New Zealand Level Two. In time Level Two will be replaced with the Elite programmes on the left.**

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## **ENTRY TO SENIOR HIGH PERFORMANCE COACHING**

### **ELITE**

Status: CURRENT

Target Market: NHL coaches, regional representative coaches

Format: Coach mentoring and invitation to seminars

Purpose: To link NHL/regional coaches to the national programmes and help them to gain a greater understanding of high performance coaching.

### **FIH ELITE**

Status: CURRENT

Target Market: National Coaches/ Carded Coaches

Format: FIH Courses, Prime Ministers Scholarships plus other appropriate opportunities that may arise.

Purpose: To continue to develop and stay current at an international level.