

Coaches and players development programme

with Nathan Kipp

From the series :
Best Practice Sharing of
Innovative and Disruptive
Field Hockey Skills Erasmus+
Program 2019 - 2020



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POLSKI ZWIĄZEK
HOKEJA NA TRAWIE

HOCKEYCLUB
'S-HERTOGENBOSCH



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A collaboration between

COACHES AND PLAYERS DEVELOPMENT PROGRAMMES

- DEVELOPMENT IS A LONGTERM PROCESS AND REQUIRES A BIGGER PICTURE
- PHILOSOPHY IS THE KEY – VISION AND THE DEVELOPMENT PROGRAMMES OBJECTIVES
- COACHES AND PLAYERS DEVELOPMENT PROGRAMMES – CHOOSE AN APPROACH THAT IS BASED ON YOUR PHILOSOPHY
- STRATEGY – HOW TO GET THERE



COACHES AND PLAYERS DEVELOPMENT PROGRAMME

LET'S HAVE A CLOSER LOOK HOW [KNHB](#) WORKS WITH NATIONAL COACHES AND PLAYERS AND WHAT IS THEIR PHILOSOPHY BEHIND IT

6xAHEAD OF HOCKEY

- It's their player development philosophy
- It's being used as a base for players, coach education pathways but also with the players at the national team

- Lifetime of hockey
- Scientific foundation



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COACHES AND PLAYERS DEVELOPMENT PROGRAMME



A lifetime of hockey

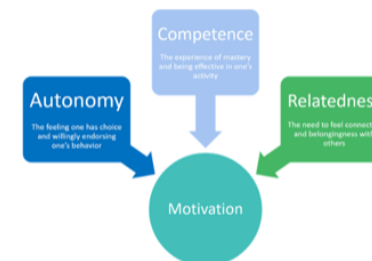
- Hockey players develop themselves
- Making the game (qualitatively) stronger
- Increased enjoyment and involvement in the game

By focusing on **the development of hockey players** we create a **sustainable environment** in which every **individual player** is challenged to get **the most out of the game**.



Scientific foundation

- Self Determination Theory (Deci & Ryan)
 - People have innate psychological needs:
 - Competence (experience success)
 - Relatedness (interact en connect)
 - Autonomy (make my own choices)
- Talent development (Côté)
 - Deliberate practice v.s. deliberate play
 - Till age 12 focus on getting to know the game and fun



View on player development

6x ahead in hockey

1. Better hockey starts with yourself
2. Recognize & stimulate unique qualities
3. For every age a fitting load
4. Contributing to the team
5. Support continuous learning
6. Balanced sport & private life



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For both coaches
and players self-
regulation/
reflection is
the magic word



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Coaches



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COACH DEVELOPMENT

COACHES

– what do your coaches need and how to promote their development? What is required from them?



- **Trainer – Coach – Manager**

- the role is shifting, nowadays it is a mix of all these roles and coaches need to be able to act in all 3

- **Coach centred approach**

- looking at the needs of the coach, what does she/he want, think and need to improve – individual needs
- important to **TALK** to the coaches and find out how can you help them to develop and improve

- **Commitment**

- as for players, full commitment is required but still considering the balance in life

- **Education pathways**

- set pathways but also adapting to the needs and offering new courses that fit the demand

- **Intervision**

- Coach sessions that are organised every 2 or 3 months (all coaches from U16)
- 24hours session, **learning from each other**, assignments, planning for the next coming months etc.
- Effective way how to connect people/coaches

Sharing experiences,
discussions – one of the
most significant points in
coaches development

COACH DEVELOPMENT

COACHES – TIME FOR SELF-REFLECTION



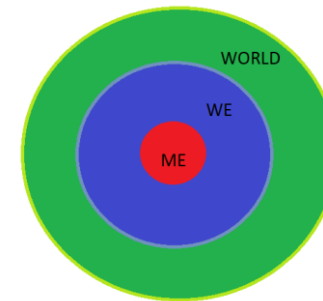
Self reflection is like looking into a mirror and describing what you see. It is a way of assessing yourself, your ways of working and how you coach in this instance.

4 AREAS TO EVALUATE YOURSELF AS A COACH

1. AMBITION – what do I want to get out my coach career, where do I want to get
2. KNOWLEDGE/COMPETENCE
3. GIVING ITS ANATOMY/DIRECTING THE TEAM – what am I doing with the group
4. MAKING CONNECTION – getting to know your players, managing them...

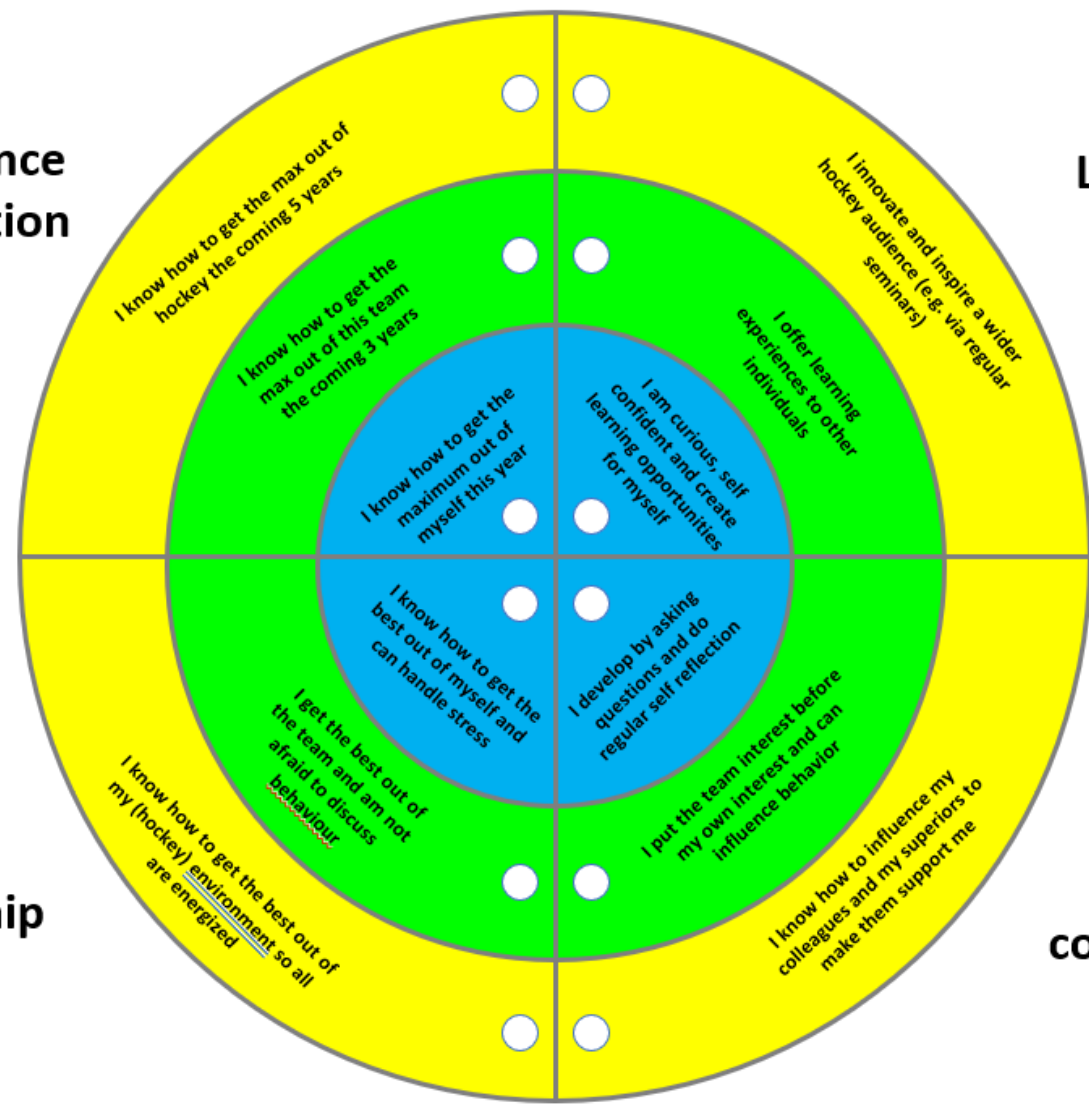
3 LEVELS IN EACH AREA

1. I/ME
2. WE
3. WORLD



Performance and ambition

Learning



Leadership

Making connection



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Players



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IQ

- Reaction time
- Visual processing
- Speed of processing
- Memory

SQ

- I know what I want
- I know why I want it
- Modesty



FQ

- Fitness
- Healthy lifestyle

EQ

- Selfconfidence
- Selfregulation
- Social skills

PLAYER DEVELOPMENT

PLAYERS DEVELOPMENT

- Holistic approach – based on the philosophy 6xAHEAD

KNHB

View on player development

6x ahead in hockey

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- Fit – Self regulation – More sport time – late detection (based on scientific evidence - from U14)

- Key points in player development

- BH & FH independent (technical – backhand and forhand)
- Learn to train -> Tournament formats (how do you need to train and rest)
- Balance in job/study – hockey – private live

IMPORTANT MOTTO TO KEEP IN MIND

**PLAYERS
FIRST!**

What about you ?



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COACHES AND PLAYERS DEVELOPMENT PROGRAMME

- As a coach, how do you reflect on yourself and in which areas?
- How do you improve the most when it comes down to coaching?
- Which ways do you share your experiences?
- What would be your philosophy behind coaches and players development?



Key messages

- REMEMBER DEVELOPMENT IS A LONGTERM PROCESS
- PHILOSOPHY IS A KEY – VISION AND THE DEVELOPMENT OBJECTIVES
- DEFINE COACH AND PLAYER DEVELOPMENT APPROACH
- CHOOSE A STRATEGY – HOW TO GET THERE
- ALWAYS KEEP IN MIND – **PLAYERS COME FIRST**

Reference materials

- Session with Nathan Kopp– Erasmus Programme
- <https://athleteassessments.com/>
- https://www.triathlon.org/development/coach/coach_education_objectives_strategy_pathway
- Find all presentations from this program on :



Thanks

This ready-to-share-presentation is a joint result of cooperation between 6 hockey coaches from Poland, Austria and Czech Republic, Hockey Club Den Bosch, the Dutch Hockey Federation and the EHF. This program is supported by the Erasmus+ program.

Big thanks to :

- **Nathan Kipp** for his input on this topic. Nathan works for KNHB in Expertise-centrum (Coach education, Technical advice and Knowledge sharing).
- The 6 participants **Alicja Koperska, Karolina Paterson, Sabine Blemenschütz, Łukasz Kosmaczewski, Vojta Kolář, Gerhard Kubassa** who put their time, energy and passion into preparing materials and programs for sharing throughout the country
- **Claudine Schiefer** from HC Den Bosch for coordination and support
- **Tom Pedersen** from the EHF for teaming up and providing advice in this program
- **Gino Schilders** from the Czech Hockey Federation for leading the program
- **Jana Janotová** and **Miguel Romero** from Erasmus+ for their kind guidance and support



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What is purer than giving without expecting something in return?



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Thank you

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