



Principles of play

Within this document we outline what our ethos is, how we coach, learn, train, play & enjoy hockey. This collective approach allows us to better understand our identity on the hockey pitch & to consistently achieve together.



POSITIVITY

Positivity is the central & most essential aspect of our hockey club & the way we coach, train & play.



POSSESSION

We value the ball & control the game tempo with possession. We play a possession-based style of hockey with patience.



PACE

Pace is key in all areas of the pitch. We think, recover, & react quickly. We attack with aggression & pace.



FUN

Ultimately, we play hockey to enjoy ourselves & laugh with our club mates. Hockey should always be fun.



FITNESS

Hard work is essential & will lead to greater levels of enjoyment. Effort is vital, expected & is always praised.



FLAIR

We celebrate skill, individuality & creativity. Flair is encouraged along with expression & freedom of play.

Coaching/ training



- Training is full of gameplay with intense, small games offering tight space scenarios.
- We train at match pace at high intensity with little down time.
- We aim to adopt a 1 to 1 mentor system for certain players to buddy up with a senior player who plays in a similar position.
- We know what to do in various game situations because we coach scoreline scenarios into training.
- We coach “problems” for our players to solve to create intelligent thinking players.
- We coach our players to be able to be knowledgeable & flexible to adapt & overcome the opposition.
- We celebrate players’ individuality & flair. Encourage expression & freedom of play. Do not quash it.
- We must coach players to pre-scan at every level & to think a minimum of 2 or 3 passes ahead.
- Clear learning points at each training session.
- Baseline fitness is mandatory, individuals recorded & progress expected.
- The captain or coach sets the tone of club conduct & positivity.
- Coaches & captains must manage players expectations.
- Players are warmed up & ready for stick & ball for session start time.
- Player development pool discussions will happen monthly or every other month.

Next section >>



Match day



PLAYERS

- Players must warm down & stretch afterwards.
- Play and move around the pitch as a unit.
- When players are not on the pitch they should still remain engaged with the game.
- If we are losing – value possession & stick to the gameplan.
- Win your individual races/battles.
- We seek to capitalise on our home advantage over a travelling opposition.
- Players may not always get an even number of minutes in a match & should not expect to.

COACH/ CAPTAINS

- Play a consistent formation throughout the club with the knowledge & flexibility to adjust to alternatives.
- Pre-match we discuss ourselves & the opposition. We cover what we will & will not do.
- Recognise how the opposition are playing & adapt & overcome.
- Always source someone to run substitutions where possible.
- At half time 3 tactical points can be made maximum. Evidence shows that players are unable to process more than 3 points effectively.
- At half time – players can initially vent very briefly, then drink, be silent & the final 3 points always come from the coach or captain.



Next section >>

Attitude



- Positivity is the central & most essential aspect of our hockey club & the way we coach, train & play.
- Players play for Truro HC, not a particular team.
- Players should be adaptable & be able to play both sides of the pitch & at least 2 positional lines.
- Baseline fitness is mandatory.
- Hard work is essential & will lead to greater levels of enjoyment.
- Fitness attendance & effort is always met with positivity & encouragement.
- Fitness sessions open to promising youngsters.
- Encourage skill, individuality & creativity.
- Always have respect for team mates & talk to them appropriately. What is appropriate & acceptable varies massively from one individual to the next.
- Smile - we are playing & volunteering to enjoy ourselves. We play better when we are happy & positive.
- It is never acceptable to argue publicly with one another.
- Feedback or critique must be constructive through conversation – often at a later date in a 1on1 fashion.
- Breaking down play is acceptable, dissent is not.
- We avoid unnecessary cards to keep all 11 players on the pitch .
- Post-match analysis should wait until players have left the pitch & had time to decompress.
- We are magnanimous in victory & gracious in defeat.
- We treat the umpires with respect & abide by the club code of conduct.
- Discussion & debate with coaches is healthy at the right time & place.
- Never undermine the coach & always train with 100% effort.



With the ball



- Don't give away possession cheaply after retaining it.
- Once retained, the ball should be moved early & a high % pass to a team mate.
- We value the ball & enjoy possession & control the game tempo with possession.
- Speed is a key part of how we play. We play with pace, aggression, we counter attack at pace, we take free hits quickly & self-pass early where possible.
- We play a possession-based style of hockey with patience & high quantity of transfers – even if it ends in mistakes.
- When transferring the ball wide defenders aim to be in advance of the central defenders & should not be flat.
- We are happy to pass backwards & sideways more frequently than we pass forwards.
- We make the goal wide.
- If your back is to goal you must cycle your movement, post up & re-lead when necessary.
- We aim to get to the baseline.
- We aim to achieve a shot or penalty corner once we enter the D.
- Aim to think a minimum of 2 or 3 passes ahead.
- Forwards are high, stretching the game & start inside, leading out into wide areas.
- When in congested areas high up the pitch, strive to use the extremities of the pitch.
- We understand that statistically the left midfield area of the pitch is where the majority of possession is lost.
- Midfielders should vacate the channels for forwards to lead into.
- Utilise free space. Play away from pressure & play into space.
- Create triangles / overload areas.
- Good leads are rewarded with good passes.
- Make selfless leads.
- Gesture exactly where you want the ball & use body language to coordinate movement.



Next section >>

Without the ball



- The main aim of a defender is to delay.
- We defend with 11 players.
- There are no lost causes defensively.
- Don't dive in.
- Dictate, disrupt, dominate.
- We use clear, calm communication through the lines.
- We retreat immediately from free hits.
- We press hard for the first 5 minutes - especially at home.
- We should understand the shape of the press throughout the club. We can quickly adjust from full press to $\frac{3}{4}$ press to half court.
- In the press the left forward MUST get across the pitch to defend the line.
- We have the knowledge & understanding to man mark or mark zonal.
- We understand that statistically the right midfield area of the pitch is where the majority of possession is lost/regained & push the opposition into that area.
- Man marking must be touch tight.
- Marking must be shared & communicated clearly when passing players on.
- Make your presence known during ball receipts & contest where possible - get the ball carriers head down.
- Retreat immediately – recover in position.
- Attempt to hunt in packs / defend in pairs.
- Our forward line always has 1 less player than the oppositions back line.

Next section >>





Set pieces

- Long corners are to be practised & set plays in place including taking quickly & deflection.
- Captains & coaches must designate time to practise penalty corners - both attacking & defensive.
- Players should attend monthly penalty corner practice.
- Players defending penalty corners are not necessarily the back 4. Pick your best individuals!
- Know your penalty corner defence roles, tactics & positioning.

Any questions?
Talk to your captain or coach

***Click here to view
some basic hockey terms
for those who are unsure
and need clarification >>>***

