



How we Coach at Tournaments

for Fun, Learning & Playing Well as a Team

1

Get Organised so you can relax...

Get your team list & your schedule
Know which positions (roughly) that the players are confident in. Be prepared with notebook to keep track of starting teams, and who plays.
Our goal: everybody gets to play and feels valued. And that teams are well organised with strong players in key positions at key times.



Connect with Each Child FIRST

Before the tournament, say hello to each child by name with eye contact. Engage them -with a question, a comment, a fist bump - whatever fits their personality.

2



3

Gather 10 minutes before each game

Get the group together away from distractions at the pitch where your next game will be played. Get them playing with a ball, or moving, or stretching (research shows physical warm-up is not actually needed, it's more about focus and confidence).
Check sticks, shinguards, gumshields. etc.



Simple clear pre-match instructions

Get eye contact with the team (organise so they are looking at you, not at the games being played). 5-6 points only. Enjoyment & working hard are two. Then 3-4 simple game objectives. Finish with a team "HK-CC" hand or stick huddle cheer.

4



5

Manage Subs Well

Everyone should play. When putting subs on, give a quick comment to focus the player going in, and make contact with the player coming off - fist bump or high five & ideally a quick positive comment. Focus on the effort made. If someone is injured, the manager should make sure they are all right while coach works with rest of team.



Debrief Positively & Clearly

At the end of each game (and tournament), gather the team. Focus feedback on positive things done well, with maybe one "work-on" for the next game. Finish with a team "HK-CC" hand or stick huddle cheer.

6



Enjoy Yourself Too!

Simple Tactics & Technical Emphasis by Age



Common values

1. We play Hockey for fun
2. Enjoyment comes from working hard as a team
3. The team is more important than any one player. Each player's job is to make other players on their team look good & feel good
4. When we focus on making good decisions & playing the right way, the score takes care of itself
5. Every time we play we learn something; we get better
6. Losing is hard but it's ok. We hold our heads high, thank umpires & congratulate our opponents.
7. Winning is fun and it comes from playing the right way. We are classy in victory as well as when things don't go so well
8. No matter what the result is, we figure out what we can learn and what we need to work on to win next time.



U6

U6: Fun & working hard

1. We're going to have fun
2. We're going to work really hard as a team
3. Only one person tackles at a time
4. Pass the ball hard to your friend
5. Run to a space where it's easy for your friend to pass the ball to you

U8: Learning to play as a team

1. We're going to have fun
2. We're going to work really hard as a team
3. Keep your position (defenders, midfield, strikers)
4. Pre-scan (look before you get the ball to see your passing options)
5. Give the first pass you see
6. Mark your player. Only 1 person tackles at a time

U8



U10

U10: Making great decisions

1. We're going to have fun
2. We're going to work really hard as a team
3. Passer always THINKING: Pre-scan; safe early pass; pass & move;
4. Receivers run hard to give 2 simple options for the passer "in space"; show where you want the ball
5. Mark your player; when other team have the ball, force the player with ball to sideline and keep them there



U12: Teamwork wins

1. Enjoyment comes from working hard as a team
2. Attack as a team: options for ball carrier; "where's the space / count the numbers"; height & width; keep possession
3. Control the game: deny them space; force them to play wide; deny middle of pitch
4. Eyes up hockey: pre-scan; carrying position, open receive

U12

