



CPD

(Coaches and Players)

Performance Hockey Coaching is a Nationally and Internationally recognised coaching brand, showcasing, delivering and supporting individuals, clubs, schools and organisations.

PHC has developed the World's largest online coaching App, which thousands of players utilise world-wide. From younger players new to the game, through to advanced players and coaches.

We are excited to offer a CPD Coaching Day, focused around the Introduction to Hockey Coaching and Umpiring. This unique opportunity provides coaches the chance to understand more about the essential aspects and core skills of the game. It also covers areas like delivery of engaging sessions, team formations and more.

Content:

Technical Skills: Ball Mastery, Passing and Receiving, Defending and Goalscoring

Basic Formations: Pressing, Outletting Shape and more

Attacking Principles: Goalscoring, Countering

Games: Small Sided Games and Unit Play

Additional Areas:

How to stretch players and sessions

Working with larger numbers

Making it Competitive & Fun

We invite coaches, teachers, players and parents that would love to understand about how to coach more effectively and progressively to a CPD day with Performance Hockey Coaching.

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Solving Problems

Area's you struggle with may include an abundance of helpers and assistants, but they have a limited understanding of the game.

You need guidance and support with pre-made session plans and themes to get the most from your players.

You have coaches experienced with playing, and have done so for years, but need more help with advanced skills and variety of drills.

Expect:

1. We will spend a day with your coaches/players/parents, delivering a variety of pre designed modules, along with a module that you want to focus on.
2. Ten session plans that can be used and adapted to support your delivery and coaching, from juniors - more advanced players.
3. Free access to the Coaching App, (worth £100.00)

Outcomes:

- Your club members feel confident in their delivery of technical sessions, planning and progressions.
- Club members feel prepared for games, match scenarios and competitions.
- They feel valued and can add value to their players and teams.

Details:

Cost: £149.00 + VAT pp.

Min numbers 10.

Timings 10-16.00

The club could combine with another club/school/organisation to increase numbers.