

APPLICATION FORM

Level Two Certificate in Coaching Hockey

Venue:	University of Exeter	Dates:	April/May 2012
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INFORMATION

Please retain pages 1 - 5 and complete and return pages 6 & 7

LEVEL TWO CERTIFICATE IN COACHING HOCKEY

INFORMATION

The Qualification

This qualification, delivered in partnership with 1st4sport Qualifications (Awarding Body), gives an externally accredited qualification that sits on the National Qualifications Framework. The Level Two Award is for those coaches who wish to coach the techniques of the game beyond an introductory level and apply them to tactical play and the coaching of teams. It is only suitable for those with experience of coaching hockey.

Those accredited at Level Two will be able to coach the full range of techniques and skills in the modern game and to lead a group of coaches in delivering a programme in a safe and enjoyable way.

The Course Content (see pages 2-4)

The course involves a minimum of 28 hours of tutored pitch-time and theory work. A further 6 hours of practical coaching, some of which will ideally be mentored, will take place following the course and prior to assessment.

For the mentored coaching you will require an experienced Level Two Coach (or above). If you know of anyone who is suitable please seek his/her permission and bring his/her details to the first session.

Candidates will also need to attend some mandatory courses run by sports coach UK (scUK), have a First Aid certificate, are strongly advised to be CRB checked and have up-to-date insurance cover.

The Assessments

Candidates will have two practical assessments - one with adults and one with children (under 16 years). Each assessment will be of 30 minutes duration coaching at least 16 players. The candidate will be required to demonstrate the coaching of technical skills and game related play.

The Portfolio

Candidates will be required to complete a full and detailed portfolio, which is task-based. Much of this work will be completed during the theory parts of the course programme.

The Portfolio will include evidence of:

- Gathering information – including risk assessments and incident forms
- Roles, skills, qualities and ethical values
- Fitness for hockey
- Coaching styles and effective communication
- Planning coaching sessions and evaluating them

Additional evidence should be collated for your portfolio (only photocopies required):

1. Any certificates e.g. Level One Coach Award, Teaching Certificate, Umpiring Award
2. Current First Aid certificate **
3. Safeguarding & Protecting Children Workshop (scUK) **
4. CRB check/disclosure
5. Any sports coach UK (scUK) Workshop certificates
6. Insurance certificate

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*** Compulsory. It is recommended that candidates start looking at the availability of local courses as soon as possible. Your local Sports Development Officer or England Hockey Board Development Officer will be able to assist.*

Accreditation

Candidates who are assessed as competent coaching both adults and children, and who submit a coaching portfolio, which meets the required criteria, will be awarded the Level Two Certificate in Coaching Hockey.

Registration Period

The assessments must be completed within 18 months of registration on the course and the portfolio completed and marked within 2 years of registration.

Failure to complete within the 2 year registration period will require the candidate to pay a further £100 for a new registration.

Most candidates should be able to complete the Award within 6 – 9 months of attending the course.

THE COURSE PROGRAMME

The four days of the course will cover both theory and practical modules.

THEORY

Roles, Skills, Qualities and Ethical values of the Level 2 coach

Including :

- Codes of Practice
- Child Welfare
- Group Control
- Managing behaviour

Effective Communication, Learning and Coaching Styles

Gathering information to plan

- Making arrangements for coaching sessions.
- Risk Assessment
- Dealing with Emergencies

Plan, deliver and evaluate coaching sessions.

- Plan – Do - Review
- Planning linked coaching sessions.
- Evaluate

- Coaching Log
- Include action planning for future sessions
- Importance of CPD

Fitness for Hockey to include

Nutrition and Hydration, injury prevention

Anti Doping

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PRACTICAL

Warm ups and Cooling down

Introductory Skills

- holding the stick
- running with the stick in one hand
- running with the stick and ball
- using reverse stick

Attacking Skills

Core Skills

Techniques and tactics:

- carrying the ball and scanning/ pre scan prior to receipt
- relevant PAP on left and right
- eliminating a player – 1 v 1 on open and reverse including 3 D skills and V drags
- passing and receiving on the move
- roll out over left shoulder
- clear out/ pull back
- short and long post for relevant pass
- eliminating a player - 2 v 1 (square and with depth - introduction of small unit play)
- relevant screen lead, or stretched lead – situation dependent
- the push & hit in context
- the slap long handle & hands apart
- introduce the reverse stick hit with edge of stick and reverse stick dink (Hands apart),

NB ensure 2 v 1 includes a marked player

Conditioned Games

Defending Skills

Techniques:

- closing down
- closing straight and chopping stride (deceleration)
- closing down on a curve when appropriate
- channelling, delay and engaging distance
- jab tackle
- open stick tackle
- reverse stick tackle
- shave tackle
- default hand position, defend body space and blocking
- using variety of relevant positions to make tackles

Circle Entry and Goal Scoring

Techniques and tactics:

- shooting early,
- using the hit – open and reverse (change grip) off either foot, short quick backlift
- using the push / flick open and reverse
- rebounding/volleying (hands apart) 1st time close in
- deflecting forehand and reverse
- near circle edge/ close to goal
- changing GK angle on receipt
- on receipt setting ball to side or back space to get shot off
- delivered from variety of receiving angles
- connecting with support player in the circle, shooting across goal, low far post (widen the goal)

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Unit Play in Attack

- width in attack
- support and depth in attack
- leading to penetration with pass or carry
- movement to create space
- unit play 1 v 1, 3 v 2, 4 v 3, 2 v 2, 3 v 3 etc
- hard to space, opening the passing lane
- executing v drag manipulation when defender reaching and running
- Pass and lead through (get ahead)
- Connections between ball carrier and potential receiver

Unit Play in Defence

Skills and tactics:

- Jump back
- body position / line of sight / narrow and broad attentional focus
- depth/ cover
- control, restraint and patience
- balance in defence/ role of help side
- understanding of basic zonal, man for man defending
- intercepting
- double team 1 v 2 & 2 v 3
- Defending in zones of the pitch
- Plus attackers defending the 16 year hit etc
- Transition play

Goalkeeping

Techniques and tactics:

Position of readiness

Saving the ball using kickers and leg guards

- Kit
- save clear using the kickers and leg guards
- diving techniques
- positioning (narrow the angle) to receive a shot
- movement across the goal
- saving using the hands and stick
- smothering and secondary saves
- combination saves
- basic Penalty Corner techniques

The Basic Set plays

Skills and tactics:

- self pass / free-hits
- hit outs
- side line ball/ corners
- centre pass
- free hits 5 m circle edge
- penalty corners – attack and defence
- penalty strokes

Framework of Play

5 – 3 – 2

Roles and responsibilities

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DATES

- Session 1 Saturday 21st April 2012 10.00 a.m. – 6.00 pm
- Session 2 Sunday 22nd April 2012 10.00 a.m. – 6.00 pm
- Session 3 Saturday 19th May 2012 10.00 a.m. – 6.00 pm
- Session 4 Sunday 20th May 2012 10.00 a.m. – 6.00 pm

Candidates must be available for all modules or make themselves available to complete the modules elsewhere in the country or the following year.

Additionally, the candidate will be offered opportunities to be assessed at organised Assessment days. If the candidate is unable to attend these days it is their responsibility to organise an assessment session (date, time, pitch & players) at their own cost in liaison with the England Hockey Regional Office.

VENUE

University of Exeter Sports Park, Stocker Road, Exeter, Devon EX4 4QN

COST

£405.00, which includes Registration (through 1st4sport Qualifications), resources, voucher for one year's subscription to Level Two online resources, tutor fees, assessment fees and marking of portfolio.

A further £35 will be payable if a re-assessment is required following an assessment found to be 'not competent'.

The course fee is non-refundable within 21 days of the start of the course.

APPLICATIONS

The closing date for applications is Friday 2nd March 2012. However as the maximum number of candidates who can attend this Course is 24 you are advised to submit your application as early as possible.

Receipt of applications will be acknowledged by email. If you require a receipt please enclose a stamped addressed envelope.

The Course programme and joining instructions will be forwarded at least three weeks prior to the Course start date.

FURTHER INFORMATION

If you require further information or clarification of the course requirements please contact Jenny Mitchell, Regional Administrator, England Hockey – West Office on 01392 264031 or west@englandhockey.co.uk

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Please complete all sections of pages 6 and 7 in BLOCK CAPITALS. This information will be used to register you with the Awarding Body, 1st4sport Qualifications.

Return by post to: England Hockey – West Office, University of Exeter Sports Park, Stocker Road, Exeter, Devon EX4 4QN with cheque for £405 payable to ENGLAND HOCKEY.

Closing Date for applications: FRIDAY 2nd MARCH 2012.

*Mandatory information.

** This number will have been allocated if you have accessed qualifications ('A' Levels, National Qualifications Framework) since September 2007.

Core Information*

FIRST NAME		KNOWN AS	
SURNAME		UNIQUE LEARNER NO.	**
GENDER	Male <input type="checkbox"/> Female <input type="checkbox"/>	DATE OF BIRTH	DD/MM/YY
FULL POSTAL ADDRESS INCLUDING POSTCODE	EMAIL		
	HOME PHONE:		
	MOBILE:		
	WORK PHONE:		
TERM TIME ADDRESS (IF APPROPRIATE)	(only include if you require correspondence sent to this address prior to the course)		

Ethnicity and Disability Information

EHB is committed to developing equity in all aspects of hockey, and to providing a service that reaches all communities. To assess our success, and also as a condition of our funding, we need to monitor the numbers of people from different ethnic origins and the involvement of disabled persons within our sport. This information will not be passed to anyone outside of England Hockey.

PLEASE TICK CHECKBOX TO INDICATE THE ETHNIC GROUP YOU MOST IDENTIFY WITH		
<input type="checkbox"/> White British	<input type="checkbox"/> Mixed - Other	<input type="checkbox"/> Black/Black British - African
<input type="checkbox"/> White Irish	<input type="checkbox"/> Asian or Asian British - Indian	<input type="checkbox"/> Black/Black British - Other
<input type="checkbox"/> White Other	<input type="checkbox"/> Asian/Asian British - Pakistani	<input type="checkbox"/> Chinese
<input type="checkbox"/> Mixed - White & Black Caribbean	<input type="checkbox"/> Asian/Asian British - Bangladeshi	<input type="checkbox"/> Other Ethnic Group
<input type="checkbox"/> Mixed - White & Black African	<input type="checkbox"/> Asian/Asian British - Other	<input type="checkbox"/> Prefer not to say
<input type="checkbox"/> Mixed - White & Asian	<input type="checkbox"/> Black/Black British - Caribbean	

DO YOU CONSIDER YOURSELF TO HAVE A DISABILITY?	Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say <input type="checkbox"/>		
IF YES, WHAT IS THE NATURE OF YOUR DISABILITY?	Visually impaired <input type="checkbox"/>	Hearing impaired <input type="checkbox"/>	Physical disability <input type="checkbox"/>
	Learning disability <input type="checkbox"/>	Multiple disability <input type="checkbox"/>	Prefer not to say <input type="checkbox"/>

Please also complete page 7

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Additional Personal Details*

EMERGENCY CONTACT DETAILS	Name:	
	Relationship:	
	Contact No.	
DO YOU HAVE ANY SPECIAL REQUIREMENTS YOUR TUTOR NEEDS TO BE AWARE OF DURING THE COURSE?		
CLUB / SCHOOL / COLLEGE / HE INSTITUTE		
DETAILS OF LEVEL ONE COACH AWARD	Date Achieved:	
	Course Venue:	
	Course Tutor:	
SUMMARY OF OTHER RELEVANT AWARDS HELD, E.G. TEACHER/OTHER SPORT COACHING AWARDS/GENERIC ETC		
PLAYING HISTORY AND VOLUNTARY POSITION(S) HELD IN HOCKEY		
MY CURRENT HOCKEY COACHING ACTIVITIES ARE		
MY FUTURE HOCKEY COACHING ACTIVITIES ARE LIKELY TO BE		
WOULD YOU LIKE TO BE INVOLVED IN YOUR COUNTY COACH DEVELOPMENT PROGRAMME?	Yes <input type="checkbox"/> No <input type="checkbox"/>	
WHICH AGE GROUP DO YOU PREFER TO COACH?	U11's <input type="checkbox"/>	U13's <input type="checkbox"/>
	U15's <input type="checkbox"/>	U18's <input type="checkbox"/>
	Adults <input type="checkbox"/>	All <input type="checkbox"/>

- The data on this form is true and correct to the best of my knowledge.
- I agree to abide by the England Hockey Board Regulations which includes the Code of Ethics and Behaviour
- I understand that the Course fee is non refundable if I withdraw from the course less than 21 days prior to the start date

Signed: _____ Dated: _____