



## Combined LEVEL 2 & LEVEL 1 COACHING COURSES

Friday 29 – Sunday 31 January, 2021  
State Hockey Centre, Brisbane

**The total cost of the course will be:**

**Level 1 \$120** (\$70 to BHA and \$50 to HA) OR **Level 2 \$180** (\$130 to BHA and \$50 to HA)

**To register:**

### Step 1

Level 1 – register online with Hockey Australia <https://www.hockey.org.au/coach/level-1-coach/>;  
pay \$50 and complete the online modules

Level 2 – register online with Hockey Australia <https://www.hockey.org.au/coach/level-2-coach/>;  
pay \$50 and complete the online modules

### Step 2

Contact Linda Francis, Hockey Development Coordinator at Brisbane Hockey Association on 3899 2658 or [hdc@bha.org.au](mailto:hdc@bha.org.au)

**Facilitators:** Neil Shearer, Amy Ryan and Linda Francis

**Guest presenters:** Matthew Wells, Dylan Elliott, Matthew Finn, Jared Taylor

**Meals provided:** Lunch, morning and afternoon tea on Saturday and Sunday

### Day 1: Friday 29 January, 2021 (Level 2 only)

- 6.00pm Arrive and register  
Overview of weekend
- 6.30pm Advanced tackling skills: steals, shaves, channelling  
Hitting and slapping: deception, edge pass, reverse pass, tomahawk, hitting off right foot  
Receiving skills: when marked, roll out both sides, receiving from behind – forestick and reverse, attack circle with flow and vision  
PCAs and PCDs: injecting, trapping, basic set plays, variations
- 9.00pm Overview and requirements for Day 2

### Day 2: Saturday 30 January, 2021 (Level 2 only)

- 8.00am Assemble
- 8.15am Elimination skills: 3D skills, drags and jink, squeeze, change of direction, pace, swivel/arc  
Goal shooting skills: basic principles, variations

- 10.00am MORNING TEA
- 10.30am Goalkeeping: basic to advanced  
Overheads, drag flicking and penalty strokes
- 12.30pm LUNCH
- 1.15pm Prepare for practical assessment of match, view match and complete assigned tasks
- 3.00pm AFTERNOON TEA
- 3.15pm Paperwork to complete
- 4.00pm Return assessment sheets, review of course/resources, overview and requirements for Day 3

**Day 3: Sunday 31 January, 2021 (Level 1 and 2)**

- 8.00am **L2 & L1 participants assemble**  
**L1 coaches: Program explanation, view competencies**  
Brisbane U15 and U18 rep players warm up and L2 coaches prepare for practical training session
- 8.30am L2 Practical assessments: skills techniques and small games; bring training session plan assessment form with you (part of participants pack)  
**Dynamic warm ups/warm downs: static stretches, ice paths, pool sessions**  
**Basic grips**  
**Moving with the ball: stance, ball control, Indian dribbling**  
**Receiving while moving: fore stick, reverse stick**  
**Pushing**
- 10.30am MORNING TEA
- 10.45am **Tackling: block or flat, steals, takeover**  
**1v1, 2v1, 2v2: basic principles – attacking and defending**
- 11.15am Discuss Level 1 coaching course and requirements to complete assessment of a low level coach  
**Hitting: standing hit technique, hit off right foot**  
**Goal shooting: variations including push, hit, slap, reverse push, reverse edge push**
- 11.45am LUNCH
- 12.30pm **Penalty corners: basic structures attacking and defending**  
**Goalkeeping: basic principles**  
**Basic game structures and concepts**  
**Coaching practise: in small groups, prepare for assessments**
- 1.45pm AFTERNOON TEA
- 2.00pm Assess Level 1 coaches and submit practical competency checklist  
**In small groups: skills presentations**
- 4.00pm Overview of course, where to from here: assessment and post seminar requirements