



FIELD HOCKEY BC

CANADIAN SPORT 4 LIFE

LTAD Implementation Strategy



FIELD HOCKEY 4 LIFE IN BC

FIELD HOCKEY **SPORT 4 LIFE**

The **Canadian Sport 4 Life (CS4L)** framework provides a clear path to better sport, greater health, and higher achievement.

Science, research and decades of experience all point to the same thing: kids and adults will get active, stay active, and even reach the greatest heights of sport achievement if they do the right things at the right times. This is the logic behind the **Sport 4 Life** model.

Introduction to Field Hockey

Field Hockey is a global sport and is played in over 125 countries in the World. Children can begin participation in field hockey at the age of 4 and can participate throughout their adult life. Participants have the opportunity to play at a social level as well as in more competitive structures such as National Championships, the World Cup and the Olympic Games.

In BC, there are approximately **8,500 players**, of which **6,500** are at the youth level. This number does not include an estimated **4,500** High School players.



The **Sport 4 Life** model is now universally recognized by all sports as a framework for optimal athlete development and as such, the principles of **Sport 4 Life** have been adopted for the proper management of athlete training at all levels to produce elite performers and healthy active adults.

Implementing **Sport 4 Life** into a sport system requires that the sport acknowledges how its current framework fits with the **Sport 4 Life** model and identifies the **challenges**, short and long term, that can be addressed and overcome to ensure the implementation process can be achieved with some degree of success.

This document outlines the actions **Field Hockey BC (FHBC)** is taking to implement the National Long Term **Field Hockey** Development Model within the Province of British Columbia.

ALL AGES - ALL ABILITIES

VISION FOR IMPLEMENTATION

STRATEGIC CHALLENGES

Challenges For Player Development:

- **Fundamental movement and sports skills, which develop physical literacy** are not emphasized during childhood, especially at elementary schools and within community club programs
- Knowledge regarding introducing and developing the game at **each stage** of the Sport 4 Life model is inconsistent
- Knowledge of **training** with reference to Sport 4 Life is inconsistent

Challenges For Coach Education and Delivery:

- Coaches need a better understanding of Sport 4 Life **training principles** and be given the appropriate tools to enhance delivery
- Coach training contexts are in place but minimum **standards protocols** need to be addressed and mandated

Challenges For Competition Structure:

- **Age Grade Competition structure** is not currently consistent with the Sport 4 Life stages of development
- Junior, Senior, and High School League seasons often overlap with select team programming, resulting in **conflict, over-competition** and **inconsistent coaching standards**
- Competition structure is **not integrated or rationalized** at all levels across Canada
- There has been an inconsistency in terms of **continuum rules** at age grade field hockey. (law application, size of field, player numbers, etc.)

Challenges For Officiating:

- **Trained Officials** are needed at every level of the game

Challenges For Facility Access and Development:

- Access to programs at all ages is **limited by availability** of facilities
- Lack of **priority status** for facilities for elite programming and coaching
- **Limited Coordination** of effort when allocating or advocating for facility development

Challenges For the Leadership within the BC Club and School Systems:

- Coaches, teachers, parents and administrators **have not been educated** consistently on Sport 4 Life principles
- A higher **quality of coaching** is needed at the developmental levels, better coaches often coach at the higher levels

BASIS FOR IMPLEMENTATION

IMMEDIATE PRIORITIES

Priorities For Player Development:

- Consistently **educate and train** all players at each stage on the Sport 4 Life principles

Priorities For Coach Education and Delivery:

- **Educate and train** all Coaches in a better understanding and application of Sport 4 Life principles and how these principles are applied when addressing the sport of Field Hockey

Priorities For Competition Structure:

- Provide a **consistent** provincial age grade continuum that is **aligned** to Sport 4 Life principles

Priorities For the Leadership within the BC Club and School Systems:

- Provide **consistent education, training and resources** in Sport 4 Life principles for coaches, teachers, **parents** and administrators
- Foster an **integrated approach to delivery** targeting stakeholders in both Community Clubs and Schools



ACTION FOR IMPLEMENTATION

STRATEGIC NEXT STEPS

Next Step - Community Engagement - Environmental Analysis

FHBC to hold strategic planning meetings with all Club and Regional Stakeholders.

Emphasis: Education on Sport 4 Life (CS4L) model, discussion and strategic alignment. FHBC to present planned organizational support, education, and programming through 2016.

Objective: Sell the Sport 4 Life philosophy, identify key elements affecting stakeholders (coaching and competition especially). Encourage the development and necessity for strategic planning at a local and regional level. Align strategy with CS4L.

Next Step - Coach Engagement

FHBC to utilize the certified and non-certified coach educational pathway to build upon existing education on Sport 4 Life (CS4L) and how this relates to field hockey.

Emphasis: Stage specific development and context. How stage specific development fits into the bigger picture.

Objective: Align coach education delivery to meet the principles of Sport 4 Life and in doing so re-educate how coaches coach at each stage of development.

Next Step - Competition Structure

FHBC to provide the lead in evolving competitive structures to meet the needs of athletes at each stage of development.

Emphasis: Meaningful and Appropriate competition structure, aligned with Sport 4 Life but initially assessed against the current field hockey environment

Objective: FHBC to change the provincial and regional competitive structures as a catalyst for club community change. Clubs to align with the Provincial lead.

Next Step - Leadership and Communication

Identify and Empower the leaders and decision makers in each club to advocate and deliver in line with the Sport 4 Life (CS4L) model.

Emphasis: Club buy-in beyond mere philosophy. Provision of tools to enable positive change.

Objective: Provide the basis for positive change and a sustainable avenue for continued advocacy and delivery.

ACTION FOR IMPLEMENTATION

STAGE : FUNDAMENTALS

Physical Literacy and Field Hockey

Enhancing **Movement Skills** (agility-balance-coordination-speed-running-jumping-striking-catching); Introducing basic **Field Hockey Skills** (technical-tactical-mental)

Emphasis: To introduce fundamental technical instruction through the mediums of movement exercises and modified game play. To build or enhance very basic game intelligence and decision making. To readily encourage participation in a variety of active pursuits.

How: Updated resource material for coaches and parents. Extended education and training options for coaches.

Coach Education

Enhancing **'Value'** through Coach Education and Training

Emphasis: To ensure that the player consumes a developmentally appropriate and valuable experience.

How: Provision of an appropriate coach educational pathway that is accessible to all.



Meaningful Environment

Creating an **age and ability appropriate** environment that enhances **'Value'**

Emphasis: Non-outcome related modified game play extolling the virtues of being active and having a greater number of **correct** touches on the ball.

How: Basic Field Hockey skills and concepts delivered through variable formats - 3v3, 4v4, 5v5, 6v6 - variable field sizes - and associated durations.

PHYSICAL LITERACY

STAGE : LEARN TO TRAIN

Skill Acquisition—'Enabling the Individual'

Optimal **Window of Trainability** (speed-flexibility-skills); Greater Focus on Field Hockey **Specific Movement**

Emphasis: To establish a disciplined training ethic towards technical excellence whilst maintaining a fun and challenging environment.

How: Provide the coaching and programming tools necessary to effectively meet the requirements of the player at this stage. Link this to coach education, program planning and the training environment.

Coach Education, Training and Mentorship

Enhancing 'Value' through Education and Training

Emphasis: Advancing the coach educational tool box beyond the Fundamental stage.

Technical, tactical and mental concepts are all progressed (field hockey skills-decision-making—goal-setting-basic imagery-relaxation)

How: Coach educational pathway combined with stage specific seminars and clinics are offered to every club in BC. Designed to broaden the educational base and begin to challenge the coach.

Meaningful Environment

Maintaining an **age and ability appropriate** environment that enhances 'Value'

Emphasis: Maintaining a non-outcome related modified game format (progression from a 6v6 peak to 8v8). Emphasis should still be on **FUN**. Participation in other sports continues to play an important developmental role.

How: Balance to training delivery to include physical literacy, technical, tactical and mental aspects. Training to focus on a greater level of field hockey specific movements. Game formats to compliment basic positional responsibilities and skills.



SKILL ACQUISITION

STAGE : TRAIN TO TRAIN

Skill Acquisition—'Footsteps to Greatness'

Specific Focus on Field Hockey **Technical and Tactical Skills**; Optimal window for **Trainability of Stamina** with onset of Peak Height Velocity (PHV); The importance of Maintaining an **Appropriate Training Environment**

Emphasis: To introduce advanced technical and tactical skills within a more challenging and game specific environment (eg. individual positional skills as well as unit offensive and defensive skills-introduction to the full game with the basis for training on a 11v11 format). To increase training loads that concentrate on flexibility, strength, balance, and endurance, whilst maintaining an appropriate ratio of training, competition, and rest throughout the year (program or season).

How: Provide the coaching and programming tools necessary to effectively meet the requirements of the player at this stage. Ensure that coaches are able to access these tools, to include the required education in order to interpret these tools, and offer

these opportunities on a regular basis. Instigate a targeted coach education and mentorship program and a coach identification process. Link these elements to coach education, program planning, and the further advancement of sport science priorities within the training environment.

Coach Education, Training, Mentorship, and Sport Science

Enhancing 'Value' through Education and Training; Introduction to formal **Sport Science Training**

Emphasis: To advance technical, tactical and mental skills (improving and testing field hockey skills introducing new individual and unit skills-basic 11v11 competitive strategies-advanced goal-setting). To ensure there is a commitment to appropriate sport science education (disciplined warm-up/cool down-core strength and stability-nutrition-injury prevention-relaxation-introduction to individual fitness programs).

How: See 'How' under 'Skill Acquisition' above



TECHNICAL-TACTICAL SKILLS

STAGE : TRAIN TO COMPETE

Thriving in a Competitive Environment - 'Execution Under Pressure'

Specific Focus on Technical and Tactical Skill Execution in a Variety of Competitive Conditions; an Appropriate and Quality Training Environment; and a Further Extension to an Athletes Mental Training

Emphasis: To refine core individual, positional, and unit skills. To refine tactical awareness and decision-making and advance game analysis, productivity, and efficiency. To extend mental training to increase athlete concentration, responsibility, discipline, accountability, goal-setting, self-confidence, self-motivation, will to win, mental toughness, and a competitive mentality whilst training and during match play.

How: Provide the coaching and programming tools necessary to effectively meet the demands of the player at this stage, to include a coaches ability to develop a periodized or multi-periodized training plan. Ensure that coaches are able to access these tools, and the required education in order to interpret these tools, on a regular basis.

Instigate an enhanced and challenging targeted coach education and mentorship program, to include a progressional professional development plan or pathway.

Coach Education, Training, Mentorship, and Sport Science

Enhancing 'Value' through Education and Training; Advancements to Sport Science Training

Emphasis: To advance technical, tactical and mental skills under pressure (improving and testing field hockey skills-enhancing new individual and unit skills-introduce advanced competitive strategies and goal-setting). To ensure there is a significant commitment to advanced sport science education (endurance-speed development-sport specific strength training-core strength and stability-nutrition-injury prevention-relaxation-individualized fitness programs).

How: See 'How' under 'Thriving in a Competitive Environment' above



SKILL APPLICATION

STAGE : TRAIN TO WIN

Sustainability and Role of the Train to Win Team BC Program

Emphasis: To run annual high performance provincial programs that allow National and Elite BC players to represent their province and in doing so, further their own personal and professional development.



Domestic, National and International Event Hosting

Emphasis: To host annually at this level, and in doing so, ensure that these events meet an international standard and cater to the environmental needs of all involved.

Coach Education, Mentorship, and Professional Development

Emphasis: To ensure that the provincial coaching pathway allows suitable BC coaches the opportunity to be attached to, and learn from, the National Program.



ELITE-NATIONAL PROGRAMS

STAGE : **ACTIVE 4 LIFE**

The Social Side of Sport - 'Friendship and Fun for Life'

Emphasis: The recreational and social aspects of the game. By encouraging inclusion, the game can remain a viable option for full participation by all in a fun and participatory environment.

How: Provide the opportunity for at least 1-2 recreational sessions of field hockey into a week of daily activity.

Active 4 Life - Event/League Provision

Emphasis: To assist, support or directly host annual adult orientated events that provide an inclusive, fun, and appropriately challenging environment. To provide support and guidance to the delivery of the adult provincial league program.

Field Hockey for Health and Fundamental Growth - A Sport 4 Life

Emphasis: Promotion of the benefits of lifelong wellness through field hockey, as well as, encouragement of the recreational player base to become active in fundamental coaching and administration.



FRIENDSHIP AND FUN FOR LIFE

F I E L D H O C K E Y B C



FIELD HOCKEY BC

202-210 West Broadway, Vancouver, BC V5Y3W2

Telephone (604) 737 3046 Fax (604) 873 6488

Website www.fieldhockeybc.com