



# HPC Hockey Coach Education Programme

Transform your coaching from basics to brilliance





**The HPC Hockey Coach Education Programme is designed to equip teachers and coaches with a comprehensive understanding of coaching principles, techniques, and proven training and competition strategies.**



**The programme is centred around World Class International performance standards and the most up-to-date theoretical and practical methodologies.**

**Key emphasis is to produce ethical coaching practices centred around ongoing professional development producing well-rounded and effective coaches.**



**The programmes themes such as Technical and Tactical Development, Sports Psychology, Effective Leadership, Communication, and Athlete Development are essential fundamentals.**







Our Coach mentoring programme focuses on practical experiences and situation and scenario examples, developing coping strategies, creating a high-performance culture and developing leadership skills to run at any level. The mentoring sessions are delivered online via virtual modules.

HPC Hockey Coach Education Programme focuses on enhancing coaching skills, knowledge, and professional development. It typically includes a mix of theoretical learning, practical application, and ongoing support.

Also part of the programme are mentorship opportunities, observation and feedback sessions, as well as resources for continued learning. We will also emphasise the importance of reflective practice and creating a supportive community for coaches to share experiences and learn from each other.

Developing skills to become a good leader is an ongoing process that requires commitment and dedication.

Leadership is a crucial aspect of being a good effective Coach as they need to inspire, motivate, and guide their players both on and off the field. Effective leadership involves fostering a positive team culture, setting clear expectations, and providing constructive feedback. It's also important for coaches to demonstrate strong communication skills, strategic thinking, and the ability to adapt their coaching style to suit individual players' needs. Additionally, a good leader in hockey coaching should prioritise player development, sportsmanship, and creating a supportive environment for their team.

HPC Scotland offer a multi learning approach , this includes face to face, virtual learning and a world class mentoring programme.



## COACHING TEAM

### PAULINE STOTT MBE OLY

**Pauline was awarded the MBE from the late Queen Elizabeth II for 'Services to Sport and hockey in Scotland' in 2016**



Double Olympian hockey player, Pauline Stott, has a career spanning over 40 years with the pinnacle of her career being appointed Captain at Sydney Olympic Games in 2000. She amassed a total of 203 hockey caps, captaining Scotland for 7 years and playing in every hockey tournament in the World including Olympic Games, World Cup, European Cups and Commonwealth Games.

Both indoor and outdoor hockey are Pauline's passion, along with development of youth sport. Getting children and adults involved in the game is key to physical and mental well-being.

Pauline specialises in coach / player cohesion to enhance the team and to get the best from all parties. Mentoring programmes are high on her list of achievements, having worked with staff and players individually to gain the most from their talents. Conflict management, situation action plans and presentation skills are also key to Pauline's delivery. The training environment is always safe, confidential and this creates strong relationships in order to thrive.





## COACHING TEAM

### DAVID STOTT

**David has a wealth of experience in both outdoor and indoor hockey, passionate about the value of playing indoor hockey, a real driving vehicle in developing technical skills**



David's coaching journey spans over 30 years working with performance athletes, juniors and seniors. His coaching experiences include both Junior and Senior World Cups, Commonwealth games, European cups and Olympic programmes.

David has worked for Scottish Hockey and GB Hockey and has a great understanding of the game and leadership requirements to support high performance programmes. Experiences include looking after U/16 to U/21 youth programmes alongside mentoring and supporting coach development.

Another specialised skill is designing and writing training manuals and books for both outdoor and indoor hockey programmes.

David Stott's coaching philosophy centers around holistic coaching, embracing a player-coach management model that combines direct involvement in tasks and processes with the responsibilities of guiding and mentoring the athlete and team. "The more you create curiosity, the more opportunity arises." This philosophy aims to foster understanding and give players the opportunity to reflect on their individual improvements and the team's collective growth.







## COACHING TEAM

### JAMILON MÜLDERS'

**What sets Jamilon apart is his coaching philosophy, which harmonizes peak performance with personal well-being.**



His coaching journey includes a European Championship gold medal and an Olympic bronze medal with the German women's team at the Rio 2016 Games, followed by a bronze medal with the Chinese women's team at the 2018 Asian Games. Most recently, Jamilon contributed to a silver medal for the German men's team at the Paris 2024 Olympics, marking a significant milestone in his coaching career.

Jamilon is one of only three individuals in the hockey world to have the extraordinary distinction of becoming a world champion both on the field and from the sidelines.

Jamilon Mülders' coaching philosophy centres on harmonising peak performance with personal well-being. Working with Jami means not only enhancing your professional or athletic performance but also fostering a deeper sense of self-awareness and growth. His holistic approach provides tailored strategies and a robust support system, empowering clients to ignite their passion, clarify their roles, and cultivate a mindset of openness when it's most needed.



### TECHNICAL SKILLS

The course will feature on the pitch and in the classroom sessions.

Developing a technical skills programme that covers the most up to date skills that are out there. Learning from world leaders: Holland, Germany, Belgium, Argentina and Australia.



HPC Scotland have created a skills syllabus programme that supports all-round player development, looking at fundamental skills which are prominent in the game.

'FiveS' training and the skill activators and accelerators that are key to individual player development. All skill sets are dynamic and should be performed on the move, ideally from an early age.

We will assist with the transition from static skills to dynamic skills. Schools and Club coaches will develop their knowledge around new generation go-to skills, such as playing with an open stance and forward looking using push passing and elimination of either left or right foot. We are always trying to develop dynamic movement within our play.

Receiving skills are built around movement into space, ideally improving our posture and position in a forward direction.

The technique is the key driver, and the foundation is built around vision and awareness. From Early Years to Junior and Seniors, developing good habits - installing a 3 second pre-scan, reception and post-scan awareness. The Germans and Dutch adopted this philosophy many years ago. We are now also trying to approach a blended learning and adaptation from football.

- Push passes off either right and left foot
- 3D skills (forehand and reverse)
- Spin out (ability to take the ball away from pressure)
- Hitting the ball both front and reverse
- Aerial (delivering and receiving skills)

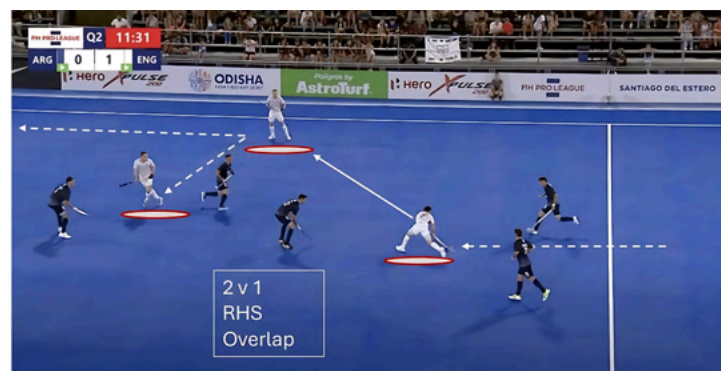
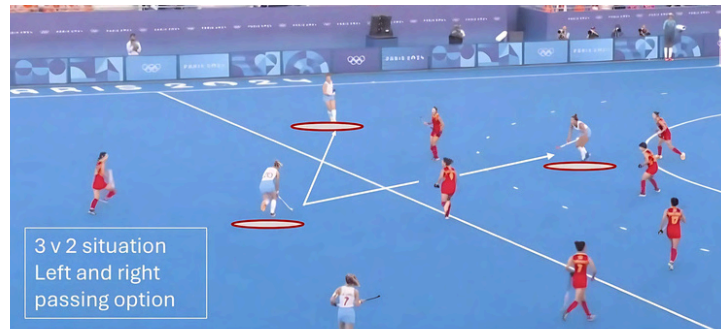
**1 v 1** Attacking key principles:  
Play to space - drive to space -  
dynamic speed and movement.

**1 v 1** Defending key principles:  
Pressure physical/dynamic -  
forcing errors- don't  
overcommit - stay in the game.

**2 v 1** attacking principles ball  
carrier commits the defender ,  
pass from dribble, free player  
trying to break lines - 2 touch  
play simple and pass.

**2 v 1** defending principles:  
collapse force the ball away  
from the goal don't allow the  
free player on the inside line 1 v  
1 man on.

**3 v 2** Attacking key principles:  
Ball carrier commits defender and must have a right and left pass.  
Attackers must split the 2 defenders to allow the overload sliding out to  
create the over load (2 v 1).



### Defending Key principles

Don't over commit, collapse and force ball away from goal, tuck in and get back onto the pressure line and don't get caught flat. Always working off angles.

### Our game Philosophy

The application of game models:

A shared understanding of how we want to play, spelled out within a specific setting, we refer to it as 'moments in the game'. A coach led approach to building knowledge and an understanding of situations that are created in the game and the available solutions, which are very much a coach / player lead philosophy. It's encoded in long term memory; it has to be clear and precise.

### The HPC Scotland 4 pillars are Goal Scoring - Defending - Attacking - Counter Attacking

It must be connected to specific goals, so that the players can coordinate their response to a given situation.



**Goal scoring**

Developing a better understanding of scoring goals, the skills required, the where and when inside the circle, shot location and technique. The programme covers technical skills i.e. specific techniques.

Which skills should be practised within the circle, the hitting zone, and the deflection zone?

Hitting – Push – Deflection

The more we practise and experience pressure within the circle, the more comfortable we become with it.

**Small game themes**

Working within confined space, all within a pressurised setting. The design of the sessions is completely up to the coach, they set the framework related to the theme and space required to create pressure within overload / underload situations specific to location and areas within the pitch.

The architecture should always be the coach's responsibility and always have the end game in mind, developing player intelligence and skills. Central to this are the HPC Scotland 4 pillars: Goal Scoring - Defending - Attacking - Counter Attacking.

**Player development:**

Developing player understanding with small game themes, looking to develop a greater focus on both offensive and defensive skills.

**Technical emphasis:**

Playing into space (knowing where the space is before you receive the ball)

Always receiving on the move (dynamic pick-ups)

Limiting touches on the ball (give and go)

Working within a limited space improves problem-solving under pressure.

Players understand new concepts and principles directly related to their specific playing position(s).

Development of resilience and mental toughness.

Balanced development of individual and team dynamics.

## **Team development 11 v 11 tactics and formations**

Looking to develop the coaches understanding of tactical awareness of playing various systems:

Offensive pressing strategies

Defensive outletting strategies

The systems that we currently cover are the most popular worldwide:

Belgium  $\frac{3}{4}$  press

German full press 3 diamonds

German 60-yard defence

German deep defence

Outletting against a  $\frac{3}{4}$  press

Outletting concepts against a full press

Playing on a full pitch brings in a range of skills that small theme games can't create. Another area to consider small games verses full pitch contact is the distances the ball can travel and the ball speed required to make the connection.

Within the 11 a-side game, there are many opportunities to play a longer pass, transitional play, a long diagonal pass, a direct ball into the circle and techniques such as hitting, aerial distribution. The players, therefore, need opportunities to practice these types of passes and concepts.

**FULL DAY COACHING EVENT INCLUDING LUNCH**  
**£219.00 +VAT**

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**Hockey**

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