

Dear Parents,

Welcome to Shiv's Coaching Academy (SCA)!

Thank you for the opportunity to coach the budding stars!

We have BIG Dreams, Visions and High Expectations of each and every student athlete:

To make our Dreams, Visions and high Expectations come true; we are going to work as a team. And follow a strategically designed plan, systematically, to achieve our short term and long term goals. It is a partnership, between coach, player and the parent. One can't function effectively, without the support of the other. This further connects with, each and every member, of the team making it a big hockey family. We are all interrelated and inter dependant. United we stand and divided we fall.

A journey of a thousand miles begins with a single step. Lao Tzu

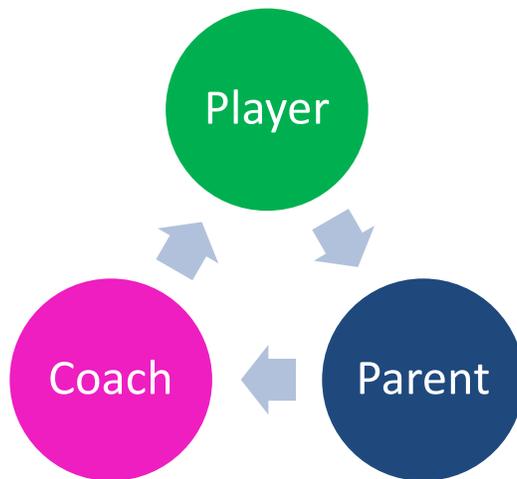


Diagram 1: As we see that the Player is at the top. She is the most important person, but at the same time she needs lots of guidance and direction on and off the field, to fulfill her true potential, at each stage of her development. There will be times, when Coach Shiv and the **coaching staff will be strict and demanding**, to optimize the individual players learning process and performance. In other words, cruel to be kind, keeping in mind **the best interest of the player and the team**. Please be understanding.

SCA's coaching philosophy is based upon; **Player centered, coach driven and parent supported**

Background:

Shiv's Coaching Academy is a **Premiere Training Center for the rising stars**, to develop into world class field hockey players. The training & coaching philosophy is based upon proven, tried and tested methods, in addition to Shiv's 35 plus years of coaching experience, at all levels of the game – **Junior level to the Olympics**. The players are guided, one step at a time, systematically through the various stages of the Players Development Model.

Shiv's coaching philosophy:

- Player centered, coach driven and parent supported
- Keep things simple
- There is no substitute for basic skills and the correct technique to execute them
- Habits – good or bad – make and break the player and **define the caliber of one's performance**
- Educate the individual player - team - to be self-aware and know what they know, what they don't know and why. Further, how to improve upon it?
- Student Athletes must work hard / smart, have fun and learn in every practice

SCA's Objective:

- Develop and refine the basic and advanced skills of the players
- Develop their game understanding and game sense through mini games
- Develop players confidence via **solution focused coaching - positive focused feedback, constructive - healthy - criticism and show exactly what needs to be done differently to improve upon and why**
- How to solve big technical and tactical problems, with minor adjustments and mini solutions
- Focus also more on player - and person - development rather than competition and winning

SCA MISSION STATEMENT:

“SCA'S coaching intent – vision, mission, and dream – is to develop young field hockey players, who possess the correct technique to execute the basic and advanced skills and play the game with the highest degree of grace, game sense and intelligence.”

Coach Shiv

Various Coaching Programs available:**1.0 Personal Individual Training (P.I.T.) or mini group training**

There is no substitute for personalized individual training. (P.I.T.) This is what helps separate the great players from the good. Each and every super star, in any given sport has done it, at one stage or the other of their career, especially when they were young and a rising star. This – P.I.T. – helps players master their basic and advanced skills. And develop them close to perfection, under the tutelage of an experienced and knowledgeable coach. It is like doing one's homework after school and mastering the subject to get Plus AA grades. In a nutshell P.I.T. plays a vital role in the continuing development of a player to reach close to one's true potential

Personalized individual training is designed, while keeping in mind the player's particular position, their strengths and weakness. To achieve this, the following primary vital steps are taken

STEP 1: OBSERVE: THE PRESENT FORM

Where the player is?

What is her Style of play – fluid or flat footed; Stance, footwork and holding the stick
Skills; pushing, receiving, passing and running with the ball etc.

Vision; Develop her into an effective and graceful hockey player

SCA will lead the player in the right direction, taking one step at a time

STEP 2: ANALYZE:

Analyze the present form, player's strengths and the things - skills – which need to be improved. And set goals.

STEP 3: PLAN:

Design a systematic plan of action to achieve the set goals

- Build upon the players strengths
- Identify corrective action to improve upon their weakness

We strive to achieve the set goals for each and every practice. At the same time, are flexible and tailor one's plan, according to the present needs and situation, during the run of practice.

STEP 4: Develop players

- Self-awareness

- Self – analyzing ability
- Self –understanding
- Self – improvement
- Self - responsibility and ownership of the learning process

STEP 5: PLAN OF ACTION: Follow the plan, while implementing the following strategic management cycle, and 5 stages of skill development plan



SCA philosophy is athlete centered, coach driven and parent supported. In other words, players take full responsibility for their learning process! This also teaches them life skills of taking an ownership of one's role in a team objective and how to work as a team, to make things happen. We is bigger than Me.

5 stages of skills development



Please note: There is a big difference in between just telling the players “what to do” than “How and When to do”.

Teaching excellent habits – correct technique to execute the basic and advanced skills – demands continuous feedback, which is specific and not vague or general. So during these earlier stages of player development – L2 T and T2T – SCA loves to hold mini group sessions of players not more than 10 - 12. This way, during these early years of development stage, players are introduced to the specific attributes, which are essential to develop world class players and field hockey expertise and performance

Tell me and I forget, teach me and I may remember, involve me and I learn.”
Benjamin Franklin

WHAT TO EXPECT AT THESE MINI GROUP TRAINING SESSIONS?

- Training sessions will not be robotic, consisting of drills, hopping from one cone to the other, running at full speed, as this facilitates in developing robotic and mechanical hockey players, and this is the last thing we want a budding star to be. **We want our players to be graceful, creative, intelligent and highly skillful hockey players. Period. Brain over Brawn**
- Training sessions (TS) will be thoughtful, where young players are encouraged to think, read the game situations and learn to make wise decisions
- Players will be taught how to recognize the specific effective patterns of play, from the ones which are less effective, and how to create which are deadly in burying the opponents during the run of play and recall them as often as one can
- TS will be equally demanding physically and mentally, and in some cases more mentally
- Aim will be to educate the players to be self-aware. *Quote: I think self-awareness is probably the most important thing towards being a champion – Billy Jean King*
- Training will be position specific, so the players develop clear understanding of their role and responsibility, while being aware of where they are on the field, in correlation to their teammates, opponents and the current game situation. And know, how to cope with it, while playing with self-discipline, self-responsibility, with in the team structure
- Develop versatility to play in more than one position, so the players are able to do comparative analysis of different positions, recognize the various patterns of play, style of play, know what to look at offensively, when they have the ball and defensively, when the opponents have the ball, and make wise decisions
- Which specific skills to master to be a specialist in a given position
- Educate the players to understand the concepts of the game, which govern the game
- The practices will be query based, as this is probably one of the best methods to develop players critical thinking, ability to solve problems and make wise decisions

Mini hockey ... Is it just for Fun or it teaches game sense and develops skills, in the pretext of the game situation?

Introduction:

A few decades ago the kids learned to play their sport on the streets, on their own, when there were no TV's and organized club sports. Was it helpful or not? Yes, it was, indeed.

What is mini hockey?

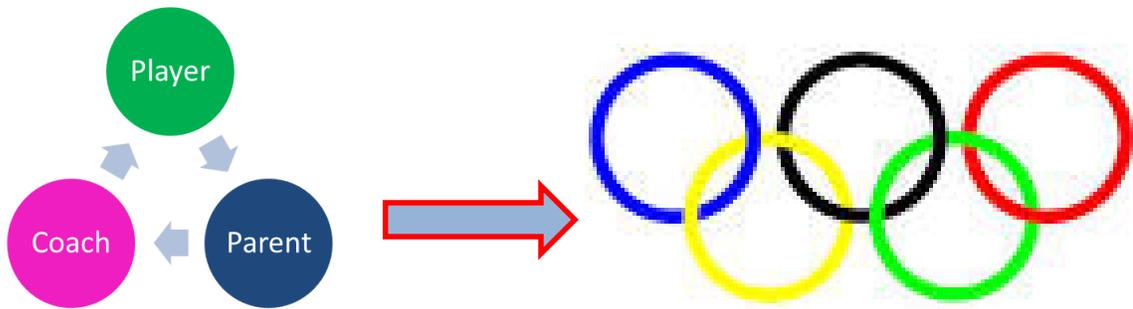
It can be defined as that branch of field hockey, where the players play 3 on 3 or 5 on 5, just anywhere, where they can find a mini spot, of the size of a tennis court or a basketball court. It is more casual than formal practice session. Moreover it is more self-monitored and the kids and adults have fun.



Believe me; in the above 4 photographs, Brazilians are playing mini soccer on the freeway, on the roof of the 32 story building in Sao Paulo, slumps and the beaches.

No wonder they are one of the best in the world.

Please contact me, if you have any questions. Thanks



The above 3 rings can be converted into 5 rings, if – when - we all work hard together and pay the price of success in advance.

The word impossible is written in the dictionary of fools – Napoleon Bonaparte



The Joy of victory; The mighty Dutch team with the 2012 London Olympic Games gold medal in their necks