

HIGHLY SKILLED ACTIONS

Game Understanding leads the player to make a decision to **ACT**. The **ACTIONS** that they undertake at any moment in a game will differ player to player, moment to moment. The higher the level of play, the higher the quality of action required. To play at a senior International level, these actions have to be highly skilled and honed to a high level of execution with capability of a high level of detail. To improve our Highly Skilled Actions we need to pursue excellence and improve our coaching craft to deliver **Exceptional Hockey Basics** at the top end of the sport.

The actions can be simplified as follows:



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It is important to emphasise there are many different choices of technique within these actions. For example, within Scoring there are a variety of different techniques from a hit to a push, flick, deflection etc. Being able to select and execute the most effective Highly Skilled Action is important.

Within these Highly Skilled Actions, there are levels of complexity within each technique. As a hockey player develops the key elements of the game, we can layer complexity. Knowing when and how to add stretch to a player is the coaching craft.

Coaches will differ in their opinions of when to introduce different Highly Skilled Actions and different levels of complexity. Some maintain forehead is the best way to learn and play the game; some will argue that coaches should introduce reverse early as the game of hockey is becoming more and more multi-directional. There is no right or wrong, providing there is justification and have strong reasoning behind their decisions.

The focus for the coach is to ensure they understand the main coaching points of a technique so they can make sure they are watching these points and supporting players appropriately.



You can find more information about these Highly Skilled Actions and how you might coach them on the **HOCKEY HUB**