



AWARENESS

PRINCIPLES & PHASES

STRUCTURE

TACTICS

GAME CONTEXT

DECISION



Hockey is a multi-directional, multi-faceted game that requires **AWARENESS** of many different aspects. All of this has to be processed (often unconsciously) to enable appropriate action. The picture is constantly changing and as such, decisions have to be made, changed and continually assessed and reassessed.

The different aspects to be **AWARE**:

- PRINCIPLES AND PHASES OF THE GAME
- STRUCTURE
- TACTICS
- GAME CONTEXT

These four aspects of **AWARENESS** will all influence the decision to act and are all classified under **GAME UNDERSTANDING**

GAME UNDERSTANDING

Game Understanding is important for both field players and goalkeepers

A goalkeeper is not always close to the action, but it is important that they immerse themselves in all aspects of game understanding. Out of possession is more obvious as this will ultimately lead to their action. But, they can learn about, influence and impact aspects of in-possession. With good awareness and game intellect, they can be the eyes and ears for their team.

It is important that GK and field players alike have time to work together to encourage communication and collaboration in problem-solving in regards to their game understanding.

