



# LET'S TALK PRFH

- Head Coach Position
- About Coach Steve
- Assistant Coaches
- Program Philosophy
- Tryouts & Criteria
- Team Selection
- Team Captains
- PreSeason
- Regular Season
- Player Feedback
- Player Contract
- Parent Involvement
- Summer Training (Mindset)



# HEAD COACH POSITION

- Hired by the district but I work for you
- My goal is to bring the best to Pine-Richland Field Hockey
- Coaches have a tremendous influence on the development of young athletes
- Coaches are leaders, mentors, and role models
- It is both a privilege and honor to be the head coach
- I will **OUT WORK** every coach in the WPIAL
- Legacy



# HEAD COACH POSITION

- Seniors:
  - Help with college recruiting process (assisted Charlie Branovan with Division I Scholarship).
  - Write letters of recommendation for college applications.
  - Make connections with PRFH alumni related to playing collegiate field hockey, college choice, college major, career choice.
  - Nominate for regional and national awards and honors.



# HEAD COACH POSITION

- Hire qualified coaching staff.
- Treat you fairly and consistently.
- Be demanding but not demeaning.
- Run organized and pre-planned practices.
- Deliver sideline coaching with feedback on their level of effort, what is working, what needs to improve, and how to improve.
- Analyze games with coaching staff to prepare for next practice and game.
- Be punctual.
- Communicate timely and effectively.
- Provide leadership and service opportunities.
- Understand that student comes first in the student-athlete.
- Recognize scholar-athletes.
- Promote the program.
- Post-season feedback of coaches (committee).




# ABOUT COACH STEVE

## FIELD HOCKEY




### *Individual Goals in*


 Hoosick Falls Varsity Field Hockey


 Roster


 Schedule

 Scores

 Team Stats

 League Standings

 Scrapbook

 Hoosick Falls All Stars

[Hoosick Falls Stats 1971-2013](#) » [Individual Goals](#)



### Individual Goals in a Career

## Individual Goals in a Career

- Brooke Niles (82'-85') - 55
- Jill Reeve (84'-87') - 43
- Denise Taber (88'-90') - 43
- Samantha Skott (08'-10') - 42
- Jen Ryan (00'-02') - 39
- Stephanie Zakrzewski (99'-01')
- Liz Ryan (12'-13') - 37 [10/30]
- Monica Douglas (88'-91') - 36
- Meghan Harwood (96'-99') - 34
- Kate Cormier (86'-89') - 33
- Carsen Williams (09'-13') - 29
- Donna Fabiano (81'-82') - 27**

• Played high school field hockey in upstate New York

• Co-captain senior year

• Section Champs in junior and senior seasons

• Regional Champs in senior year

• Bennington Banner Athlete of the Week

• Leading scorer all years – JV and Varsity

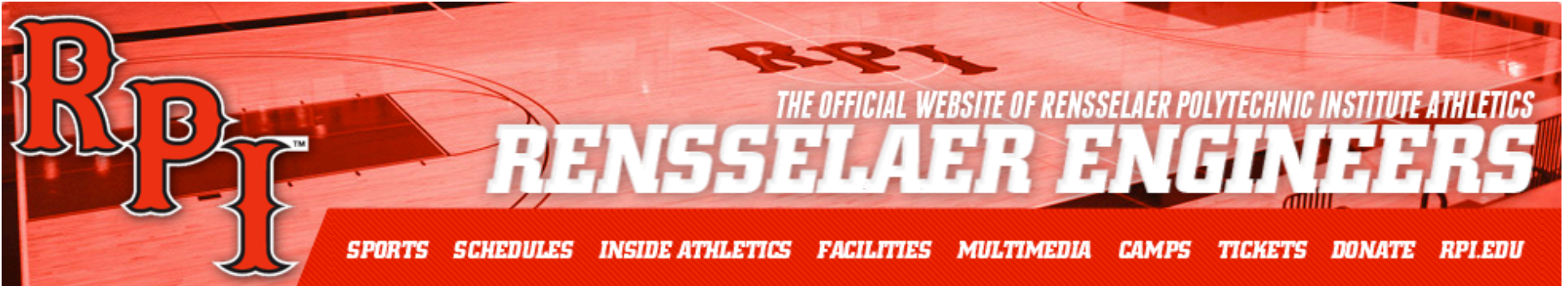
• Ranked 12<sup>th</sup> in Career Goals – 27

• Ranked 12<sup>th</sup> in Season Goals – 15

• Empire State Games



# ABOUT COACH STEVE



## Hall of Fame



Donna Fabiano (Stephenson) Class of 1987

Induction Class of 1999

Field Hockey

Four-year varsity performer ... Captain as junior and senior ... Led team in scoring with 17 goals as a senior ... Team was most successful field hockey team in school history (7-4-1) in senior year ... Most Valuable Player.

- Played D3 college field hockey at Rensselaer (RPI)
- 4-year varsity letter winner and starter
- Co-captain junior and senior seasons
- MVP senior year
- Rensselaer Athletic Hall of Fame



# ABOUT COACH STEVE

## PINE-RICHLAND GIRLS FIELD HOCKEY

The Official Home of the Lady Rams!



HOME

PRHS

PRMS

BOOSTERS

PLAY FH

YOUTH

CONTACT

LINKS

ABOUT

MEMBERS

- Started field hockey program in 2004
- Head coach for 6 years
- Coaching for 10 years
- USAFH Level II Developmental License
- Coached youth basketball, youth soccer, and recently middle school inline hockey



# ASSISTANT COACHES

- Same criteria as Head Coach:
  - Experience
  - Leadership
  - Organized
  - Approachable
  - Programmatic Approach
  - Skill Development / Player Development
  - Willingness / Ability to Adapt to Personnel
  - Competitive Drive
- Conditioning Coach Andy Jakub will be continuing with program





# ABOUT PINE-RICHLAND FIELD HOCKEY

- The Pine-Richland Field Hockey program is an opportunity for high school and middle school girls to participate in a team sport during the fall season and for elementary age girls to experience field hockey in a fun and age appropriate way.
- The coaches believe in teaching sound field hockey fundamentals – basic skills at the youth level to competitive techniques at the varsity level.
- Our philosophy is to build confident and skilled field hockey players that are able to bring out the best in their teammates.
- Our hope is that girls will find the fun in playing field hockey so that they pursue the sport and are driven to excel at it.



# PHILOSOPHY - VARSITY

- At the Varsity level, the goal is to field a competitive team and that requires defined starters and players in supporting roles.
- To be competitive, the best players must start and receive substantial playing time.
- Role players are still a very important part of the team and should be given ample opportunity to demonstrate their potential as substitutes in games as well as in practice so that the best players are the ones that start each game.
- Contests versus less competitive teams are the chance for role players to see more playing time and have the chance to potentially start the game or the second half.
- It is critical that role players still experience game situations so they are sharp when entering a game to replace a starting player.



# PHILOSOPHY - JV

- At the Junior Varsity level, girls are still developing their field hockey technical skills and tactical know-how.
- Playing time is divided equally amongst players for the most part but is still dependent upon effort and attitude.
- Today's Junior Varsity squad is tomorrow's Varsity squad, and girls cannot continue to develop unless they have playing time in game settings.
- Team captains are selected by the team, and starting positions are earned but playing time is still mostly equal.



# PHILOSOPHY – MIDDLE SCHOOL

- At the middle school level, girls are still developing physically, emotionally, and socially as well as developing their interests.
- Middle school is a time to experience various sports and activities in the school setting.
- Emphasis is on welcoming girls into a team environment and on building sound field hockey fundamentals that they take with them to the next level.
- Playing time is divided equally for the most part though still dependent upon effort and attitude.
- Girls are encouraged to try various positions before settling into a position that best suits their playing tendencies and skills.



# PHILOSOPHY – YOUTH

- Youth programs are open to girls in Kindergarten thru 6th grades.
- Participants are grouped appropriately by age/size and skill.
- Our programs center around kids having fun while they learn great skills like hand-eye coordination, agility, finesse, balance, passing, offense, defense, and teamwork.
- At the beginning level (Kindergarten thru 2nd grades), our youth programs are strictly developmental in nature.
- At the upper elementary level (3rd thru 6th grades), programs are still considered developmental and participants continue to work on their stick skills in mini-clinics but more emphasis is placed on playing time.



# TRYOUTS

- Monday August 11 – Saturday August 16
- JV and Varsity squads announced August 16
- Team captains voted August 16 by respective JV and Varsity teammates
- Criteria:
  - Timed
  - Athletic
  - Technical / Goalie
  - Mental



# TIMED SKILLS

- Mile
- 40-Yard Dash
- Illinois Agility w/o ball
- Illinois Agility w/ball



# ATHLETIC SKILLS

- **Speed** – measured by 40-Yard Dash
- **Quickness** – measured by Illinois Agility w/o ball
- **Strength** – follow-through, power in push and hit, ball makes it to target, plays ball from position of strength, weight transfer
- **Endurance** – measured by mile





# TECHNICAL SKILLS

- **Footwork** – feet in motion, fouls are infrequent (ball hitting feet, obstruction), gets feet around vs. using reverse stick
- **Stickwork** – quick wrists (not turning over right arm on reverse), ball properly placed, executes effective pulls
- **Push** – form, ball placement (right foot), accuracy, follow through
- **Hit** – especially form, putting ball into motion to hit, ball placement (left foot), follow through
- **Trap** – dead stop, form (angled away, triangle with feet and stick), move ball into new direction
- **Receiving** – in control box so can play on to ball and avoid pulling or tapping ball
- **Elimination** – at least one way to get around a defender
- **Jab** – form and effectiveness
- **Tackle** – form, effectiveness, and what they do with ball after taking possession



# GOALIE SKILLS

- **Footwork** – on balls of feet, quick and agile movement
- **Angles** – plays ball on proper angle
- **Jab** – form (head, knee, toe, weight transfer) and effectiveness in saves and clears
- **Lunge** – form and effectiveness in saves and clears
- **Split** – form and effectiveness in saves and clears
- **Slide** – form and effectiveness in saves and clears
- **Aerial** – form and effectiveness in saves and clears



# TACTICAL SKILLS

- **Anticipation** – cuts for the ball, off-ball movement, steps up to intercept pass, passes into space
- **Teamwork** – passes rather than dribbles on, recovers on defense
- **Positioning** – attack roles (ball carrier, 1 pass away, 2 passes away) and defensive roles (pressure=closest to ball, mark=1 pass away, cover=2 passes away); takes proper place on field according to position played
- **Communication** – talks to teammates and responds to teammates talk



# MENTAL SKILLS

- **Attitude** – on-time, helps with equipment, does not complain, refrains from chatter
- **Confidence** – plays with poise and ownership
- **Aggressiveness** – goes to ball, wants to gain possession
- **Hustle** – plays with game intensity, first on field
- **Commitment** – completed summer conditioning packet and 1000's club sheet, takes sport seriously
- **Coachability** – listens to instruction and then executes it



# SENIORS

- Must make Varsity squad
- Will not take a spot on JV from younger player
- May or may not be a starter
- Returning players are candidates for Varsity Captains
- Varsity squad selects Varsity Captains



# JUNIORS

- May or may not make Varsity squad
- If do not make Varsity, must qualify to be a JV starter
- If make JV and a returning player, then candidate for JV Captain



# SOPHOMORES

- May or may not make Varsity squad
- May or may not be a Varsity starter
- If do not make Varsity, must qualify to be on JV squad
- May or may not be a JV starter
- If make JV and a returning player, then candidate for JV Captain



# FRESHMEN

- To make Varsity squad must be strong effort to be a Varsity starter and compete against WPIAL Varsity players
- If do not make Varsity, must qualify to be on JV squad
- May or may not be a JV starter





# TEAM CAPTAINS

## Characteristics

- Leader on and off the field.
- Represents team both on and off the field.
- Teammates proud to call you a teammate.
- Approachable – someone you can go to for help with field hockey skills or tactics, for advice, or to resolve an issue.
- Positive attitude.
- Strong work ethic.
- Team player.



# TEAM CAPTAINS

## Responsibilities

- Liaison between team and coaches.
- Accountable for equipment, field, team bus, others to be assigned.
- Team representative to officials during games.
- Lead team warm-ups/cool-downs, stretches, conditioning, and pre-game routine.
- Instill pride and teamwork in fellow teammates.
- Resolve team issues.



# CAPTAIN APPLICATION

Being a team captain is a privilege and an honor. A captain is viewed as ambassador of our team and our school. During a game, a captain must be diplomatic when dealing with officials, as well as make sure all her teammates are in uniform and equipment compliance. On the playing field, she must have the respect of her teammates in actions, skills, and words. She must instill pride, teamwork and a solid work ethic in her fellow teammates. Off the field, a captain must be strong academically, and provide a positive role model for all her teammates to follow. At times, she may need to act as a liaison between the coaches and the players. She may be asked to help resolve team issues.

If you think you have what it takes to be a Pine-Richland field hockey team captain, complete the application below. Your teammates will review your application and then vote for the player they feel is best exhibits the characteristics of leadership, diplomacy, and pride required for the position.

- List at least three ways you exhibit the leadership qualities required of a good team captain.
- Provide at least two ways you show or promote team pride.
- Why do you want to be a team captain?
- How many years have you been a part of the Pine-Richland field hockey program?



# PRESEASON

- Begins Monday August 18
- Wed. Aug. 20 Scrimmage @ Fox Chapel JV 6pm Varsity 7:30pm
- Wed. Aug. 27 Scrimmage v. Mt. Lebanon JV 6pm Varsity 7:30pm
- Vacation: Aug. 21 – 26, Practices will continue with assistants
- PreSeason Player Input Form:
  - Expectations, hopes, goals for season
  - Self-assessment of skills, strengths, weaknesses
  - Desired position
  - Plans to play in college



# REGULAR SEASON

- Meeting with Athletic Director to finalize.
- Lower Dauphin Tournament on Saturday, Sept. 27<sup>th</sup>.



# PLAYER FEEDBACK

- Sideline management is crucial for both the JV and Varsity squads in order to effectively change personnel during games and properly instruct athletes before they enter and when they leave the playing field.
- Specific feedback using the sandwich approach must be given to players so they know what they did well and what they need to do to improve.
- For example, it is not enough to say you did a good job.
- More specifically, telling a player she did a good job getting her stick down in the circle and directing the attack away from the middle of the circle is information that a player can use to improve her performance.
- Constructive feedback would be to say next time direct the attack from the circle sooner to minimize scoring chances.
- Praise effort so it's repeated.
- I'm very serious and intense – I'm not mad.
- I will yell to you but not at you.



# PLAYER CONTRACT

- Code of Conduct
- Rules, Responsibilities and Expectations
- Chain of Command
- 24-Hour Waiting Period
- Any issue is a valid issue



# PARENT INVOLVEMENT

- Various committees to support the team and program
- Attend games





# SUMMER TRAINING (MINDSET)

- Effort, Hard Work, Preparation will make this team great
- Winning is a by-product
- Have to be committed to do the work
- Culture of Excellence
- Summer Conditioning
- 1000's Club
  - Earn t-shirt which will be very cool
- Sticks and Balls