

SPORTS AUTHORITY OF INDIA  
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS:PATIALA

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS  
HOCKEY

Sr.No.	Topics	Contents
1.	Introduction & History of Hockey & FIH and Field Dimensions (EW).	India is called the mother of Hockey. In cooperation with both the national and continental organizations, FIH ensures consistency and unity in hockey around the world. The FIH not only regulates the sport, but is also responsible for its development and promotion so as to guarantee a secure future for hockey. Field dimensions as per FIH regulation.
2.	Fitness Testing for the Modern Hockey Player (RA & WL).	What are the minimum standards for men's and women's players? What tests should we implement for fitness and strength testing? How do we use this data? How to structure a testing schedule? How to conduct each specific test.
3.	Surface and equipment used & protective devices & skills (EW).	Different types of surfaces and their characteristics, evolution of equipment. Possible protective equipment and their use.
4.	Warm-up methods for Hockey Team (RA & WL).	Understanding that the warm up needs to be planned and periodized just as much as the actual training needs to be. Think of the warm up as a mini training session within the larger training session. With this way of thinking, you can prioritize the psychological and physical benefits of the warm up more optimally. The RAMP protocol is a simple way of planning and progressing your warm ups. R – Raise A – Activate M – Mobilise P – Potentiate Specific examples under each block and application of each block.
5.	Hockey5s & Rules and Regulations & Skills (EW).	Background of hockey5s and the characteristics. Major changes in the rules in last 30 years. Rules and regulations for both field hockey and hockey5s nowadays.
6.	Asking Questions & GI & Game like training & skills (EW).	Evolution of skills development over the years and the current opinion on skill development. Open & closed skills and the consequences for skill training. The use of learning activities for skill development.
7.	Pre-season Training for Hockey – length, sessions per week, intensity and workload, recovery strategies (RA & WL).	How to use the principles of exercise prescription to design your programme. Understand the different phases of a cycle (GPE – SPE – SDE – CE – Event). Specific physical goals for each phase. Understanding tapering, recovery and supercompensation.

8.	Making exercises & Making	Advantages of game like training. Flow of
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	Progressions (EW).	making decisions and the information needed to make decisions. Phases in Hockey.
9.	In-season Training for Hockey – as above (RA & WL).	How to use the principles of exercise prescription to design your programme. Understand the different phases of a cycle (GPE – SPE – SDE – CE – Event). Specific physical goals for each phase. Understanding tapering, recovery and supercompensation.
10.	What is not discussed & Questions from participants (EW).	Practical session. Terms and conditions for making drills.