



HAMPSHIRE HOCKEY

PLAYER PATHWAY



Coaching Forum

What is it ?

A forum open to all coaches within player pathway in order to share ideas and practices.

Hampshire Player pathway coaches have a wide range of experience and diverse approaches to coaching, yet we rarely have an opportunity to talk about coaching amongst ourselves.

This is a chance for us to share our ideas and practices as well as to understand the ideas and practices of each other.

I hope it can also be a valuable resource for assistant coaches and coach ambassadors to progress within Hampshire Player Pathway.

Where ?

Trojans HC Clubhouse

When ?

Sunday 4th October 2026 10am-12pm

Session 1 - Your Favourite Training Exercise

Hampshire Coaches will describe a training exercise, how it works and what skills or tactics it is intended to help players work on. Below is a list of suggested subjects.

- Receiving & Carrying
- Passing & Leading
- Goalscoring
- Defensive Positioning & Movement
- Marking & Intercepting

Coaches should be prepared to brief each exercise after which we can discuss the exercises, think about variations, progressions and adaptations for ability and age.

Coaches are welcome to brief an exercise on a different subject to those above if they prefer.

Please let me know as soon as you can if you are attending or not, and if you wish to present an exercise or not.

Best Regards

Jim East
Coach Development Officer