

Women's Coach Development Program

The HP department have a yearly task of appointing 36 Teams with Coaching and team management staff for all programming from Junior Pathway through to Hockey One. Developing the NextGen of coaches is something we are particularly passionate about WHO / HOW / WHEN is the challenge .

Overview

The program ran September 22 – February 23
Consisting of 2 Coaching Mentors and 9 Coaches
across 2 streams.

This program was tailored to the needs of the participants, each completing their own reflection on their individualized requirements so the Mentor coaches could scaffold learnings as needed.

This was not a funded program. This was run by HV Staff.



Learning Content

- Off the back of the Coach reflections, the content was tailored as such...
- Having Difficult Conversations
- Leadership
- Creating a culture in HP
- Confident Communication
- Behaviours
- Game prep - Communication during game day and 48 hours prior
- Understanding power
- Time Management
- Developing presence to influence change
- Body Language when communicating
- Manage relationships within the club
- Parents Management
- Balancing work and family demands

Outcomes

- 9 Women commenced the pilot program
- All women engaged throughout the duration of the program
- 100% of the Women involved are currently coaching at a PL or above level with 3 currently involved in the HP Athlete pathway.
- 1 was Assistant coach of Silver medal winning U21 Women at recent National Championships.

Presenters

Presenters included:
 Katrina Powell – Hockeyroos Head Coach
 Rachel Lynch – Former FIH World GK of the Year
 Amy Lawton – Current Hockeyroo
 Julia Walch – HP Basketball Coach
 Lisa Sthalekar – Ex Australian Women's Cricket Captain
 Colin Batch – Kookaburras Head Coach
 Mark Hagar – HA Technical Pathways Lead
 Jeff Lancaster – Performance Mindset Coach
 Carol Fox – Communication Expert

Evaluation

The Initial Cohort was exceptional. They are key drivers and deliverers in our community. The challenge will be the following groups and driving the same quality of presenters.

Barriers

Time (Available from Work / Sport / Family)
 Funding (Nothing to play with here)
 Fears (What's holding you back?)

Challenges

Expectations (What is expected of me?)
 Confidence (Developmental aspect)

Solutions

The provision of online and F2F opportunities really helped this program, its flexibility was an asset.
 Low Expectation Entry