

National Federation of State  
High School Associations



# Coaching Field Hockey

Coaching Field Hockey, developed by USA Field Hockey and the NFHS, illustrates how to coach the sport and arms you with information for you to feel comfortable with athletes as they attempt to improve their skills in field hockey. Successful completion of Coaching Field Hockey may transfer the credit to USA Field Hockey and receive USA Field Hockey's Level I Coaching Accreditation at no additional cost.



## Course Objectives

- Outline USA Field Hockey Coaching Accreditation Program
- Simple Coaching Principles and Philosophy
- Understanding the Basics of the Game – Passing and Receiving
- Awareness of the Rules of Field Hockey
- Developing Skill Acquisition
- Ball Handling, Tackling and Ideas to Set Up a Training Session
- Goal Scoring and Goal Keeping
- Simple Tactical Awareness of the Game

## Units

- The Art of Coaching
- Passing
- Receiving
- Basic Rules
- Ball Handling Skills
- Tackling
- Training Set Up
- Goal Keeping
- Developmental Games
- Tactical Awareness

## More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at [nfhslearn.com](http://nfhslearn.com)!