

Report on Visit by High Performance Manager

Academy Name :-		Manager :-		
Place :-		Member of Hockey India :-		
Details of Coach :-		Date of Visit :-		
Mobile Number :-		State Unit :-		
Mobile :-		Contact Person :-		
Email :-		Name :-		
HIOAP :		Tel No.		
Surface available for training	() Artificial	() Grass	() Cley	
Surface available for athletes	() Artificial	() Grass	() Cley	
Age group of Female athletes	() < 12	() 12 - 15	() 16 - 18	() >18
Number of Female athletes	() Total			
Age group of Male athletes	() < 12	() 12 - 15	() 16 - 18	() >18
Number of Male athletes	() Total			
Facilities				
Gym Facilities	() Yes	() No		
Recovery Facilities	() Yes	() No		
Balls	() Yes	() No		
Cones	() Yes	() No		
Flat Cones	() Yes	() No		
Noodles	() Yes	() No		
Bibs	() Yes	() No		
Second Colour Bibs	() Yes	() No		
Other Facilities				
Training				
Number of Training session a week	() 6 - 8	() 8 - 10	() > 10	
Number of technical training sessions a week	() 2 - 3	() 4 - 6	() 7 - 8	() > 8
Number of Tactical training session a week	() 2 - 3	() 4 - 6	() 7 - 8	() > 8
Number of conditioning session a week	() No	() 1 - 3	() 4 - 6	() 7 - 8
Number of Strength session a week	() No	() 1 - 3	() 4 - 6	() 7 - 8
Annual plan in place	() Yes	() No		
Week plan in place	() Yes	() No		
Special Equipment				
Rebond Boards	() Yes	() No		
Rebound Nets	() Yes	() No		
PC Defence equipment	() Yes	() No		
Lancross stick	() Yes	() No		
Video Analysis Equipment	() Yes	() No		
Competition				
Do you play in any competition	() Yes	() No		
In what type of competition do you play				
Area of Development		Rate out of 5		
		1st Visit Date :-	2nd Visit Date :-	3rd Visit Date :-
Quick, fast, deceptive transfers, receiving on the game situations, pushing up as one unit and falling back in speed.				
Bending lower and stronger and work on channeling				
Proper positioning inside circle on attack and in defence				
Zonal defence on numerical superior attackers				
Skill and team tactics on out lets				
Reverse hits on target				
Fast deceptive passing and receiving under presure				
Over head passing and receiving				
Circle penetration without and with defenders on				
P.C's attack 6 variations to train in unit . Direction given and trained on the field				
P.C defence 2 variation (Detail direction given on the field, hard copy given to all)				
Video watching of games shown and guided to watch to improve.				
Goal Keepers, Positioning, Balancing, Shifting, Penalty Stroke, Shoot outs				
Area's to focus on before next visit:-				