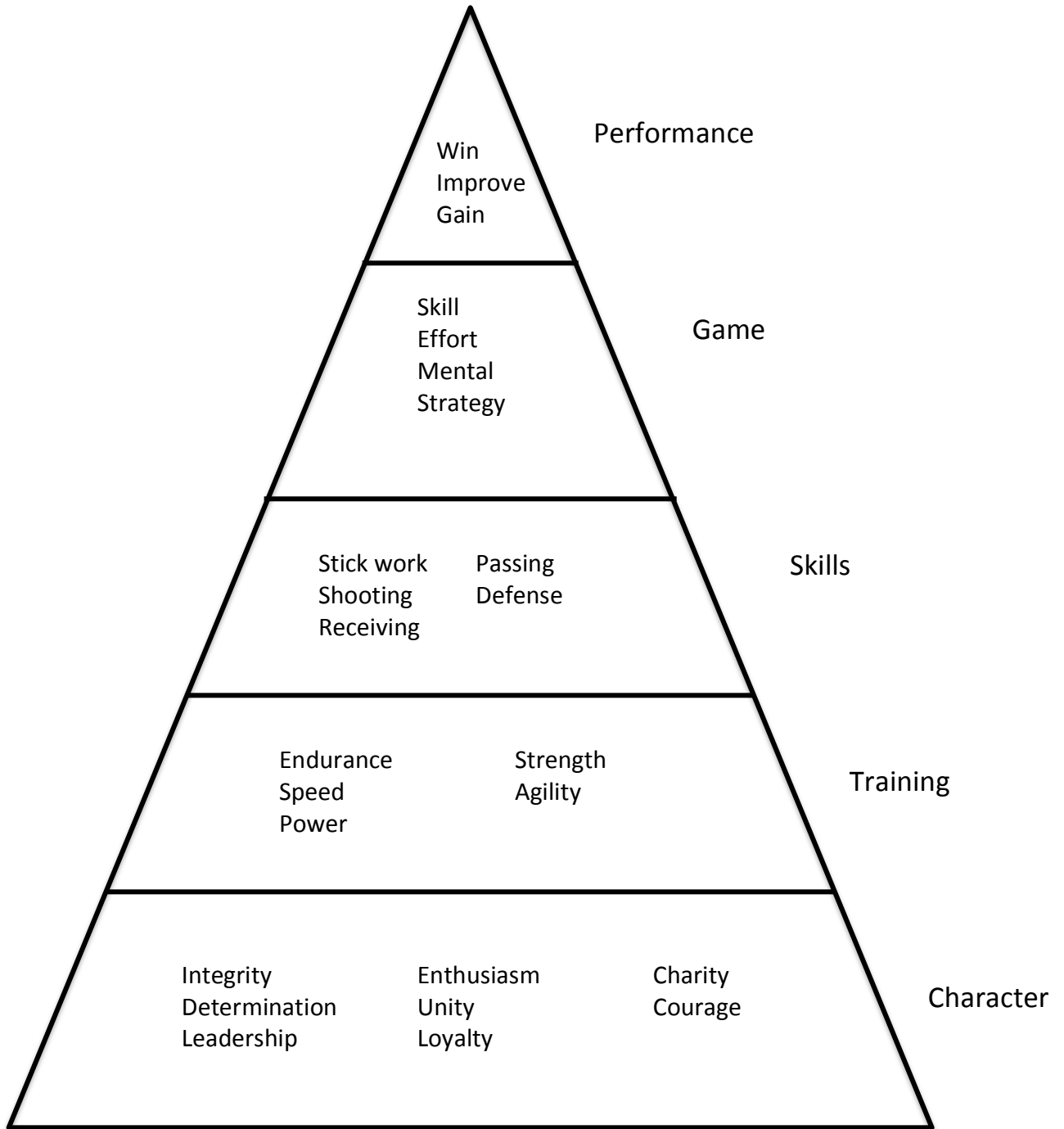


# Branham Field Hockey Performance Pyramid



**Character**-This is the most important part of the program as these traits affect all of the other areas. These are the qualities that make a person successful on and off of the field.

*“Be more concerned with your character than your reputation, because your character is what you are, while your reputation is what others think you are.”*

*“The true test of a man’s character is what he does when no one is watching.” John Wooden*

- Integrity-How you act in front of others or by yourself, doing the right thing
- Dependability-trust, being able to be counted on, self starter
- Determination-Willing to work and pursue through pain and discomfort, finishing
- Leadership-Willing and able to take charge of a part of the program, helping others
- Enthusiasm-Ability to have fun, engage others in enjoyment of the sport/team
- Unity-Working together for a common goal, compromise
- Loyalty-Community, commitment to the program through and after graduation
- Charity-Willing to give to others, sharing, giving time/money/effort to others
- Courage-Willing to take a risk, try something new, facing fear/failure

**Training**-These are the physical components needed to be successful in field hockey. They need to be worked on in order to assist skill development and improvement.

- Endurance-The ability to sustain an activity for a length of time, lasting a full game
- Speed-how fast an activity can be performed, spurts of energy throughout a game
- Power-The force used in a movement, the full movement behind a sweep/hit
- Strength-How strong a move is, a pull or defensive tackle
- Agility-Footwork quickness, forward/back and side to side

**Skills**-These are the technical components that are needed to be successful in field hockey. These are the skills that are specific to the sport.

- Stick work-dribbling, pulls, fakes, control, speed
- Shooting-lifts, strong side, reverse hits
- Receiving-control, trap, on single and both feet, still, on the move
- Passing-hit, sweep, reverse sweep, off both feet
- Defense-footwork, channeling, sweep tackle, jab

**Game**-This is how all of the components work together during a game.

- Skill-stick work, shooting, receiving, passing, defense
- Effort-how much the player is giving to the game
- Mental-focus, not lingering on negativity, confidence, able to rebound after an error
- Physical-fitness level in endurance, speed, power, strength and agility
- Strategy-corners, free hits, position, team format/set up

**Performance**-This is the outcome of a game or season. Success is not necessarily based on winning, but can also be looked at in terms of individual/team improvement and gain. For example, a player may have a personal goal to try reverse sweeps and they are able to perform three at game speed. Perhaps the team was able to hold a tough opponent to no score for a certain amount of minutes, or is able to take more shots on goal.

**Program Focus**-to build character, life skills, and field hockey skills with input of athlete, coach, and parent.