Skill Referent Model

Please use the following analysis of the long handle hit as a guide as you complete your Skill Referent Model.

Sport: Field Hockey **Field Hockey**		*Context:* **Competition Introduction**	
SKILL	OUTCOME	Key Performance Indicators / Factors	
Long Handle Hit Observed from front/side and ¾ view	Athlete must choose the best distribution option based on their tactical situation. Athlete strikes the ball such that it travels on the turf over a long distance with power and accuracy	Grip, body and ball position, approach/backswing and power generation, follow through and accuracy	
Analysis of Causes	**Indicators of Success (KPI)**	**Common Errors (GAPS)**	**Interventions/Verbal Cues**
Equipment Examines sport specific equipment that could be a limiting factor on the performance. E.g. poor footwear, poor fit, etc.	Stick – Proper length stick for athlete height, no chips, gashes or sharp edges. Ball - No cuts or gashes, good quality ball.		
Environment Examines any environmental factors that could lead to performance deficiencies? E.g. Surface, weather, lighting , pollution etc.	Weather - Extreme weather, rain or cold and freezing temperatures will make hitting difficult. Standing water on the field will affect speed and accuracy of the release. Surface – playing on water based hockey specific turf will be different than longer field turf or grass surfaces		
Affective Examines internal factors that could be related to the performer's perception of the task, performance or activity. E.g. fear, motivation, interest, etc.	▪ Interest ▪ Self Efficacy ▪ Fear	▪ Athlete is not coachable, or uninterested in changing technique or structure of their hit ▪ Athlete does not believe in their ability to learn this skill ▪ Athlete is scared to try a new skill or technique in competition or training	▪ Encourage Athlete to ask thoughtful and clarifying questions ▪ Talk about growth mindset, encourage failure as a step toward learning. ▪ Encourage athlete to try new techniques and skills regardless of the possibility of failure.
Cognitive / Mental Examines factors that relates to the performers thoughts or thought processes that are used to execute a given task or action. E.g. Lack of understanding, confusion, choice of decision, concentration cue recognition, perception etc.	▪ Focus ▪ Lack of Understanding ▪ Cue Recognition	▪ Athlete does not maintain focus or on task and reverts to old habits or methods ▪ Athlete is not able to connect what you say with how their body needs to execute ▪ Athlete does not recognize the correct situations in which to select this skill	▪ Remind Athlete to stay on task, put thought and effort into developing a new skill ▪ Take skill back to basics, may be a developmental process. ▪ Use verbal coaching cues and provide situational cues for them to learn.

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Analysis of Causes	**Indicators of Success (KPI)**	**Common Errors (GAPS)**	**Interventions/Verbal Cues**
Physical / Motor Examines the physical abilities that could have limiting affects on the performance, task or activity. E.g. strength, stamina, flexibility, speed etc.	▪ Strength (core, legs, upper body) ▪ Flexibility ▪ Agility	▪ Athlete does not possess enough strength to control their movements and power. ▪ Athlete has tight hips and shoulders preventing good rotation ▪ Athlete's footwork does not allow them to be in a good position to execute the skill.	▪ can shorten the grip/stick. Build strength exercises into practice ▪ Add recovery/flexibility to cooldown routine to support this development. ▪ Add footwork/agility training to practice ▪ Further breakdown approach footwork for clarity.
Tactical Examines the intent of the skill execution within the overall strategies that enable successful performance. Asks whether the tactic may be too demanding for the technical skills that are required to achieve the outcome. Eg. Decision Making, principles, skill selection.	▪ Is there Time and space for the athlete to correctly perform the hit ▪ Is the target ready to receive ▪ Is the hitter active - approaching the skill on the move. ▪ Hitter's ability to adjust the distribution release quickly based on a change in tactical situation	▪ Athlete rushes into a hit and does not get the correct backswing technique or follow through ▪ Athlete rush into the hit which results either in an interception give away, or poor reception resulting in a turnover ▪ Athlete may execute this skill only from a stationary position. Athlete may not be able to transition from a forehand carry position into a hitting stance. ▪ Tactical situations change quickly, and your target may suddenly be marked and unavailable to receive, or the path to the target closes.	▪ Athlete must first create time and space for this release, and allow themselves time to properly execute a backswing and follow through, if time is not available, choking up on the grip for a shorter backswing, or selecting a shorter distribution option, sweep hit or push pass is a better decision. ▪ Communication either verbal or non verbal with the target prior to the release. ▪ footwork, dribble at angles to create space and eliminate defenders prior to release. ▪ Can the athlete adjust the skill mid execution if the option closes down, or a different distribution becomes a better choice due to movement either of your teammate or of the defensive team.
Technical Examines the execution and or biomechanics of skill execution and identifies specific performance factors/goals that are required to achieve a given outcome. Eg. Key Elements, Phases of Movement.	▪ Grip ▪ Body Postion ▪	▪ Hands Apart, V is shifted to the front or back of the stick, Grip gets adjusted mid swing. ▪ Knees are not bent, ball too close to the body forces the head down ▪	▪ Handshake grip, v down the top of stick. Hands together. Long grip (top) or choke grip (2-3 inches down shaft) ▪ Hockey stance, bum down chest up, balanced and relaxed ▪

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Analysis of Causes	**Indicators of Success (KPI)**	**Common Errors (GAPS)**	**Interventions/Verbal Cues**
Technical Continued: Examines the execution and or biomechanics of skill execution and identifies specific performance factors/goals that are required to achieve a given outcome. Eg. Key Elements, Phases of Movement.	▪ Approach/Footwork ▪ Backswing (Wrist-Elbow-Trunk) ▪ Action (Rotation-Head-Impact Angle) ▪ Power Generation ▪ Follow Through (Energy – Step – Stick)	▪ Ball too far forward or back in the stance, footwork sends athlete off balance, left hip/shoulder is not facing the target ▪ Golf swing, upright backswing, stick above the head or all the way over the shoulder. This usually results if the wrists don't break. Too narrow an angle at the elbow. No trunk rotation. ▪ Action begins with arm motion and "muscling" the stick toward the ball. ▪ Begins with the arms not legs ▪ Follow up step is right foot behind left - this reduces power and makes accuracy impossible. Loss of balance and coordination	▪ Transition footwork between neutral dribble to side on preparation to hit. Shuffle vs crossover. final position should have left hip and shoulder facing the target. Ball off inside of the front foot, left foot slightly open to target. IF/THEN: If the ball is too far back in the stance, the release will be right of the target. If the ball is too far forward in the stance the release will be left of the target and/or hit in the air ▪ Backswing should take the stick around the torso such that the stick face remains open (not adjusted to face the sky or turf) Break the wrists first (90 degree angle between stick and forearm. Break the elbow (90 degree angle between forearm and bicep) rotate the torso and transfer the weight to the right foot. ▪ Action begins with hip and then torso rotation, this will automatically bring the head of the stick into contact with the ball (maintain 90 degree angle between head of the stick and the ball at impact ▪ Power comes from the speed of the initial hip/trunk rotation, weight transfer from right to left as this rotation happens and hand speed bringing the hands through the moment of impact. ▪ Step right foot in front of left and toward target, stick should point at the target, hips and shoulders should be square to the target.