

## First self-training symposium for field hockey coaches in the Saguenay-Lac-Saint-Jean region

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The objective of this project was to analyze the implementation of a self-training strategy that promotes the retention of young athletes with provincial and regional field hockey coaches.

Four themes were addressed:

1. The behaviours that a coach wishes or does not wish to see in an assistant and that an assistant wishes or does not wish to see in a coach;
2. The philosophy concerning the development of a field hockey player;
3. The criteria for becoming a coach in major junior field hockey;
4. Video analysis of a field hockey game using a software program designed for this purpose.

The greatest success of this conference was to bring coaches together to discuss field hockey in a friendly atmosphere.