



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
S1 Sports Coaching Education Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
hockey coaching	8520203331	Compulsory Study Program Subjects	T=2	P=2	ECTS=6.36	3	April 30, 2023
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
	Mohammad Faruk, S. Pd., M. Kes		Mohammad Faruk, S. Pd., M. Kes			Dr. Or. Muhammad, S.Pd., M.Pd.	

Learning model	Case Studies
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Program Learning Outcomes (PLO)	PLO study program that is charged to the course																																																																																																					
	Program Objectives (PO)																																																																																																					
	PO - 1	Able to create a sports training program according to the sport being pursued																																																																																																				
	PO - 2	Expert in the field of Hockey sports coaching																																																																																																				
	PO - 3	Sports performance improvement consultant																																																																																																				
	PO - 4	Analyze athletes' abilities and performances in training and competition																																																																																																				
	PLO-PO Matrix																																																																																																					
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PO Matrix at the end of each learning stage (Sub-PO)																																																																																																						
	<table border="1" style="margin-left: 40px;"> <thead> <tr> <th rowspan="2">P.O</th> <th colspan="16">Week</th> </tr> <tr> <th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>9</th><th>10</th><th>11</th><th>12</th><th>13</th><th>14</th><th>15</th><th>16</th> </tr> </thead> <tbody> <tr><td>PO-1</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>PO-2</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>PO-3</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>PO-4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	PO-1																	PO-2																	PO-3																	PO-4																
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Short Course Description	This course discusses knowledge, techniques and game skill training strategies in hockey which consist of training the ability to dribble (close dribble, open dribble, Indian dribble) passing (push, taping, hit, reverse) and the ability to apply hockey skills in small games as well as application of hockey game rules (Indoor and Outdoor)
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References	Main :	
		<ol style="list-style-type: none"> Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics Faruk, Mohammad. 2014. Belajar Bermain Hockey. Surabaya, Unesa University Press
	Supporters:	
		<ol style="list-style-type: none"> John Cadman, (1999). Hockey the skill of the Game. FIH, 2017. Rules of Indoor Hockey. Switzerland. www.fih.ch FIH, 2017. Rules of Hockey. Switzerland. www.fih.ch Taverner, Claire Mitchel. 2005. Field Hockey Techniques & Tactics. US. Human Kinetic Martens, Rainer. 2002.Successful coaching.USA. Human Kinetics

Supporting lecturer		Mohammad Faruk, S.Pd., M.Kes.					
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)
		Indicator	Criteria & Form	Offline (offline)	Online (online)		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Understand the development of sports coaching philosophy	1.The value of sportsmanship in matches 2.Application of coaching philosophy in training sessions	Criteria: Oral test Form of Assessment : Participatory Activities	face to face (case study, Q&A and discussion) 2 x 50		Material: Development of sports coaching philosophy References: <i>Martens, Rainer. 2002.Successful coaching.USA. Human Kinetics</i>	0%
2	Deepen basic technical skills in playing hockey	Able to design basic technical drill exercises	Criteria: Practice, Open and oral questions Form of Assessment : Participatory Activities	Face to face (Practice, Q&A and discussion) 2 x 50		Material: Basic techniques for playing hockey Reference: <i>Faruk, Mohammad. 2014. Learning to Play Hockey. Surabaya, Unesa University Press</i> Material: Develop better footwork and balance for improved stick handling. Bibliography: <i>Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics</i>	0%
3	Deepen the ability to train basic passing and dribbling techniques	1.Able to plan basic passing and dribbling technical exercises 2.Practicing basic passing and dribble technique training	Criteria: Practice, Open and oral questions Form of Assessment : Participatory Activities	Face to face (Practice, Q&A and discussion) 2 x 50		Material: passing and dribbling Reference: <i>Faruk, Mohammad. 2014. Learning to Play Hockey. Surabaya, Unesa University Press</i> Material: Improve ball control and dribbling. Bibliography: <i>Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics</i>	0%

4	Deepen the ability to train basic controlling and shooting techniques	<ol style="list-style-type: none"> 1. Able to plan basic controlling and shooting technical exercises 2. Practicing basic controlling and shooting technique training 	<p>Criteria: Practice, Open and oral questions</p> <p>Form of Assessment : Practice / Performance</p>	Face to face (Practice, Q&A and discussion) 2x50		<p>Material: shooting Reader: Faruk, Mohammad. 2014. <i>Learning to Play Hockey</i>. Surabaya, Unesa University Press</p> <hr/> <p>Material: Score more goals by developing better shooting techniques. Bibliography: Anders, Elizabeth. 2008. <i>Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition</i>. US. Human Kinetics</p>	0%
5	Deepen the ability to train basic tackling and kicking techniques	<ol style="list-style-type: none"> 1. Able to plan basic technical exercises for tackling and kicking 2. Practicing basic tackling and kicking technique training 	<p>Criteria: Practice, Open and oral questions</p> <p>Form of Assessment : Participatory Activities, Tests</p>	face to face (Practice, Q&A and Discussion) 2 x 50		<p>Material: tackling techniques References: Faruk, Mohammad. 2014. <i>Learning to Play Hockey</i>. Surabaya, Unesa University Press</p> <hr/> <p>Material: kicking Bibliography: Anders, Elizabeth. 2008. <i>Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition</i>. US. Human Kinetics</p>	0%
6	Deepen the ability to train basic scoop and flick techniques	<ol style="list-style-type: none"> 1. Able to design basic scoop and flick technical exercises 2. Practicing basic scoop and flick technique training 	<p>Criteria: Practice, Open and oral questions</p> <p>Form of Assessment : Participatory Activities</p>	demonstration, Q&A and discussion 2 x 50		<p>Material: flick and scoop Reader: Faruk, Mohammad. 2014. <i>Learning to Play Hockey</i>. Surabaya, Unesa University Press</p> <hr/> <p>Material: flick and scoop Bibliography: Anders, Elizabeth. 2008. <i>Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition</i>. US. Human Kinetics</p>	0%

7	Deepen the ability to train basic taping and hitting techniques	<ol style="list-style-type: none"> 1. Able to plan basic taping and hitting techniques 2. Practicing basic taping and hitting technique training 	<p>Criteria: Practice, Open and oral questions</p> <p>Form of Assessment : Participatory Activities, Practice/Performance</p>	demonstration, Q&A and discussion 2 x 50		<p>Material: taping and hits Reader: Faruk, Mohammad. 2014. <i>Learning to Play Hockey</i>. Surabaya, Unesa University Press</p> <hr/> <p>Material: taping and hits Reader: Anders, Elizabeth. 2008. <i>Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition</i>. US. Human Kinetics</p>	0%
8	Deepen the ability to train basic reverse push and reverse hit techniques	<ol style="list-style-type: none"> 1. Able to design basic reverse push and reverse hit technical exercises 2. Practicing basic reverse push and reverse hit technique training 	<p>Criteria: Practice, Open and oral questions</p> <p>Forms of Assessment : Project Results Assessment / Product Assessment, Practical Assessment, Practice / Performance</p>	demonstration, question and answer and discussion 2 x 50		<p>Material: reverse push and hit Reference: Faruk, Mohammad. 2014. <i>Learning to Play Hockey</i>. Surabaya, Unesa University Press</p> <hr/> <p>Material: reverse push and hit Reference: Anders, Elizabeth. 2008. <i>Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition</i>. US. Human Kinetics</p>	15%
9	UTS	basic technical training skills	<p>Criteria: answer questions well and correctly and practice the task of training basic meeting techniques 1-8</p> <p>Form of Assessment : Participatory Activities</p>	Written and practical tests		<p>Material: material 1-8 Reference: Anders, Elizabeth. 2008. <i>Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition</i>. US. Human Kinetics</p> <hr/> <p>Material: material 1-8 Reference: Faruk, Mohammad. 2014. <i>Learning to Play Hockey</i>. Surabaya, Unesa University Press</p> <hr/> <p>Material: according to material 1-8 Reference: John Cadman, (1999). <i>Hockey the skill of the Game</i>.</p>	5%

10	Deepen the ability to train dynamic passing	Able to design dynamic passing technique exercises	Criteria: Practice, Open and oral questions Form of Assessment : Practice / Performance	demonstration, question and answer and discussion 2 x 50		Material: dynamic passing Reference: <i>John Cadman, (1999). Hockey the skill of the Game.</i> <hr/> Material: dynamic passing Reference: <i>Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics</i>	5%
11	Deepen the ability to train dynamic passing	Able to design dynamic passing technique exercises	Criteria: Practice, Open and oral questions Form of Assessment : Participatory Activities	demonstration, question and answer and discussion 2 x 50		Material: dynamic passing Reference: <i>John Cadman, (1999). Hockey the skill of the Game.</i> <hr/> Material: dynamic passing Reference: <i>Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics</i>	5%
12	Deepen the ability to train dynamic hits	1. Able to design dynamic hit technique exercises 2. Practicing dynamic hit technique training	Criteria: Practice, Open and oral questions Form of Assessment : Practice / Performance	demonstration, question and answer, and discussion 2 x 50		Material: dynamic hits Reader: <i>John Cadman, (1999). Hockey the skill of the Game.</i> <hr/> Material: dynamic hit Reader: <i>Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics</i>	20%
13	Deepen the ability to train dynamic hits	1. Able to design dynamic hit technique exercises 2. Practicing dynamic hit technique training	Criteria: Practice, Open and oral questions Form of Assessment : Participatory Activities, Practical Assessment	demonstration, question and answer, and discussion 2 x 50		Material: dynamic hits Reader: <i>John Cadman, (1999). Hockey the skill of the Game.</i> <hr/> Material: dynamic hit Reader: <i>Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics</i>	20%

14	able to design, implement and evaluate strategic and defense exercises	1.Able to design attack and defense strategy exercises 2.Practicing attack and defense strategy training	Criteria: Practice, Open and oral questions Form of Assessment : Participatory Activities	demonstration, question and answer and discussion 2 x 50		Material: defense and offense Reader: <i>Taverner, Claire Mitchel. 2005. Field Hockey Techniques & Tactics. US. Human Kinetics</i>	5%
15	Master and practice the rules of the game in hockey matches	1.Master the rules of the hockey game 2.Teach hockey rules in accordance with federation regulations 3.Applying the rules in a hockey match	Criteria: Practice, Open and oral questions Form of Assessment : Participatory Activities	demonstration, question and answer and discussion 2 x 50		Material: game rules Reference: <i>FIH, 2017. Rules of Indoor Hockey. Switzerland. www.fih.ch</i> Material: game rules Reference: <i>FIH, 2017. Rules of Hockey. Switzerland. www.fih.ch</i>	5%
16	UAS	answer questions well and correctly and practice the task of training basic meeting techniques 10-15	Criteria: Maximum value if you can complete the project well Forms of Assessment : Project Results Assessment / Product Assessment, Practical Assessment	Written and Practical Exams 4 x 50		Material: material 10-15 References: <i>Anders, Elizabeth. 2008. Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) 2nd Edition. US. Human Kinetics</i> Material: material 14-15 Reference: <i>FIH, 2017. Rules of Indoor Hockey. Switzerland. www.fih.ch</i> Material: material 14-15 Reference: <i>FIH, 2017. Rules of Hockey. Switzerland. www.fih.ch</i> Material: material 10-13 Bibliography: <i>Taverner, Claire Mitchel. 2005. Field Hockey Techniques & Tactics. US. Human Kinetics</i>	20%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	30%
2.	Project Results Assessment / Product Assessment	15%
3.	Practical Assessment	25%
4.	Practice / Performance	30%
		100%

Notes

1. **Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
2. **The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.

3. **Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
4. **Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
5. **Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
6. **Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
7. **Forms of assessment:** test and non-test.
8. **Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
9. **Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.