

Introduction

Field hockey is a Olympic sport, played in all continents over the world.

On the highest level the sport is being represented in the Olympic Games, World Cups and continental cups.

Field hockey in the Netherlands is a major sport with more than 180 000 members and more than 1300 artificial turf pitches. The Dutch competition is setup in a separate league for men and women. The highest league is called "hoofdklasse" and consists of 12 teams. From there it has a pyramid structure top to bottom.

The competition consists of 22 matches for each team, followed by play-offs for numbers 1-4.

Each match has approximately 2500 – 4000 spectators.

HC Rotterdam



HC Rotterdam is the largest club in the Netherlands with more than 2700 active playing members.

Gijs van Heumen (former Dutch national coach, Olympic and

World Champion) coach of the first ladies team says: "All of our team processes are supported by Sportstec products, from the team meetings to individual goal settings, from injury reports to season planning".

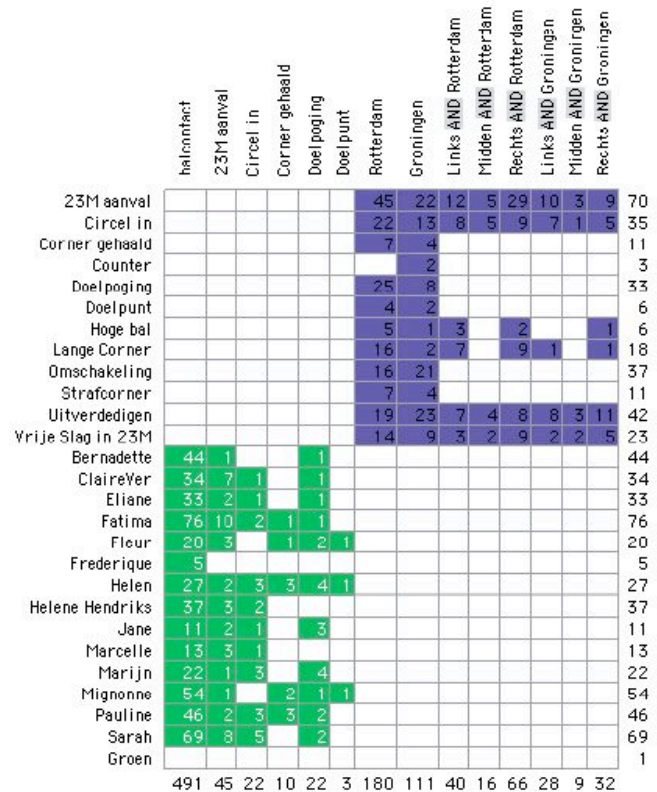
Weekly schedule

Sunday:

Competition match is being played, live analysed with SportsCode Elite and TRAK Performance.

Max Reckers (assistant Trainer/Coach) says: "With

SportsCode Elite we are able to code all players' individual performances, team tactics and use the live review function for analyses of Penalty Corners during the match! TRAK Performance helps us out getting all tactical static and turnover moments on a simple graphical view.



The second use of TRAK performance is that we are able to track down the individual movement information for a player i.e. covered distance, acceleration etc."

Monday morning:

Video is placed onto SportsCode Stream so players can review their performance on every computer in the world!

Coaches and trainers of all youth teams can access the tactical information and key points of the matches so knowledge is spread through the entire training school of Rotterdam.



Monday evening:

Players arrive at the club and have individual and small group video sessions about the game. Every player sets her personal goals and biometrics information with Gijs in Cronus Athlete Management System. Important is that every player is responsible for setting her own goals and reviewing their performance!

Team feedback session about the game where we use the Code Matrix as a guideline for the team meeting in combination with the graphical presentation of TRAK Performance.

Training session on the pitch starts at 19.30 – 22.00.

Tuesday:

Individual power/strength/speed sessions.

Wednesday:

Individual technical sessions assisted with SportsCode Elite for reviewing techniques like the penalty corners training. Players code their own training moments to get the best performances in their own database to review progression throughout the season.

Thursday:

Individual running skills (based on acceleration).

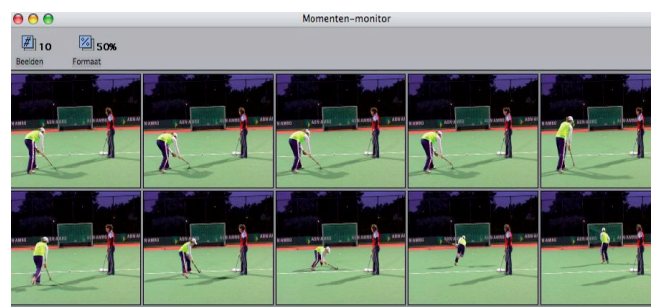
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Friday:

Upcoming opponent analyses, starting in small groups for detailed analyses. Small 5-minute presentations by players about upcoming tactical moments or individual opponents.

Training session from 19.00 – 21.00.



The process

Two years ago when we started at Rotterdam Gijs



established a clear vision on what he wanted with the team. Gijs says: “We want to assist each individual team player in increasing his individual performance

by setting measurable and realistic goals. Helping out players focusing on the process of reaching a goal instead of only focusing on the outcome of a game is the key. Therefore we have a powerful set of Sportstec tools who can instantly provide data wherever and whenever the team needs it!”

Links

[Gijs van Heumen](#)

[HC Rotterdam website](#)

[TV documentary team 2006](#) (Dutch spoken, requires realplayer)