

Coaching Interview-Field Hockey Injury Trends
PhD Programme 2017-2020
Attitudes of Field Hockey Coaches towards Injury and Injury Prevention
Methods

First of all, I would like to take the time to thank you for agreeing to participate in this study, which is aimed at establishing the attitudes of field hockey coaches towards injury and common injury prevention methods. I would like to inform you that the following interview is completely anonymous, and any mention of athlete or club names will be replaced with code during the transcription of this interview. Dr. Catherine Blake, my primary supervisor, and myself are the only people that will hear this recording. Any information provided by you today may, however, be used and published in a scientific journal. Can you please confirm that you understand what I've said? Are you happy to begin?

Section 1: Background information about the coach

The first section of this interview is going involve questions about you, such as you experience and a bit of background information about the club that you coach.

1. What age are you, and how many years of playing and coaching experience do you have?
2. What is the highest level of coaching qualification that you hold?
3. Do you have any further qualifications that are relevant to coaching? For example, first aid, or university qualifications?
4. How long have you been coaching this current team for and how big is your overall squad?
5. Can you please describe your coaching structure to me? For example, the number of assistant coaches, role and responsibilities, etc.
6. Do you employ any medical staff and if so, how often are they present to assess and treat your players?
7. How often and for long do you train?
8. How many players would typically be at a training session and is it first team only?
9. Obviously, it is possible for teams in this division to have players with quite large egos, as well as players that have much more experience than other players. How would you describe the balance of power within your squad, with regards to decision making, tactical selection, etc.?

Section 2: Communication within the squad

The following section of this interview will explore how you, communicate with other players and staff, as well as how you encourage communication to occur between team members.

1. Do you accommodate regular coaching/staffing meetings with other members of your management team?
2. How do you effectively communicate with other members of your management team?
3. How would you describe the effectiveness of your communication with playing members of the squad, and how do they generally respond?
4. How do you maintain effective communication among team members and ensure this is constant throughout training and competition?

Section 3: Attitudes towards injury

The following section of this interview will explore your attitudes towards injuries which occur within the squad.

1. How would you, as a coach, define an injury?
2. What impact, if any, would you say injuries have had on your squad since the introduction of the EYHL?
3. What type of injury do you recognise the most across the squad?
4. In your opinion, what are the most important risk factors to injury in field hockey?
5. Have you ever pressured important players to play despite being injured or requiring time to rest or have you ever witnessed this in a match from an opponent? Can you explain your reasoning to me?
6. How would you describe your knowledge of injury management?
7. Have you ever sent a player on to the field, or witnessed another coach send a player on to the field, with the intention of deliberately injuring another player?

Section 4: Attitudes towards injury prevention

The following section of this interview will explore your attitudes towards injury prevention and methods for preventing injury in field hockey players.

1. Do you believe injury prevention is possible, and if so, would you implement any programmes within your squad?
2. How do you think injury prevention screening can be effective in pre-season in order to prevent or lower the number of injuries sustained by players?
3. What do you believe to be the role of the coach in contrast to the role of each individual player with regards to preventing or reducing injuries in a season?
4. Do you use an objective means of monitoring workload in players, and what techniques do you use to raise or lower the workload of the players?

Section 5: Scenarios

The following section is designed to gauge your responses to some commonly seen injuries in field hockey, and how you would react to such an occurrence. Please answer these questions honestly and to the best of your ability, as I said at the start of the interview, all of your answers are anonymous.

1. A player comes to you in training and says that he feels his training workload is too high and by the time matches come around he feels fatigued. He says his legs always feel like he is about to get injured. However, you don't feel like the workload is too high, and no other player has expressed these concerns. What would you do?
2. In the EYHL Champions Trophy final and important player for you runs into another player and falls to the ground feeling dizzy. Upon assessment, the physiotherapist concludes that the player is concussed and should come off and remain away from play for the remainder of the match. The player, however, reports feeling fine despite not seeming himself and says that he can continue to play as he is an important player. What would you do?
3. An experienced player reports having ongoing lower back pain that will not go away. He has attended multiple physiotherapy appointments to no avail and had an MRI with no damage shown. However, as it is coming to the end of the season, you want him to continue to train as there is still the possibility of making the champions trophy play-offs. He has requested not training, or training once a week. What would you do?