

# Carlton Redcliffs Hockey Club

## Junior Coaches and Managers Information Session

1 May 2022



# Welcome

A Big Welcome to our Junior Coaches and Managers!

Questions at the end please

# Purpose

Our session today is in three key parts:

1. Part 1 - Our coaches and managers hand book overview (30mins)

<https://www.carltonredcliffs.com/about/2022-reddos-coaches-and-managers/>

2. Part 2- session by Pat on coaching (30 mins)

3. Part 3 - collect your gear and then have a refreshment - 5:30-6pm ish

# Junior Club Coaches and Managers Manual

The Club has assembled a great document as a starting point to assist our coach and manager volunteers.

This is a living document and will be updated and reissued from time to time.

# Reddos Aspirations

The key aspiration for our Reddos Hockey youth is:

1. FUN

and

2. FRIENDSHIPS

# Reddos Aspirations - FUN

First and foremost, the premise behind our junior programme is **FUN**.

**A FUN experience** for all players.

Fun for players that are stronger more competitively motivated children and at the same time FUN for the children that are still developing their game and growing their confidence.

We want for all players to achieve their '**personal best**' - competitive/social/confidence/skill based.

# Reddos Aspirations - FRIENDSHIPS

We endeavour as a Club to keep friends together. This does not always mean that we will keep whole teams of players together, or whole groups of friends together.

We encourage parents and junior players to look at hockey as a great way for kids to connect and make long lasting friendships outside of school.

We recognise the importance for children to have friends from different areas of their life.

We also recognise that some children need the security and confidence that comes from having a friend on the team whilst navigating a new set of friends.

# Club Values and Culture

Core values are the few unique beliefs that underpin the desired behaviours and attitudes within a club or organisation. To be truly core, our Clubs leadership team must be willing to invest in initiatives that support these values and must also be willing to use them as key guides for the identification, retention or removal of our players, supporters and coaches.

We have fun first and foremost

1. We support our club and our fellow players, coaches and supporters
2. We always give an honest effort
3. We play a fair but committed style of game
4. We are a family club

# Club Values and Culture - JUNIOR PLAYERS

- Play by the rules.
- Play for enjoyment, not just to win or to please your parents or coach.
- Never argue with umpires' decisions. Let your coach ask any necessary questions.
- Control your temper. No swearing or abusive language or actions.
- Remember, hockey is a team game. Encourage your teammates.
- Be a good sport. Recognise your opponents' good play, as well as your own teams.
- Exercise reasonable care to prevent injury by ensuring that you play within the rules.
  - Accept responsibility for all actions taken.
- Cooperate with your coach, team mates and respect your opponents.

# Club Values and Culture - COACHES

- Teach your players to play by the rules.
- Be reasonable in your demands on players' time and enthusiasm.
- Don't put winning above all else. Skill development and learning is vital
- Never ridicule or scold a player for making a mistake.
- Provide kind and constructive feedback to players in a way that enhances their mana.
- Develop team respect for opponents, umpires and opposing coaches. Let our skill as players do the talking

# Club Values and Culture - COACHES

- Never abuse, harass or criticise umpires or your own or opposition players, coaches or officials.
- Be generous with your praise and set a good example so players can respect their coach.
- Keep yourself informed on sound coaching principles.
- Show concern and caution toward sick and injured players.
- Deal with bad behaviour and unsporting conduct swiftly. If relating to juniors, follow up and involve the child's parents in resolving the behaviour or situation.

# Club Values and Culture - PARENTS AND SPECTATORS

- Remember that children play sport for their fun. They are not there to entertain you.
- Do not play the game for the player. Let the players play and think for themselves without sideline management and critique.
- Never abuse, harass or criticise players, coaches, umpires or officials. Support from the sideline. Represent the club in a manner that enhances a positive sideline culture.
- Do not enter the playing field at any time whilst a game is in progress.
- Applaud good play by both teams and show respect for your opponents.

# Player registration - Play HQ

Manager or Coach must email team and ensure we get all players registered

To do this:

<https://www.carltonredcliffs.com/about/cha-playhq-registration/>

Google sheets have been issued to all teams (except stingrays and herrins) - you can check on this.

# Gear - Protective Equipment

All players **MUST** wear a mouth guard and shin pads on the field.

It is **STRONGLY** encouraged that face masks are worn from year 5-6 up during Penalty corners

Reason two fold

- Get them into good habits for later
- Safety

# Head Injuries

We need to ensure that players who have suffered a possible concussion injury are identified and, if required, properly treated.

The Canterbury Hockey Competition By-Laws state the following: Canterbury Hockey insist that any player that has received a head injury with suspected concussion, irrespective of whether the injury occurred while playing hockey, may only commence playing again when a medical certificate clearing the player of concussion has been supplied to the Canterbury Hockey office. To achieve a safe environment we will require the following steps in relation to head injuries on all Canterbury Hockey turfs:

# Head Injuries

- If a player is injured in the head the Umpires and/or Team Manager **MUST** require the player to stop playing and move to the dug-out.
- The Team Manager **MUST** require the player to obtain medical treatment, either immediately (at the turf if a medic is present) or as soon as practical.
- The Umpires must note the injury, and the player concerned, on the match card and advise the venue supervisor.
- The Venue Supervisor will complete an Accident/incident Reporting Form.
- The Canterbury Hockey office will record any injured players reported and advise the Club Secretary or School TIC of the player involved.
- The injured player will not be able to resume playing until a Doctors Certificate is provided to the Canterbury Hockey office. Canterbury Hockey will then advise the club/school that the player is now eligible to play.

# Uniform

Junior teams will play in the following uniform:

- Carlton Redcliffs playing strip t-shirt (issued by club)
- Black skort, skirt or shorts
- Carlton Redcliffs Socks (available for purchase from Just Hockey)
- Carlton Redcliffs Hoody (optional – available for purchase from Just Hockey)

Carlton Redcliffs will provide playing strip (t-shirts) for junior teams for the season. Coaches and Managers MUST record which player has been allocated each shirt number to assist with retrieving the shirts at the end of the season.

**If a player fails to return a shirt, or it is damaged in a way not consistent with fair wear and tear, the player will be invoiced for the shirt at the end of the season.**

# Uniform - Alternative Playing Strip

Alternative playing strip is required when a Carlton Redcliffs team is playing against Harewood teams.

For junior teams this will mean wearing bibs while playing. 9 are allocated as part of the gear allocation.

Please ensure you have enough bibs for upcoming games.

# Gear Responsibility

Coaches and managers **are responsible** for the team gear which will be provided in a team bag.

This bag will contain sufficient cones, balls, bibs and first aid supplies for the season, along with goalie gear and masks as required for older grades.

It is the responsibility of the coach and manager to advise of any missing or damaged gear throughout the season, and to ensure that they have the correct number of bibs in advance in the event of a game against Harewood.

Please allow several days for any additional kit to be ready for collection, we are all busy with work and family commitments, and need time to be prepared.

# Gear List

Playing Strip – 1 x t-shirt per player

Goalie Gear- 1 x set per team from year 5-6 and above.

A coaches Bag including the following:

- Cones - up to 15
- Balls - up to 13
- Bibs - up to 9
- First Aid Kit x 1 including 1 x Reusable Ice pack

Coaches and managers will be responsible for checking, and signing off their bag gear list at the beginning of the season

# Communications

It is the managers duty to communicate information to the team, including any updates from the club.

We would highly recommend using a free sports team app such as **Heja** to communicate, as important information such as draw times and venues tend to get lost among emails, and not all parents use social media platforms as Facebook.



If you are looking for some help with running the sub's for your team, there is a free app called **SubTime** which is very helpful for keeping track of players and timekeeping.



# Junior Hockey Structure

Canterbury Hockey's junior hockey competitions are nationally aligned to Hockey New Zealand's Small Sticks hockey framework.

Players are generally introduced to the sport in the 6 or 7 a-side playing format, which provides a number of benefits such as more opportunity for skill execution and higher levels of player engagement.

In 2022, the year 7&8 Kwik Sticks grade will complete its transition from the 11 to 7 a-side format.

## Year 3-4 - MINI STICKS (6 a-side)

### Concept:

The year 3-4 grade (Mini Sticks) serves as athlete's first competitive hockey experience in a 6 a-side playing format with **no goal keepers**.

Enjoyment and safety are the most important elements in this grade, whilst the young athlete get the chance to experiment and learn from their first experience in live game situations.

Umpires – **Each team must supply one umpire**. This may be a coach, manager, or parent

# Year 3-4 Rule Variations: Mini Sticks

Field Size – Games are played on artificial surfaces which are approximately 1/4 of full-sized turf

Game Duration – **2 x 18-minute halves** with a 2-minute halftime.

Team Size – Six (6) players (on the field at any one time). Rolling substitutions are encouraged with a recommended team size of 8 players.

Goalkeepers – Goalkeepers are not permitted.

Penalty Corners – **No penalty corners** – instead, a free hit is awarded 1 meter outside of the circle. Where no circle is present, the free hit is to be taken from a position that is a notional 5 meters from the base line.

Long Corners – Anytime the ball goes over the baseline off a defender's stick, whether deliberate or not, will result in a free hit to the attacking team from half-way in line with where the ball crossed the baseline.

Raised Ball – Raised ball above the knee is deemed dangerous – including shots on goal. Umpires will use discretion for a raised ball below knee height. Danger will hold a different interpretation at this level than it does at other levels of competition.

## Year 3-4 - Coaching Mini Sticks

- Basic Hockey Skills – grip, push passing, receiving, ball carrying, tackling and hitting/sweeping. The fundamental skills of hockey should be a key focus for these athletes. Athletes are likely to find it easier to execute these skills whilst stationary, however, once the fundamentals of these skills are understood coaches should encourage athletes to do these ‘on the move’.
- Positional Concepts – the concept of positions should be introduced, with athletes having a go at all of them. Teaching should focus on spreading out to create space and taking on a simple role. E.g. Defender – “plays closer to their own goal, looks to pass the ball forward to their team mates and defends their goal”.

# Year 5-6 (6 a-side and 7 a-side) KIWI STICKS

## Concept:

The KIWI STICKS grade serves as the first competitive hockey experience for some, whilst for others it is another step in their hockey journey.

7 a-side teams mainly cater for athletes who have played in the MINI STICKS grade, or are naturally strong hockey players, playing with 6 field players and 1 goalkeeper (compulsory).

6 a-side teams cater for new or less experienced players playing with 6 field players and no goalkeeper.

Enjoyment and safety are again extremely important in this grade as young athletes gain further experience in small, sided games, encouraging a high number of touches on the ball and time engaged with play.

Umpires are supplied by the club/school managing the facility or Canterbury Hockey

# Year 5-6 - Rule Variations: Kiwi Sticks

Field Size – Games are played on artificial surfaces which are approximately 1/2 of full-sized turf.

Game Duration – **2 x 20-minute halves** with a 2-minute halftime.

Team Size – Six (6) players on the field at any one time (plus goalkeeper). Rolling substitutions are encouraged with a recommended team size of 8-9 players.

Penalty Corners – **Penalty corners are played.** Four (4) defenders, inclusive of the goalkeeper if applicable, will take their position behind the baseline as per 11-side hockey rules. All other players in the defending team must be in the opposite circle and must remain there until the penalty corner injection has been made.

Long Corners – Any time the ball goes over the base line off a defender's stick, other than deliberately, will result in a free hit to the attacking team from half-way in line with where the ball crossed the baseline.

Raised Ball – For teams with a goalkeeper a shot on goal can be a raised ball, however the umpire is to use discretion in interpreting danger for anything above the knee.

# Year 5-6 - Coaching Kiwi Sticks

- Basic Hockey Skills – Executing passing, receiving, ball carrying, tackling and goal scoring techniques both stationary and on the move should be a major focus. Emphasis can be put on carrying out these skills on both the forehand and reverse as well as having the ability to execute them under pressure from an opposing player.
- Introduction to set plays – Penalty corners are introduced in the Kiwi Sticks grade, so it is important that coaches help the athletes to develop an understanding of the rules and skills required. It is encouraged that set plays are kept as 'simple' as possible.
- Positional Concepts – The concept of positional play should be developed, with athletes playing a variety of positions. Creating height and width in play should be encouraged to create space for free flowing passing and ball carrying, whilst defensive principles such as protecting key areas and minimizing space are also important.
- Goalkeepers – In this grade it is encouraged that all players have a go at playing the goalkeeper position. Key coaching points for keepers include: Keeping hands up, feet shoulder

# Year 7-8 (7 a-side) KWIK STICKS

## Concept:

This grade is designed for both new and experienced athletes to focus on developing a strong foundation for full-field hockey before transitioning into the 11 a-side in our platinum (youth grade) or secondary school competitions.

By playing 7 a-side, it allows players and their coaches to put further focus on core technical skills and tactical concepts, in a simplified but fast paced playing format.

# Year 7-8 - Rule Variations: for Kwik Sticks

Field Size – Games are played on artificial surfaces which are approximately 1/2 of full-sized turf.

Game Duration – 3 x 15-minute halves with 2-minute intervals.

Team Size – Seven (7) players on the field at any one time. Rolling substitutions are encouraged with a recommended team size of 10 players.

Goalkeepers – Goalkeepers are compulsory. Note: Goalkeepers playing in the Kwik Sticks 11 a-side grade may be used in a field position for this grade. Field players in the Kwik Sticks 11 a-side grade may be used in the goalkeeper position of this grade.

Penalty Corners – Penalty corners are played. Four (4) defenders, inclusive of the goalkeeper, will take their position behind the baseline as per 11a-side hockey. All other players in the defending team must be in the opposite circle and must remain there until the penalty corner injection has been made.

Long Corners – Any time the ball goes over the base line off a defender's stick, other than deliberately, will result in a free hit to the attacking team from half-way, in line with where the ball crossed the baseline  
Umpires – Umpires are supplied or allocated by Canterbury Hockey

# Year 7-8 - Coaching Kwik Sticks

- Basic Hockey Skills – Executing passing, receiving, ball carrying, tackling and goal scoring techniques both stationary and on the move should be a major focus. Emphasis can be put on carrying out these skills on both the forehand and reverse, as well as having the ability to execute them under pressure from an opposing player. Basic penalty corner skills included injecting, trapping, and hitting should be developed.
- Requirements and execution of set plays – Penalty corners are introduced in the Kiwi Sticks grade, so it is important that coaches continue to help the athletes develop an understanding of the rules and skills required. It is encouraged that set plays are kept 'simple', and that skill execution is the focus.
- Positional Concepts – The concept of positional play should be developed, with athletes playing a variety of positions. Creating height and width in play should be encouraged to create space for free flowing passing and ball carrying, whilst defensive principles such as protecting key areas and minimizing space are also important.
- Goalkeepers – In this grade it is encouraged that all players have a go at playing the goalkeeper position, however if there is a player who wants to become a 'full time' goalkeeper it may be appropriate to have them play this position for a majority of the season. Key coaching points for keepers include: Keeping hands up, feet shoulder width apart with weight forward, kicking with inside of foot (not toe) and being brave.

# CHA - Rules

Full rules as set out by Canterbury Hockey Association are available via the following link:

[https://canterburyhockey.org.nz/content\\_page/10047412/](https://canterburyhockey.org.nz/content_page/10047412/)

# CHA - Confirmed changes for 2022

Following collaboration with all our junior clubs and schools, CHA has made the decision to make the following changes to our junior hockey competition structures.

Change 1 – No points tables in ALL junior hockey:

- Within all our junior grades (Mini Sticks, Kiwi Sticks, & Kwik Sticks) there will be no points tables.
- The score will still be recorded by match officials; however, this will not be made public on the website.

Change 2 – No finals in ALL junior hockey: • As there will be no points tables, it also means there will be no finals in all junior grades

# Covid Protocol

While the current Covid guidelines require an isolation period of 7 days from a positive test, we highly to **recommend that parents assess and allow 2 weeks** before returning to training or games.

This is for two reasons:

1. To reduce the chances of passing Covid on to teammates
2. To allow for a full recovery from Covid.

This season more than ever we will have times when teams are short players on game day. Please convey to your team that If they are going to be away, to give as much notice as possible.

We will have times when we ask players to fill in for other teams to prevent a game forfeit. Please encourage your teams to take the opportunity for extra game time.

# Coaching Support

Carlton Redcliffs is committed to provide coaching support for our junior coaches. Please contact either Lisa or Sheena who will put you in touch with our Coaching coordinator Pat Barwick.

Some great training drill examples can be found via the following links:

Canterbury Hockey Coaching Resources Webpage

[https://canterburyhockey.org.nz/content\\_page/10058522/](https://canterburyhockey.org.nz/content_page/10058522/)

<https://hockeynz.brackenlearning.com/resource-library>

# Training Venues

Each team will be provided with **1 hour of turf time** during the week for training.

This will be a partial turf in keeping with all of our hockey grades, year 3 right through to Division 1 and Premier level.

In 2022 the majority of our junior teams will train at Avon Hub (old Shirley Boys site). We have grouped the junior teams together to allow for a mixture of team and squad based training.

**For the first couple of weeks however**, we will be based at the Eastern Canopy complex, located within Rawhiti Domain at New Brighton. This is while we wait for repairs to the lighting at Avon Hub to be completed.

We will advise coaches and managers when we are able to transition to Avon Hub.

# Training and Season Dates

Practices start: Tuesday 3 & Wednesday 4 May

Games start: Friday 6 May Y 3/4 Boys

Saturday 07 May - all other grades

Final games: Friday 19 August Y 3/4 Boys,

Saturday 20 August - all other grades

No Play dates: Queens Birthday 04 June

Middle weekend of July School holidays 15 & 16 July

# Most Valuable Player and Player of the Day

We are all about **team**

As a club, Carlton Redcliffs have moved away from having Player of the Day and Most Valuable Player awards. This is to refocus junior hockey on what is important at this level; love for the game, fun, skill development, team culture and enjoyment.

We would encourage coaches and managers to refrain from having a weekly player of the day, and instead have a brief post-game team talk, focusing on:

- What went well for the team, including any stand out moments from individuals, and from combinations of players working together.
- Any instances of players translating what is learnt during practice to the game.

We promote the concept of “team”. A star team will always outshine a team of stars”

At the end of season celebration event, ALL team members will be presented with a certificate outlining their own **personal best** achievement and development during the season. Coaches and managers will be responsible for providing a brief statement for each child.

Concepts with each group:

- |               |   |
|---------------|---|
| Year 1 and 2  | Fun Sticks, Body position, Vision, Width, Team.   |
| Year 3 and 4  | Vision, Use of Space, Stationary Give n Go, support the passer.<br>Ball carry with L to R dodge, Receive on the move from L and R.                            |
| Year 5 and 6. | Vision, Give n Go, Priority Passes, 2 v 1, Support / Cover Def,<br>"Ball line". "Hot Line" defence.   |
| Year 7 and 8  | Dec Making - priority pass, Width / Depth (Space, Changing point<br>of Attack), Attack and Defence Principles (ie Cover Def, Screens,<br>Ball line. Transfer) |

# Thank you

Gear allocation

Questions