

Carlton Redcliffs Hockey Club

Junior Coaches and Managers Handbook

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Welcome

Dear Coaches and Managers,

Firstly, as a parent and passionate Redcliffs hockey person.... thank you!

We greatly appreciate your energy and commitment to volunteering your time to develop our youth as people and players.

This document is a living and breathing document which will be adapted over time with various reissues.

The fundamental thing for our Carlton Redcliffs ambassadors is that we always conduct ourselves well and put our players at the centre of our coaching and management approach

The key aspiration for our Reddos youth is:

1. 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.

2. FRIENDSHIPS

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

Onwards and upwards!!

Yours

Caleb Ballin



President

Carlton Redcliffs Hockey Club



Club values and culture

Club overall values

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

Our ideal player

This sets the filter for the longer-term player profile we want in our club

- They play the game with integrity and to the best of their ability every time
- We promote and value skill in players
- They play for the benefit of the team first and foremost
- When they can they give back to the club in terms of coaching or support of the club

Our ideal coach

- They set the tone for the team and live by our Clubs code of conduct and values
- They have up to date training and are aware of trends in the modern game
- They take people with them and inspire their players
- They are positive
- They support their fellow coaches

Our ideal supporter and volunteer

- Our supporters and volunteers are positive, they are committed and underpin our values and culture as a Club.

Code of Conduct

Carlton Redcliffs Hockey Club (CRHC) Code of Conduct

The following Code of Conduct is applicable for all Players, Coaches, Umpires, Technical Officials, Clubs, Parents and Spectators participating in or attending Carlton Redcliffs Hockey Club (CRHC) competitions or representing CRHC at approved competitions. The Code of Conduct allows for all involved to learn, improve and enjoy participation in the sport of hockey.

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.

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. Skills 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
- 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.

UMPIRES

- Always attempt to be unbiased in game decisions and look to utilise the other umpire when in doubt.
- Never initiate or return abuse or harassment from a player, coach, parent or spectator.
- Always check for the appropriate wearing of protective equipment.
- Keep yourself informed on the laws of hockey and sound umpiring principles.
- Deal with bad behaviour and unsporting conduct during the game swiftly before it escalates.

OFFICIALS

- Never initiate or return abuse or harassment from a player, coach, parent or spectator.
- Deal with bad behaviour and unsporting conduct in game dugouts swiftly before it escalates.
- Keep yourself informed on the laws of hockey and always attempt to be unbiased in decisions.

CLUB

- Teach your players to play by the rules.
- Remember children are involved in hockey for their enjoyment, not the clubs.
- Encourage your Teams to be on their best behaviour as they are representing your club.

Never abuse, harass or criticise their own or opposition players, coaches or umpires.

- Don't put winning above all else.
- Deal with bad behaviour and unsporting conduct swiftly. For juniors, involve the child's parents in resolving the behaviour or situation problem.
- Keep yourself informed on the performance and behaviour of your Teams, Coaches, Players, Parents and Spectators.
- Show Club respect for opposition Clubs, Players, Umpires, Coaches and opposing Spectators.

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 side-line management and critique.
- Never abuse, harass or criticise players, coaches, umpires or officials. Support from the side-line. Represent the club in a manner that enhances a positive culture from the side-line.
- 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.
- Encourage players to play according to the rules.
- Teach children that making the effort is as important as winning.
- Help children improve their skills and attitude to the game by creating a play hard but play fair culture at training and games
- Support a win graciously and lose graciously culture and focus on the effort from the players.
- Support players when they are defeated in games and celebrate with them for the games they win.
- Support all volunteers assisting to run the game including the umpires, officials, coaches and team managers. They give up their own time to provide the recreational activities for the enjoyment of all players and without them, there would be no hockey.

TREATMENT OF EQUIPMENT & FACILITIES

Maltreatment of equipment or facilities, either the Associations, Club's or individuals (including indiscriminate throwing of a hockey stick) is unacceptable and not safe and will not be tolerated and appropriate disciplinary action will be undertaken if this occurs.

CODE OF CONDUCT DISCIPLINARY ACTIONS

CRHC will not tolerate serious breaches of the Code of Conduct and any person or clubs found to have seriously breached the Code may be subject to disciplinary action. Such action may take the form of suspensions, banning from attending games, loss of team points or other sanctions as deemed appropriate. The club expects all members to create a respectful culture of support and encouragement for all.

RESOLUTION OF DISPUTES

Players and parents are requested to raise and attempt to resolve any game matters of concern with their relevant coach or team manager on the day or as soon as possible after the incident. If the matter is not resolved amicably or to the satisfaction of those concerned then the matter should first be referred to your Club Executive for consideration and if determined necessary referred to the Committee.

Policy Amendment

This policy will be reviewed annually and can only be amended on the approval of the Board of CRHC.

Protective Equipment

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

Where possible masks are available for appropriate grades, we strongly advise that they are worn during penalty corners. Please advise the Club secretary if there is a need for masks in this area.

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:

Head Injuries 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:

- 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.

We strongly recommend clubs and school provide face masks for use at penalty corners. In 2020 this is not compulsory but is recommended. We strongly recommend that all players in any Canterbury Hockey competition wear appropriate protective equipment. This particularly refers to mouth guards and shin-pads, but also includes ensuring that all players including goalkeepers have well maintained kit, appropriate footwear and nothing that is likely to catch on the turf or another player and cause injury. Please advise your playing community of our requirements for dealing with head injuries

Roles

Coach

Core role

- Be a role model for our youth players in reference to our values as a club
- Support our Reddoss youth to grow their confidence,
- Support our youth to learn and develop a lifelong love of our game.
- Help our youth to develop as an athlete and as a person.
- Remain positive, focused and in control: your players will reflect your personality.
- All individual and team feedback should be specific and delivered in a positive manner.
- Demonstrate a sincere interest in helping athletes to maximize their potential.

Skills outcomes

If we are to focus and ensure that basics are sound before we move on to the next ones. It is obvious that we will not be able to coach every part of the game or even all the basic skills in one season. It is very confusing for a young player to have to think of and try push passing the ball, and a few minutes later trying to learn to execute an Indian dribble. I suggest trying to concentrate on the following perhaps and building the game over 3-4 years.

Year 1 and 2: Fun Sticks. Open Face Ball carry with good vision. Push pass and upright receive...stationary and then moving.

Year 3 and 4: Open Face Ball carry with Left to Right drag (to change direction or eliminate). Forearm Push Pass on move - all directions with disguise, Upright receive on move - forehand and reverse side.

Year 5 and 6 Ball carry and Eliminations, Channel to tackle with fluid mobile footwork. On move Pass and Receive (Give n Go. .. support play), Passing to Right, Box Hit (progress to short back swing and crossover footwork) Goalscoring.

Year 7 and 8 Ball Carry and Eliminations, Channel/Chase tackles and footwork. Block Tackle. Cross Step Short Swing Hit on move (pass) and Goalscoring, Strong Receiving Forehand and Reverse - still and moving. Overhead Throw and receive.

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. 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, "Ball line". "Hot Line" defence.

Year 7 and 8 Dec Making - priority pass, Width / Depth (Space, Changing point of Attack), Attack and Defence Principles (ie Cover Def, Screens, Ball line. Transfer

Team Manager

RESPONSIBLE TO: The President and Committee

The estimated time commitment for the role is 2-3 hours per week during the season.

Typical responsibilities and duties

- Code of Conduct - Uphold and live by our Code of conduct
- Coordinate all required administration duties for the team i.e. In conjunction with the coach, set up and establish a clear communication network.
- Group communications - i.e. home phone, cell phone texting, email addresses or heja group
- Effectively liaise with athletes, coach, etc regarding upcoming games and any changes.
- Give clear notification to players of games, practices, venues and cancellations via daily notices, sports notice boards, telephone, email, text or heja
- Assist the team coach in coordinating and organizing activities outside of the coaching realms i.e. uniforms, team musters, team bonding etc.
- Attend team games
- Equipment - Organise equipment (uniforms, first aid kits etc) - Ensure it is collected from the Gear container and returned at the end of the season
- Registrations – Ensure players are registered online as advised by the Junior Club Captain
- Playing Subs – Follow up with players to ensure subs are paid as advised by the Junior Club Captain – no pay no play unless an arrangement of payment is in place with the club
- Adjudicating any problems that may arise amongst team members, parents, the coach and supporters
- Uniform - Ensure all players wear the correct uniform at all times
- Ensuring all equipment is safe, the first aid kit is ready for use and the players have their own drink bottle
- Ensuring the match/score card and any other rules/regulations of the competition are carried out.
- Ensuring all welfare and safety requirements for the team are met.
- Ensuring all players remain together at the competition and support each other whilst they are representing the club

Knowledge and Skills Desired:

- Can communicate effectively and has good interpersonal skills.
- Is positive and enthusiastic and well organised.

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 ensure we retrieve 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.

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. Please ensure you have enough bibs for upcoming games.

Club 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.

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 12
- Bibs - up to 9
- First Aid Kit x 1
- Reusable Ice pack x 1

Grade Expectations

The following is from the Canterbury Hockey Junior Coaching Handbook

This document is produced to assist Junior Club Captains, School hockey coordinators, and coaches of junior's teams playing in competitions that fall under Canterbury Hockey's Junior Winter Competitions.

Any rule related matter that is not covered in this document requires reference to the "[Canterbury Hockey \(CHA\) Competition Rules and Regulations 2022](#)" document; this document is available for download from the Canterbury Hockey website.

It should be noted that the CHA Competition Rules and Regulations document authorizes appropriate operational committees to administer, interpret and give dispensations in certain instances, to the rules and regulations. Any Club or School that has issues complying with the requirements of CHA competitions, should contact the Junior Advisory Committee (via joe@hockeycanterbury.co.nz) to establish whether dispensation can be sought for a certain rule or regulation.

Canterbury Hockey Junior Competitions Structure Explained:

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 (please refer to 'why small-sided games' below for more detail). In 2022, the year 7&8 Kwik Sticks grade will complete its transition from the 11 to 7 a-side format. There will however be an opportunity for clubs and schools to opt-in to a year 7&8 11 a-side introduction programme during school term 3, should they wish to do so.

Please see below a breakdown of each grade, the rule variations, and some coaching guidelines. Please note, Fun Sticks coaching guidelines are not included in this document as they are covered in the [Hockey New Zealand Fun Sticks delivery manual](#).

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.
- Rules Variations:**
- 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.
 - Umpires** – Each team must supply one umpire. This may be a coach, manager, or parent.
- *Please note, for full competition rules, please refer to 'CHA rules and regulations 2022' on the Canterbury Hockey website
- Coaching:** In addition to the guidelines on page 2, coaches in the Year 3&4 (Mini Sticks) grade are encouraged to focus on the following.
- 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"*. For more information on recommended positional concepts please refer to [Canterbury Hockey's 6/7 a-side principles document](#). Please note, this document is more relevant for experienced year 5&6 (Kiwi) and year 7&8 (Kwik) 6/7 a-side teams, so simplified principles/concepts should be taught to year 3&4 athletes.

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

- 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. Divisions 1-5 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). Divisions 6 and below mainly 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.
- Rules Variations:**
- 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. Rolling substitutions are encouraged with a recommended team size of 8-9 players.
 - Goalkeepers** – For Divisions 1-5, seven (7) players on the field at any one time, one (1) of which must be a goalkeeper. **Note:** In any instance where there is no goalkeeper, for whatever reason, then only six (6) players may take the field at any one time. For Divisions 6 and below, six (6) players are allowed on the field at any one time. Goalkeepers are not permitted.
 - 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-a-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 Divisions 6 and below a shot on goal can be a raised ball, however the umpire is to use discretion in interpreting danger for anything above the knee. For the sake of clarity, for Divisions 1-5 normal hockey rules apply.
 - Umpires** – Umpires are supplied by the club/school managing the facility or Canterbury Hockey.
- Coaching:** In addition to the guidelines on page 2, coaches in the KIWI STICKS grade are encouraged to focus on the following.
- **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. For more information on recommended positional concepts please refer to [Canterbury Hockey's 6/7 a-side principles document](#).

- Grades with 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 width apart with weight forward, kicking with inside of foot (not toe) and being brave. For more information on goalkeeping skills and techniques, please refer to the [Canterbury Hockey Goalkeeper skills resource](#).

KWIK STICKS – Year 7-8 Super 7's (7 a-side)

- 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.
- Rules Variations:**
- 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.
- Coaching:** In addition to the guidelines on page 2, coaches in the KWIK STICKS 7 a-side grade are encouraged to focus on the following.
- 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. For more information on recommended position concepts please refer to [Canterbury Hockey's 6/7 a-side principles document](#).
 - 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. For more information on goalkeeping skills and techniques, please refer to the [Canterbury Hockey Goalkeeper skills resource](#).

Small Sticks: Why Small Sided Games

We often get asked why our young hockey players are playing small side games and why moving to a full field to play 11 a-side early on is not always best for an athlete's development. Below is a list of some key factors to consider with small sided and why it is so important to a young hockey player's development:

THE BENEFITS OF

SMALL SIDED GAMES

SMALL SIDED GAMES VS TRADITIONAL FULL FIELD GAMES

2x MORE METRES RUN	5x MORE GOAL SHOTS	4x MORE GOALS SCORED
4.5x MORE PASSES MADE	4.5x MORE PLAYER TOUCHES	

* NZH Small Sided Games Study

DEVELOP SKILLS

GAME AWARE

ENGAGE = ENJOY


Players are **more involved** because; the structure encourages **more decision making**.
They get **more touches** & **they run more!**

▶ **ESSENTIAL SKILL DEVELOPMENT**

- Passing
- Receiving
- Leading into space
- Recognising space & opportunities

▶ **BENEFITS OF SMALL FIELDS**

- 1 Coaching made easier with positioning and structure
- 2 Help children develop a;
 - Give & Go Assist methodology
 - Strong foundation for full-field game
 - Positive style of play



For further information visit hockeynz.co.nz/about-us/hockey-is-changing

Training

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 our hockey grades, year 3 right through to Division 1 and Premier level.

Drill examples are enclosed as links below:

[Canterbury Hockey Coaching Resources Webpage](#)

https://canterburyhockey.org.nz/content_page/10058522/

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

Rules

Full rules as set out by Canterbury Hockey Association are available here

https://canterburyhockey.org.nz/content_page/10047412/

Umpiring

Juniors Kwik Sticks 11-aside All games will be umpired by scheduled umpires from the Junior Umpiring Group.

Kwik Sticks 7-aside All games will be umpired by scheduled umpires from the Junior Umpiring Group or a team supplied umpired.

Kiwi Sticks Each club and school will be allocated a Kiwi Sticks umpiring venue at the beginning of the season. All clubs and schools must provide umpires aged 19 or under for each game held at their allocated umpiring venue. Umpires are expected to enforce all rules of hockey, including special rules applying to this grade.

Mini Sticks Each team must provide an umpire for each game. This may be a junior umpire, parent or coach