**THE UWA HOCKEY CLUB WAY**

**PLAYING AND COACHING JUNIOR HOCKEY AT UWAHC IN 2021**

**Introduction:**

This document describes how we play, coach and develop our junior hockey players at UWA Hockey Club.

It is not a coaching manual. It is intended to;

1. Provide guidance and direction to junior division coaches,
2. Provide a structured training plan/expectations for all junior coaches/teams
3. Enable players to gain an understanding on how we play hockey at UWAHC

There is lots of coaching information on the UWAHC webpage for coaches as well as players to access.

**Objectives of the Junior Division:**

1. We will provide a positive and enjoyable environment where each player, regardless of ability, can develop their skills.
2. “It’s not just a club, it’s a lifestyle”. UWA Hockey Club aims to provide an environment for players to develop a love for hockey and UWA Hockey Club and establish strong lifelong friendships within the club.
3. We want all our players and their parents to be strong advocates for the club. The UWA Hockey Club has strong expectations for both players and parents in relation to acceptable behaviour.

**HOW WE PLAY JUNIOR HOCKEY AT UWAHC:**

Hockey is a team game. We want every player to enjoy playing hockey and to feel that they are contributing positively to the result each week.

Simple messages and repetition at training will make us better players and teams

Winning is good but it is not the most important consideration.

What is important?

* Teamwork
* Communications
* Mental Approach (The Mental Game)
* Friendships
* Enjoyment

**THE UWAHC WAY:**

* Hockey is a game of running and passing – hard running and early passing.
* We play our positions and as a team – every player is equally important.
* We attack through the right whenever possible - we love scoring goals.
* We are skilful and patient – make good dribbling and passing decisions
* We are fit and work hard – we never give in.
* Team Defence always – whether in the front half or backline.
* We are respectful to the opposition.

**THE UWAHC WAY – TRAINING PLAN:**

* We play the way we train.
* Training should be at a high tempo.
* Training should be fun because we are working hard.
* Repetition makes us better players!

We expect every coach to train their team as per the training modules below:

MODULE 1 – pre season 1 March 2021 to 23 April 2021 (6 weeks + school holidays)

Training focus on “skill development – dribbling and passing”

MODULE 2 – 26 April 2021 to 21 May 2021 (4 weeks)

Training focus on “transferring at every opportunity”

MODULE 3 – 24 May 2021 to 18 June 2021 (4 weeks)

Training focus on “1st pass = best pass”

MODULE 3 – 21 June to 30 July 2021 (4 weeks + school holidays)

Training focus on “mark in front & Intercept”

MODULE 4 – 2 August to 3 September 2021 (5 weeks)

Training focus “Run Hard – No Excuses”

MODULE 5 - 6 September to 17 September 2021 (2 weeks)

Training focus – “preparation for finals”

Training plans will be developed for each module and distributed to all coaches. Coaches will be expected to follow the training module.

**Code of Conduct:**

Our Code of Conduct is available on the UWAHC webpage.

It is a living and breathing document and we expect players, coaches, administrators and parents in the junior division to act in accordance with the requirements of the Code of Conduct.

To act in accordance with the Code of Conduct we ask that you consider these five questions when taking actions or making decisions in a hockey environment. If your answer is yes to each question then you are probably behaving in line with the Code of Conduct and demonstrating what we ask of you as a player, parent or club official. If you answer no then we ask that you reconsider before acting, or consult with someone else to get a second opinion.

* Will I be acting according to the rules,
* Will I be acting in accordance with the spirit of the game,
* Would I/am I having a positive impact on the team or the junior division reputation by what I say or do,
* Will I be showing respect for others in my actions, and
* Will I be supporting or helping someone develop.