# KING COUNTRY JUNIOR HOCKEY HANDBOOK

# Get it right from the start

**The following guidelines will help you to set the scene for a positive experience for all hockey enthusiasts, whether you are a coach, player, official or supporter. Our aim is to encourage commitment and behaviour parameters to make Hockey enjoyable for everyone, no matter what level is being played.**

## Coaches, support crew and fan club.

* Insist that your children play within the rules.
* Respect and acknowledge a child’s or team’s efforts, regardless of whether they have won or lost.
* Encourage their efforts and skill development.
* Be a positive role model. Never shout at or ridicule player or officials.
* Support and applaud the efforts of children in both teams.
* Respect decisions of officials and coaches.
* Show appreciation to people who volunteer their time to the game.
* Ensure children understand their responsibility towards the team. E.g. to attend training regularly and to inform coaches in advance if they cannot attend training or a game.
* Make an effort to understand the rules.
* Ensure the correct use of safety equipment, particularly mouth guards and shin pads.
* Treat children as children and not little adults.
* Remember that children play hockey primarily for their benefit and enjoyment rather than yours.

## Players can be reminded to

* Play to their best ability.
* Recognise the efforts of their team mates and opponents.
* Remember to thank the coach, umpires, opposition team and supporters.
* Learn the rules and play by the rules.
* Respect and accept the decisions of umpires and coaches.
* Understand that they have a responsibility towards their team by attending training regularly and to inform the coach in advance if they cannot attend training or the game.
* Help others in their team.
* Treat the opposition with respect. Cheer and shake hands with the opposition and thank the umpires at the conclusion of the game.

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# KCJH Code of Conduct

(taken from WHA code of Conduct and Judicial Process 1/6/2016)

KCJH’s code of conduct governs any member, player, team, umpire, coach, manager, volunteer and any other person who, participates, spectates and / or is involved in any way in any activity held at KCJH’s facilities or is involved in any activity under the auspices of KCJH.

## **Behaviour on the field**

Please:

* Respect others at all times.
* Be fair and honest at all times
* Be responsible for your own actions
* Do not abuse others verbally of physically
* Do not discriminate against others.
* Be safety conscious for yourself and others at all times
* Be a positive role model

## Unacceptable Behaviour

Unacceptable behaviour will not be tolerated in any form from any member or spectator. Unacceptable behaviour includes,

* + Violence in any form
  + Assault by any member or spectator on another person
  + Verbal abuse by any member or spectator towards any other member or spectator.

Hockey New Zealand General Code of Conduct and Ethics

KCJH and all members of KCJH are affiliated to Waikato Hockey which is affiliated to Hockey New Zealand (HNZ) and therefore are bound by the rules, regulation and code of conduct of HNZ.

## All Enquires contact

**Alison Ferris, Secretary:** [**kcjhsecretary2019@gmail.com**](mailto:kcjhsecretary2019@gmail.com)

**Wendy Verry, Scores and Draws** [**kcjhdrawsandscores@gmail.com**](mailto:kcjhdrawsandscores@gmail.com)

2020 KCJH Committee Members, Jo Alcock, Trudy Denzie, Ben Stubbs, Bex Stubbs, Sam Usher, Sarah McElroy, Kris Neal, Shaina Downey, Missy Tapu

2020 Competition Outline

**Indicator pipes to be located on fenceline to help identify this zone on large sized Junior ‘A’ fields.**

# Competition structure

**Junior B grade,** recommend years 2 - 4 , year 1 can compete at this level but we suggest they do a Funsticks course where possible. To be played on 1/3 Turf

**Junior A grade,** recommendedyears 5 and 6. To be played on ½ turf

**Intermediate grade,** recommended years 7 and 8. To be played on full turf.

# Fun Sticks

A progressive programme for 4-6 year olds that will introduce your child to hockey through basic fundamental skills and fun hockey games.

# Extended Player Development

Player development for representative and or Friday night 11-a-side hockey in Hamilton falls under the King Country Development program. For more information about this program contact Trudy Denize at vanbeekdesigns@gmail.com

# Cancellations

It is very rare for primary hockey to be cancelled as we play on an artificial surface.  
Sometimes we do experience flooding on the turf, but this drains away quickly once the rain stops.  
Since Te Kuiti weather can vary a lot from hour to hour, and district to district.  
If weather conditions are severe (heavy rain & strong winds) games will not go ahead.  
Cancellations will appear on the Facebook page by 1.00pm.

# Draws

The draws and season schedules are emailed to all schools, hockey co-ordinators and will be posted on the KCJH Facebook account. Ensure you check this page regularly for any updates.

# **First Aid**

All teams are expected to bring their own basic first aid supplies:  
Icepack, plasters, larger dressings for grazes & cuts, crepe bandages, disposable gloves, a flannel or clean cloth.

# **Score Cards and Results**

It is wise that both umpires record scores on a **scorecard** and confer at half-time and at fulltime with the other team’s umpire. Please email scores through to [**kcjhdrawsandscores@gmail.com**](mailto:kcjhdrawsandscores@gmail.com)

# Time keeping.

Games should start promptly at the scheduled time, 3:40pm or 4:20pm. Teams are to agree on a timekeeper who will time the games and indicate loudly to the umpire the end of the first half, the end of half time and the end of the game. Game finishes on timekeepers call. Even if a game starts late, because players are late arriving or some other reason, it must still finish by the time scheduled for the following game to begin on time.

# Umpires

The umpires are the "third team" on the field at our mini hockey games. They are the ones who keep the game fun, fair and safe for the players.

Each **Junior B, A and Intermediate** team is to provide an umpire for their own game, preferably not the coach. Umpires can provide a degree of support while umpiring the game but they cannot provide it to a level that will affect the outcome it in favour of their team. Umpires may be parents, siblings or Secondary student.

Umpire support will be available at the beginning and throughout the season. Please remember that young (and even old) umpires, just like players, are learning their craft as well, and need as much encouragement and positive feedback as possible. Each team is expected to have an Umpire at the Waikato Hockey umpiring session at the beginning of the season, this is worth TWO competition point

King Country Junior Hockey

By-Laws –Competitions and Playing Conditions incorporating Junior B, Junior A and Intermediate grades. (Adopted: November 2015)

### Introduction

* 1. These rules shall override any previous rules.
  2. These rules are based on Waikato Hockey Association rules of which King Country Junior Hockey is affiliated to.
  3. King Country Junior Hockey (KCJH) has final discretion over these rules and their application, and may at its discretion waive any rules. Any Requests for dispensation to these rules must be in writing to KCJH.
  4. These rules will be available on the KCJH Facebook

### Code of Conduct

* 1. The Hockey New Zealand Code of Conduct will apply to all hockey within KCJH.

### Control and Jurisdiction

* 1. All games shall be under the control of the KCJH.

### Fees

* 1. Annual entry fees for the local competition shall be set by KCJH prior to the commencement of the season. There will be no refund of fees for teams that withdraw after the commencement of the season.
  2. Please note that individuals and teams playing in external competitions (e.g., Waikato 11 a-side) may be required to pay additional entry fees for the particular competition.

### Duration of Games

* 1. The duration of games will vary depending on the format of the games (e.g. 7-a-side Intermediate or 6-a-side Junior. Umpires will ensure that games finish at the scheduled time irrespective of the time a game is started.

### Team Entries

* 1. All team entries must be received no later than Friday 3rd April 2020.

### Eligibility

* 1. Students attending a school that enters a team or teams in the KCJH competition shall play for a team from their school.
  2. Where a school does not have sufficient players to enter a team, that school may:
     1. combine with another school to form a team for the KCJH competition, or
     2. agree to release those students to play for another school, if a request is made in writing to the principal of the school for a release and acceptance from the principal or hockey coordinator of the host school.
  3. Dispensation is available to students who do not wish to play in the local Intermediate competition but want to be available for the 11 a-side Hamilton competition and/or the Representative team. Submissions are to be made to the Rep Co-ordinator who will present each case to the Executive Committee for deliberation.

### Player Registrations

* 1. All schools/clubs must submit their player registrations electronically on the form supplied by KCJH.
  2. Valid registrations should include full name, gender and date of birth. Each school must supply a weekday and after hours contact person and their contact details.
  3. Registrations must be received at the KCJH office no later than 5pm on the on the date advised by KCJH.
  4. New player registrations will be accepted throughout the season but must do so before the commencement of their first game.

### Squad registrations

* 1. Each 7-a-side team must contain at least 8 players.
  2. Each 6-a-side team must contain at least 7 players.
  3. No player may be nominated in more than 1 squad.
  4. Players may be added to a squad at any time within the competition with the exception of the semi-finals or finals.
  5. Additions to a squad require resubmission of a complete Squad Registration Form. This form must be received by [kcjhsecretary2019@gmail.com](mailto:kcjhsecretary2019@gmail.com) before the new player plays a game.
  6. Match points may be altered retrospectively by the KCJH Committee if squad registration rules are found to have been breached.

### Withdrawal from the competition

If a team is withdrawn from the competition after the draw has been completed for the round; then the defaulting team will be deemed to have defaulted the games for the rest of the round.

### Age Limits

* 1. Players for the Junior B grade must be enrolled in Years 2 to 4.
  2. Players for the Junior A grade must be enrolled in Years 5 to 6, the team can also be made up from players from lower year levels.
  3. Players for the Intermediate grade must be enrolled in Years 7 and 8, the team can also be made up from players from lower year levels.
  4. Schools may need to combine year groups to form a team.
  5. Players may play up a grade for their year level but a request for dispensation to KCJH will be required for students playing down in a lower competition level.
  6. Fill-ins and loan players from other teams are allowed if a team does not have enough of their own players available to make up the minimum required numbers (Refer point 9, squad registrations) but they have to be from the same grade or lower.

### Transferring Players

* 1. Where a player is transferring during the season to another school within the KCJH, notification must be provided to KCJH by an authorized person from each of the affected schools.

### Grading

* 1. Schools may nominate a grade for a team to play in but must comply with age limits (refer to note 11.1-11.3).
  2. KCJH committee shall decide the number of teams within each grade, a grading game may be required.
  3. KCJH retains the right to re-grade any team.
  4. Grades for teams will be advised when the registered number of teams has been finalized. The grades will be advised in a newsletter before the start of the season.

### Balls

* 1. Each team will provide one hockey ball, which conforms to the Rules of Hockey.

### Uniforms

* 1. All teams must wear a distinctive uniform, playing strip to be registered at time of entry.
  2. All teams are required to have coloured bibs available to be used if there is a clash of colours. If such a situation occurs the team listed first on the draw is required to provide and wear the bib.

### Points

* 1. Points shall be awarded as follows:

3 points for a win

1 point for a draw

0 points for a loss

2 points for each team who has a representative at the Umpires Meeting.

### Score Cards/Result notification

* 1. Umpires will ensure the final score is correctly recorded.
  2. Results must be notified to [kcjhdrawsandscores@gmail.com](mailto:kcjhdrawsandscores@gmail.com) within 48 hours of a game by the winning team. If the result is not received by the KCJH Draws Convener within the above deadlines, the result of the game will be recorded as a draw and each team will be awarded 1 point.

### Competition Rules

* 1. All games will be in accordance with the rules of the Games of Hockey and regulations of Hockey New Zealand (“HNZ”).
  2. Rules for Junior and Intermediate competition will be provided to teams prior to the commencement of the season.
  3. Placing in any round robin will be determined using the following criteria in the specified order:
     + 1. number of points
       2. number of matches won
       3. goal difference
       4. goals for
       5. if one team has defeated another

### Championship Round Rules

**Rule changes in 2019:**

**Junior A & B**

* 1. A and B grade semi-finals and finals, if the 6-a-side game is tied at the end of regulation time, “shoot-out” rules will apply.
  2. 3 players from each team will take turns to hit a stationery ball from the top of the teams 10m line towards the goal of the opposing team. The opposing team’s goal will not have a goalkeeper. The team with the most goals after all 6 has played wins.
  3. If the scores are still tied, then the other members of the team will continue the shoot out under ‘sudden death’ rules where the winning team is the one awarded one more goal than the opposing team after the same number of extra shootouts.

**Intermediate**

* 1. Intermediate grade semi-finals and finals, if the 7-a-side game is tied at the end of regulation time, 5min extra time will be played, after which if the score is still tied the following “shoot-out” rules apply.
  2. 5 players from each team take turns at the goal and they nominate 1 to defend (usually the goalie) who can also take turns at goal. Shots are taken alternately against the goalkeepers making a total of 10 shootouts. The goalkeeper /defender starts on or behind the goal line between the posts.

The attacking ball is placed on the mid-point of the field. The attacker stands behind the ball, the 2nd umpire with their back to the shootout blows a whistle to start the 8 second countdown, the attacker starts the shootout by running the ball into the circle, if it is deflected off the goal keeper the attacker can continue to play the ball until the shootout is completed. A goal can only be awarded if the ball is struck from inside the circle. The shootout is completed when:

1. A goal is scored

2. The ball goes out of play over the back line or the side line (the goalkeeper is allowed to intentionally knock the ball over the backline)

3. The 8 seconds has elapsed and the whistle has been blown by the 2nd umpire.

4. The attacker commits an offense.

5. If the goalkeeper commits an unintentional offense the individual’s shootout is re-taken. In a deliberate offense 1 warning is given by the umpire, the individual shootout is retaken and if the deliberate offense re-occurs a goal will be awarded to the attacking team.

In the event of a tie after 10 shootouts a second lot of ‘sudden death’ shootouts using the same players takes place (not necessarily in the same order). Sudden death is when both teams take one more shot at goal each and this continues until one team scores a goal when the other team doesn’t.

### Player Eligibility for Finals and Semi-finals

* 1. A player may not play for a team in the semi-final and final of that round, unless they have also played at least half of the round robin games as a member of that team (i.e. they are a genuine member of the team). Dispensation can be applied for from KCJH for registered players returning from injury/illness or lower grade players from the same school required to be used in the semi-finals and or finals.

### Promotion/Relegation

* 1. KCJH may at its discretion promote or relegate teams.

### Defaults/Deferments

* 1. Defaults must be notified to the Draws Convener. A score of 5-0 will be awarded to the non-defaulting team.
  2. Teams may NOT request deferments.
  3. KCJH will try to accommodate teams that are not able to play on certain dates due to other school commitments, e.g. camps, provided the KCJH Draws Convener is notified of those school hockey commitments prior to the start of the relevant round.

**Primary**

* 1. Defaults are to be notified to the Draws Convener at the earliest opportunity as well as the opposing team.

### Numbers for a game to commence

* 1. Junior 6-a-side teams must have at least 5 players for a game to commence.
  2. Intermediate 7-a-side teams must have at least 6 players for a game to commence. (Note: Teams for all Intermediate 7-a-side grades may field a goalie as a 7th player. The goalie must be wearing full protective clothing if the team chooses to play a goalie as a 7th player.)
  3. If for any reason play has not commenced within 5 minutes of the scheduled start time, the team unwilling or unable to proceed will be deemed by the umpires to have defaulted the match.

### Cancellations

* 1. Cancellations are rare as they throw the whole season out.
  2. Cancellations will be advertised on the King Country Junior Hockey Club Facebook Page.

### Interruption to games

* 1. Umpires may interrupt a match due to extenuating circumstances such as weather or serious injury.
  2. If the game is started and interrupted before half time, the result will be the score at the time of the interruption at the discretion of the umpires.
  3. If the game is started and interrupted after half-time, the result will be the half time result.

### Health and Safety

* 1. It is compulsory for participants to wear a mouthguard, shin pads and suitable footwear.
  2. The wearing of hard peaked caps is prohibited.
  3. Participants must leave the turf if bleeding and may only return to the game with the wound covered and uniform free of exposed blood.
  4. All teams are responsible for their own first aid (including having ice on hand for injuries). Where there are any serious injuries, assistance should be sought at the Te Kuiti Medical Centre, St John’s or Te Kuiti Hospital Emergency Department.
  5. Each team must have a coach or manager present during the game.

### Misconduct

* 1. All reports on misconduct by players, managers, coaches and spectators should be notified by email to the Secretary [kcjhsecretary2019@gmail.com](mailto:kcjhsecretary2019@gmail.com)within 48 hours. In the case of any match played on a Friday then the report must be notified to the Secretary by 4 pm on the Monday following the match.

### Protest

* 1. If a school wishes to lodge a protest at the end of the match, the protesting school’s team manager or coach shall first have an initial discussion with the other coach/manager. If matter is unresolved a formal protest can be lodged.
  2. Protest must be in writing and emailed by the school to the Secretary [kcjhsecretary2019@gmail.com](mailto:kcjhsecretary2019@gmail.com) within 24 hours of the end of the match and in the case of any match played on a Friday then the protest must be received by 4 pm on the Monday following the match. If the protest is not received in writing prior to the above deadlines, then it will be deemed that no protest has been registered.
  3. The written protest shall be accompanied by the sum of $50.00, refundable only if the protest is upheld. Failure to pay the sum of $50.00 will result in the protest be considered void.
  4. KCJH will convene a meeting as soon as practicable to consider the protest. KCJH’s decision shall be given in writing to the school within 24 hours of the conclusion of the meeting. The decision of KCJH shall be final and no appeal will be entertained.

### Rostered Duties

* 1. KCJH may roster any school to provide sufficient volunteers to perform any rostered duties as determined, during the season.
  2. Each school is to ensure that sufficient volunteers are available to fulfill any rostered duties, e.g., venue set-up and venue clean-up.

**KCJH Junior A & B Hockey Rules (revised March 2019)**

**Rules and Guidelines**

1. 6 players per team on the turf at any one time. Rolling substitutions are allowed. Rotation of positions is essential. Children should get the opportunity to play in a variety of positions

2. 13 minutes each way, 2 minutes for half-time, 2 minutes between games

3. Play across a ¼ of a full sized hockey turf (we apply our own field size rules)

4. Footwear, mouth guards and shin pads must be worn by all players

5. Standard hockey balls are to be used

6. The ball may be **pushed or slap** **hit** anywhere on the field, including a shot at goal-players slap hit with hands wide apart on the grip. Hitting with hands together is likely to become dangerous.

7. **Autopass.** Players only in the Junior A division may auto-pass (tap and go themselves) for any free hit offence, start of play or sideline outage. The opposition must be back 5m or if they are not, may not interfere with play-otherwise award another free hit. Auto-passes are not allowed in the Junior B division.

8. A goal can be scored from anywhere within the **10m attacking zone marked by white paint on the novaflo or cones at Centennial Park and Piopio Primary.**

9. There is no sideline, play continues up to the novaflo. If the ball jumps the novaflo, a free hit is taken by the other team at a point where the ball went over.

10. The stick is not to be raised above the shoulder. This is dangerous play

11. There are **no goalkeepers** and **no** player is to be appointed to stand in goal. However, players may run back and defend their goal.

12. There is **no offside.**

13. The ball is not allowed to rise above ankle height in Junior B and not allowed to rise above knee height in junior A, because of danger.

14. **Penalties in the attacking zone including long corner**. If a defender makes an infringement within the 10m scoring zone, **or** clears the ball over the backline (accidently or deliberately); the attacker is awarded a free hit on the 10m line (paint marks on pipes at TKHS, noodles on fence for Junior A at TKHS or cones at Centennial Park and Piopio Primary) in line with where the infringement occurred or in line with where the ball went over the back line. Note: After the free hit by the attacker, **another attacker’s stick must touch the ball within the 10m zone for a goal to be scored.**

15. **Out over the backline by attacker (‘16 yard’ – 10m**). If an attacker clears the ball over the defender’s back line or if the attacker infringes within the 10m scoring zone, the defender is awarded a free hit on the 10m line, in line with where the infringement occurred or in line with where the ball went over the back line.

16. **Free Hit (Infringement)**. All players must be 5m away from the player taking the free hit (including the centre pass).

A **free hit** **(infringement)** is given when:

a. A player deliberately steps across and places their body between an opposing player and the ball (when it is within playing distance)

b. Physical contact is made with another player that disadvantages them

c. An opponent’s stick is hooked or held

d. The ball is stopped with the feet or kicked by a player and they gain an advantage. Encourage children to get their feet out of the way. When there is no advantage gained, let the game flow, umpires should allow the game to continue

**New Rule 2019**

e. Hacking, a foul called by the umpire for tackling another player’s stick instead of the ball.

**General**

* **Each team is to provide an umpire with a whistle.**
* **When play is stopped explain why it has been stopped.**
* **If the score gets to 5-0 the winning coach may use discretion to move strong players to the back.**
* **Keep the game flowing as much as possible**
* **Umpires, please indicate by pointing when you are playing advantage and lower your hand when it is over.**
* **Any rules which are not clarified above and come into dispute will be resolved based on the rules supplied by NZHockey.**

**KCJH Intermediate Hockey Rules (revised March 2019)**

 1. **7** players per team on the turf at any one time comprising either 7 field players or 6 field players and a fully equipped goalie.

2. **Interchange players** are allowed in each team. Teams may make substitutions at any time except during penalty corners.  Substitutions are to be made at the half way.

3.  **18 minutes each way, 2 minutes for halftime, 2 minutes between games.­**

4.  Play across ½ of a full sized hockey turf.

5.  Footwear, mouth guards and shin pads must be worn by all players

6.  Standard hockey balls are to be used

7.  The ball may be pushed, slap hit or hit anywhere on the field, including in the circles.

8.  **Auto pass:**The player taking a free hit or centre pass now has the option of passing to another player, or making an auto or selfpass, effectively a tap-­and-­go action. The opposition must either be back 5m, or if they are not, may not interfere with play­

9.  **Free hits** awarded within 5m of the outside the ‘D’ semi-circle must have the attackers have move the ball at least 5m either by the player with possession of the ball or by hitting to another team player **before** the ball can enter the ‘D’. If the ball is hit into the ‘D’ without it travelling the 5m then it is becomes a free hit to the defending team from the top of the ‘D’.

10. When a**free hit** is being taken (including sideline hits and each start/restart of play from the halfway), all defending players should be at least 5m away from the ball or retiring. (Umpires may allow advantage to the attacking team if a defender is less than 5m away.)

11. Raised balls: A player may**lift the ball** skillfully over an opposing player’s grounded stick in the field **(Guideline: no higher than the top of the knee).** At times they are accidental and no one is in danger, general rule if a raised ball in the field requires a player to get out of the way as it endangers them then a free hit can be awarded.

A field goal can be scored by raising a ball above the knee height but it must not be a dangerous ball, i.e hit towards another player that requires them to get out of the way.

12. There is no **offside.**

13. **Goals** are scored when the ball is played by an attacking player within the circle. An attacker may hit, push or slap hit when shooting for goal**.**

 14. **Penalty corners**are awarded when there is an infringement in the circle by the defending team; this includes if a defender deliberately knocks the ball over the back line.

a.  The defending team has **4** players behind the goal line (including goalie or 4 without a goalie). All other players on the defending team must be waiting back over the hallway line in their half. Defenders can move once the ball has been touched by the attacking team member injecting it through the ‘D’.

b.  The attacking team stand outside the circle

c.  The ball can be hit or pushed out by an attacker (injector)

d.  The ball must travel outside the circle, and then brought back into ‘D’ before a goal can be scored. .

e. If the **first** hit towards the goal from a PC is a **hit or slap** shot, it must not be higher than the backboard, otherwise it will be disallowed; a deflection, a flick or a push hit may be higher than the backboard but must not be dangerous.

 15. There are **no** penalty strokes. Replaced by penalty corner.

 16. A**long corner** is awarded if a defender accidentally puts the ball over the back line. Long corners are taken at a point in-line with where the ball crossed over the backline approximately from the 15m back, (everybody must be 5m away and no direct shot into the circle is allowed).

 17. If the ball goes over the sideline, the opposing team takes a **free hit**at that place; all defending players should be at least 5m away from the ball or retiring. (Umpires may allow advantage to the attacking team if a

defender is less than 5m away.)

 18. Sticks are not to be raised, or used, in a dangerous manner, including lifting them over the heads of other players.

A **free hit** **(infringement)** is given when:

a. A player deliberately steps across and places their body between an opposing player and the ball (when it is within playing distance)

b. Physical contact is made with another player that disadvantages them

c. An opponent’s stick is hooked or held

d. The ball is stopped with the feet or kicked by a player and they gain an advantage. Encourage children to get their feet out of the way. When there is no advantage gained, let the game flow, umpires should allow the game to continue.

e. **New Rule 2019** Hacking, a foul called by the referee for tackling another player’s stick instead of the ball.

**General**

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* **Keep the game flowing as much as possible**
* **Umpires, please indicate by pointing when you are playing advantage and lower your hand when it is over.**
* **Any rules which are not clarified above and come into dispute will be resolved based on the rules supplied by NZHockey.**

## **TE KUITI HIGH SCHOOL, CENTENNIAL PARK, ST JOSEPH’S AND PIOPIO PRIMARY SCHOOLS ARE SMOKE FREE FACILITIES**

Some basic rules:

No food or chewing gum on turf

No spiked shoes

No climbing on the fences

No smoking

Please use rubbish bins provided.

Parking at St Josephs is on Queen and Seddon Streets. Please do not park on the school grounds

Resources

The FIH (<http://www.fih.ch/en/sport>), Hockey New Zealand(<http://www.hockeynz.co.nz/> and the Waikato Hockey(<http://www.waikatohockey.org.nz/>) websites are full of useful information and tips for coaches players and umpires alike.

All available at [www.wiakatohockey.org.nz/coachinganddevelopment/resources](http://www.wiakatohockey.org.nz/coachinganddevelopment/resources)

Waikato Hockey 6-a-side positional play  
This document sets out a pattern of play that we think will benefit both intermediate and secondary teams playing in the new 6-a-side competitions.  [Click Here](http://www.sportsground.co.nz/files/site/764/6/Pdf/130502202442BSFVMTPR.pdf)  
Getting Started in Coaching  
This is a Sport New Zealand publication designed for new coaches.  [Click Here](http://www.sportsground.co.nz/files/Site/764/6/Pdf/110117172611GJQIOXRN.pdf)  
Backyard Hockey Capers  
This publication is designed for teachers and parents that want to engage their children in hockey in the back yard or school grounds. Read more and view a sample page.  [Click Here](http://www.sportsground.co.nz/files/Site/764/6/Pdf/110117172500JTKHPTHG.pdf)  
TGFU  
The TGFU approach to coaching is nothing new.  Using games to teach players the skills and tactics make perfect sense when you think about it.  Situational learning is used in most educational institutions so why not apply it on the hockey field.  Dennis Slade has published a book about the subject.  Slade, 2010. Transforming play: Teaching tactics and game sense Ill Human Kinetics.  Available at Bennetts at Massey University  for about $40.  <http://www.bennetts.co.nz/contact_us.htm>  
Unfortunately the stick2hockey DVD is no longer available.  
Basic 11-a-side Positional Play   
This is an up to date resource that explains some basic positional concepts for the modern game.  This resource was produced by Bryce Collins from North Harbour Hockey.  [Click Here](http://www.sportsground.co.nz/files/Site/764/6/Pdf/110117172551LDFYOJGC.pdf)  
Precepts of Hockey  
This is a document detailing the ages and stages of a hockey players development.  [Click Here](http://www.sportsground.co.nz/files/Site/764/6/Pdf/110117172701LZAKPCKO.pdf)  
Hockey Jargon  
[Click Here](http://www.sportsground.co.nz/files/site/764/6/Pdf/140228122750XMDJTMWN.pdf)  
Hockey Stretches  
This is a document detailing a hockey specific warm up.  [Click Here](http://www.sportsground.co.nz/files/Site/764/6/Pdf/110117172647RJXULOBQ.pdf)  
Nutrition for Hockey  
Waikato Hockey document on nutrition Hockey Nutrition.  [Click Here](http://www.sportsground.co.nz/files/Site/764/6/Pdf/110117172633DRZTXWAW.pdf)  
Speed and agility drills (videos)  
Here is a good selection of video clips of speed and agility drills.  [Click Here](http://nz.bing.com/videos/search?q=Speed+training+drills&qpvt=Speed+training+drills&FORM=VDRE#x0y0)  
Links to hockey resources on other web sites:  
Hockey New Zealand - Resources.  [Click Here](http://www.hockeynz.co.nz/Inside-the-Game/Coaching/Drills-and-Downloads)  
Hockey Australia - Resources.  [Click Here](http://hockey.org.au/Participate/Coaching/Skill-Drill)  
Hockey Videos on UTube.  [Click Here](http://www.youtube.com/profile?user=worldhockey#grid/uploads)  
Hockey Resources Web Site - Sportplan.net.  [Click Here](http://www.sportplan.net/userapp/pages/hockeyCoaching.jsp)  
Coaching News  
Hockey New Zealand Coach Development Framework  
Hockey New Zealand has developed a new Coach Development Framework that is based on continuous improvement through increasing effective coaching skills, knowledge and understanding. [Click Here](http://www.sportsground.co.nz/files/Site/764/6/Pdf/101129093425HBEFNDVT.pdf) to read more