

Information session

Feb 2021

Wanderers Junior Hockey

Today's agenda

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Katelijn Aerts

Wanderers Hockey Committee: Junior
Hockey Representative



Alridge Louw

Wanderers Junior Hockey Head Coach



Gill Pringle

Wanderers Hockey Administrator

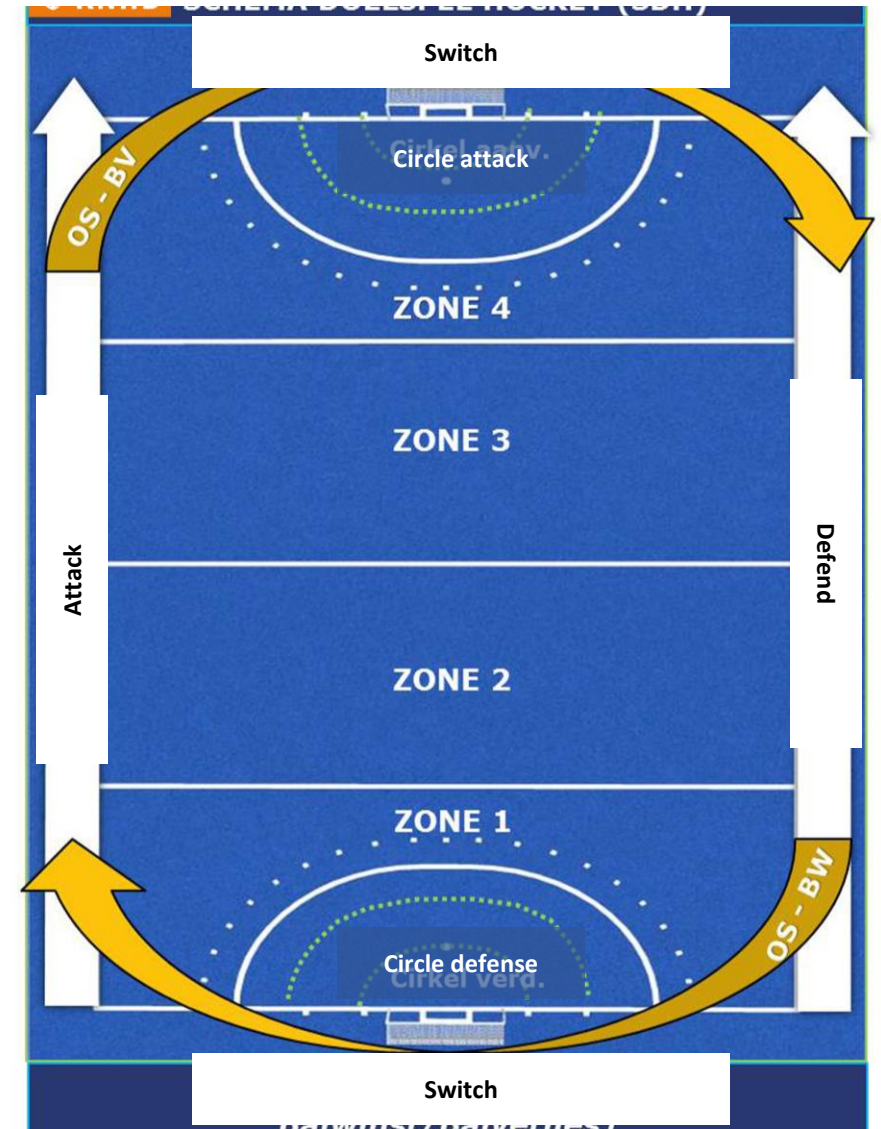
Introductions

Wanderers junior hockey vision and ethos

- **A hockey club for all, enabling our junior players to achieve their personal best**
Wanderers strives to create an environment in which players of all levels are catered for, providing the right environment for each to grow and develop to the best of their ability and aspirations.
- **Hockey of the highest standards** – unlocking our junior potential through premium coaching, tailored to their age and skill level. Wanderers is proud of its team of exceptional coaches – our premier league players, led by our head coach Alridge Louw.
- **Wanderers club and team spirit** – promoting fun, sportsmanship and comradery, as well as consistent participation in club training, tournaments and leagues, to enable our teams to achieve to their best potential.

Our training philosophy

- Hockey basically consists of 3 situations: attacking, defending, and switching between these two.
- Our training objectives and exercises aim to teach our junior players to deal with key match situations and decisions, relevant and appropriate for each age level, as an individual and as a team.
- We teach through play and by mimicking game situations. Our youngest players will focus mostly on fun and individual skills. As our players mature and master individual skills, the focus will increasingly shift towards team and tactical skills.



Wanderers development goals per age group



**U5 and U7
(6-a-side)**

- Focus on basic technical skills: Body posture, correct grip of the stick, stopping the ball, and pushing/slapping the ball.
- Early introduction to field positions.

**U9/U11
(8-a-side)**

- Expand technical skills, including back-hand stop, ball carrying, tackling and passing.
- Improved positional play, incl. understanding of the role of defence, midfield and forward.

**U13
(11-a-side)**

- Application of most technical skills, including which skill to use in which situation
- Shifting focus to game awareness and strategy, including maintaining field positions and linking up (passing) between positions.

**U14
upwards
(11-a-side)**

- Mastery of all individual technical skills: hitting, lifting, tackle flick, etc.
- Full understanding of different game situations and appropriate actions in each situation, including switching between ball possession and no ball possession, pre-emptive play like scanning the field and knowing your next move before the ball arrives.

Training and match focus areas

- Training and match focus is on fun, safety and involvement of all players.
- Coaches will enable the game to flow as much as possible (coaching on the go).
- Continued focus on technical skills.
- Improve team play and game awareness by practicing passing, positional play and player communication.
- Increased application of tactical skills.
- Improvement of key technical skills required for team play, e.g., maintaining eye contact, quality passes, receiving on the run, running into space, running with ball and winning tackles.
- Consolidation of all technical skills, creating instinctive knowledge of which skill to use in each situation.
- Application of tactical skills in each area of the field, with or without ball possession, including pressing the defence, creating an overload situation, and changing speed and direction.

Overview of training and match days

- **Up to U11:** Training on Saturday or Saturday tournaments. Boys may join Tuesday 's session if they can't make Saturday due to school sports.
- **U13:** Training on Saturday with extra weekday training on Monday (girls) or Tuesday (boys) and optional Friday night league.
- **From U14 (Colts):** Mon/Tues training with focus on technical skills, and Wed/Thurs training focusing on match awareness and preparation for the Friday night league.

| Age group | Training | | | | | Matches | |
|-----------------|---------------|---------------|---------------|---------------|---------------|---------------------|-------------|
| | Saturday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| U5 & U7 | 8h00 - 9h00 | | | | | | Tournaments |
| U9 | 9h00 - 10h00 | | | | | | Tournaments |
| U11 Girls | 10h00 - 11h00 | | | | | | Tournaments |
| U11 Boys | 10h00 - 11h00 | | 17h30 - 18h30 | | | | Tournaments |
| U13 Girls | 11h00 - 12h30 | 17h30 - 18h30 | | | | Friday night league | |
| U13 Boys | 11h00 - 12h30 | | 17h30 - 18h30 | | | Friday night league | |
| Colts Girls | | 17h30 - 18h30 | | 17h30 - 18h30 | | Friday night league | |
| Colts Boys | | | 17h30 - 18h30 | | 17h30 - 18h30 | Friday night league | |
| Goalie training | | 17h30 - 18h30 | | | | | |

Introducing our coaching set-up

Alridge Louw

Wanderers Junior Hockey Head Coach

- Sets the overall coaching plan for each age group
- Oversees and supports the coaches
- Actively involved in each age group

Younger players

U5

U7

U9

U11

- All tournaments are mixed ability and on a smaller field.
- Coaching led by our head coach Alridge, supported by a team of performance team coaches and parent coaches.

U13 & Colts

U13

U14

U15

U16

- The Friday night league is ability-based, which requires the formation of teams.
- Each age group has a dedicated group of coaches from the senior performance teams, supported by Alridge.

2021 junior hockey fee structure

| Age group | Wanderers main club membership fees | Hockey levy | Total | Estimated fees for optional Friday Night League |
|-------------------------|-------------------------------------|-------------|--------|-------------------------------------------------|
| U5 | R780 | R1 100 | R1 880 | |
| U7 | R780 | R1 100 | R1 880 | |
| U9 | R780 | R1 600 | R2 380 | |
| U11 | R780 | R1 600 | R2 380 | |
| U13 | R780 | R1 900 | R2 680 | R850 |
| COLTS | R780 | R1 900 | R2 680 | R850 |
| COLTS AND SENIOR HOCKEY | R780 | R3 200 | R3 980 | R850 |



How can parents get involved?

- During tournaments, coach a team or volunteer to umpire (U5 to U11);
- Assist during the Saturday morning training of your child (U5 to U11);
- Or speak to us to see how you can get involved!

Covid-19 requirements

- Wanderers is committed to providing a safe environment for our players. Wanderers complies with all current Covid-prevention requirements and will continue to do so.
- This may mean that changes will have to be made to our training or match schedule. Please bear with us!
- The Wanderers hockey levy will only be due once the season is confirmed.

Important communication channels

Please visit our website for:

- Latest information on tournament dates and practice times
- Kit requirements
- Link to order kit
- Membership fees

<https://www.thewanderersclub.co.za/wanderers-mini-hockey>

Team App and WhatsApp groups:

- Wanderers uses the Team App for communication and match and tournament RSVPs.
- Each age group will have a WhatsApp group.

For all other questions, please contact our Hockey Administrator
Gill Pringle: 076 829 5130 or hockey@wanderersclub.co.za

Questions?



Thank you

