



# CMHA RDO Newsletter

JANUARY 14, 2010

VOLUME 1, NUMBER 1

## Maurice Payne

Hi Everyone, my name is Maurice Payne and I am the new RDO for Counties Manukau Hockey. Please feel free to approach me and introduce yourself as the season commences. I am looking at introducing as many coaching and player development sessions as we can this year so that we can develop Counties Hockey from Minis right up to Senior players and coaches. I will be at the clubrooms on Thursday the 21<sup>st</sup> January at around 7.30pm to meet as many Rep and Club coaches as possible. I will explain our plans for the season and love to get some feedback throughout the season. I will have a new email address and mobile number next week and will put it on the website and please feel free to contact me to discuss anything.



## What's happening at the moment?

At present CMHA has been working hard to get as many of our juniors involved in hockey over the summer as possible.

We have finished running our first course Stars In Training: this was open to all children eligible for Yr 5 & 6 and U13 representative's teams in 2010. The course was very successfully with loads of happy children and parents. We are now moving onto the 2010 courses as stated below:

## Counties All Stars:



This is a course is aimed at all children who completed the Stars In Training course. Children were selected from this course to come back and go through the All Stars course.

Course Starts: Thursday 21<sup>st</sup> January

This course runs for four weeks, and will be held at CMHA water turf. This course will focus on skill upgrading and positional play.

This course is Invite Only.

Any further enquires please contact: [cmha@xtra.co.nz](mailto:cmha@xtra.co.nz)

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### **Counties Renegades:**

A course that is open to all children who are eligible to play U15 representatives teams in 2010.

The course will be held at cmha water turf, and starts: Monday 18<sup>th</sup> January and it runs for four consecutive weeks ending Monday 15<sup>th</sup> February with a public holiday on the 1<sup>st</sup> Feb so no hockey that day.

At this course the children will be skill tested, as well as focus on game play. Our aim is all children of all abilities will learn something new.

### **Counties Elite:**

A course that is open to all children who are eligible to play U18 representatives teams in 2010.

The course will be held at cmha water turf, and starts: Monday 18<sup>th</sup> January and it runs for 4 consecutive weeks, ending Monday 15<sup>th</sup> February with a public holiday on the 1<sup>st</sup> Feb so no hockey that day.

At this course the children will be skill tested, as well as focus on game play. Our aim is all children of all abilities will learn something new.

### **Counties Extreme Academy:**

This will be an elite Academy consisting of around 6 boys and 6 girls from each of the Under 13, 15 and 18 age groups and will be by trial process. This will run from March/April through to September.

## **Coaching Courses:**

**I will be running coaching courses over the year and the first two will be in March with dates, times and costs to be confirmed.**

### **Youth and Club Coaches:**



This will be for anyone who has completed a level 1 Hockey NZ course already and is looking at coaching from under 15 grade through to senior and club coaches. It is a 4 hour course.

### **Junior Coaches:**



This is for new coaches to hockey and also anyone interested in coaching from beginners to under 13 hockey. This is a 3 hour course.

## Skills Corner:



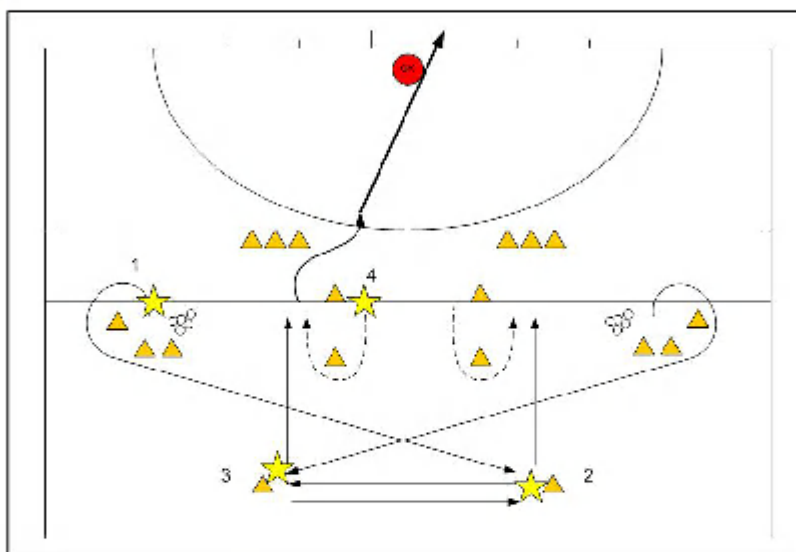
**Title:** Back 4 Drill

**Aim:** To utilise the back four when passing and create space up front

**Equipment Needed:**

- 10 cones per side
- Balls

**Set Up:**



**Description:**

- Ball starts with wing half (Station 1) dribbling around cone and passing back to opposite full back (Station 2).
- Full back then passes across to opposite full back (Station 3).
- Station 4 then leads to receive the ball 'with speed' and evades cones to score.
- Start same passing sequence on other side once drill has run through.

**Coaching Points:**

- Ensure the full backs are receiving the ball 'open'.
- Station 4 needs to hold lead as late as possible to utilise the space.
- Station 4 should be looking to receive the ball going forward and should be looking to receive and carry the ball infield.
- The Fullbacks should hit rather than sweep the ball.

**Variations:**

- Station 4 can be substituted for striker 'posting up' or other leads.
- Add in defenders and play the ball out till in the goal or defenders have worked the ball into a counter goal.