



## Southern United Hockey Club Inc

Men, Women, Veterans & Juniors

### Southern United Hockey Academy - 2011/12

Southern United Hockey Club's mission is to provide all of its members with the best possible opportunity to play and enjoy hockey at all levels, both on and off the field, and by virtue of this become the hockey club of first choice in the south eastern and bayside suburbs of Melbourne.

Our hockey vision remains ambitious. We intend to become one of the premier hockey clubs in Hockey Victoria by 2015 by successfully fielding and sustaining teams in the top grades of the HV competition in which we participate. We expect to achieve this vision by progressively earning and retaining promotion and winning premierships in all competitions in which we are entered. Our ultimate aim is to be HV premier grade champions by 2017.

These objectives will not be achieved by accident nor will they be thrust upon us by unforeseen change in our circumstances. We have to plan for and begin working towards their realization, now.

We will continue to provide additional skills training for all SUHC's young players through the McKenzie's Skills Clinics, our goalie development program and our regular in season team training routine.

Last year we established the Southern United Hockey Academy (SUHA). SUHA's objective is to identify and develop SUHC's future high performance players who will ultimately help realize the club's ambitious vision.

SUHA was always conceived as an ongoing development program and I am pleased to announce the continuation of the program for 2011/12.

We learnt a few things from SUHA last year and subsequently we have made some changes to the 2011/12 program although the fundamental objectives remain the same.

Some questions and answers about SUHA 2011/12.

#### What are the objectives of SUHA 2011/12?

- To create a culture of hockey excellence and high achievement within SUHC in order to achieve sustained success at elite club level.
- To identify, develop and retain young SUHC players of both sexes who have demonstrated potential to excel at elite club level and above.
- To provide an attractive vehicle that encourages high potential players from outside our club to join and develop their hockey careers at SUHC.

#### How will SUHA 2011/12 be structured and how will it operate?

- SUHA will be an elite coaching program for field players that will run under the SUHA Technical Director.
- SUHA 2011/12 is to be structured on a team basis so that in addition to skills coaching, match play against teams from within SUHC and externally can be arranged as an integral part of the program.

Clubrooms: Kingston Heath Reserve, 74 Farm Road Cheltenham 3192

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- SUHA 2011/12 is expected to consist of 4 groups with participants streamed by current playing capacity, age and ability as follows
  - Group 1 - 12 males aged 14-22 years
  - Group 2 - 12 males/females aged 10-13 years
  - Group 3 - 12 females aged 13-22 years
  - Group 4 – 8 Boys and girls 8-10 years
- SUHA coaching sessions will be conducted at Farm Road during November and December, February and March.
- SUHA sessions will be conducted on weekends and week nights, i.e. 2 sessions on each of Saturday and Sunday and 1 on either a Tuesday or Wednesday night. Each player will have one regular time each week.
- Each session will be 75 minutes and will consist of 60 minutes of technical coaching and 15 minutes for the SUHA Technical Director to address any individual's needs as required. These technical sessions will be conducted in groups of 6.
- Technical coaching sessions will include specialized drills and small field games
- Teams will play full scale practise matches.

### Who will be the SUHA Technical Director?

- John Mowat, SUHA Technical Director for 2010/11 will continue in this role in 2011/12.
- John Mowat has been one of Victoria's and Australia's most experienced and successful team and development coaches of the past 30 years, having achieved unparalleled success in developing both champion hockey individuals and teams.
- Mowat's hockey CV includes
  - Head Coach, Victorian Institute of Sport Men's Hockey Program 2001 – 2010
  - Head Coach, Victorian Institute of Sport Women's Hockey Program 1990 – 2000
  - Coached 30 men's and women's Victorian senior, under 21 and under 18 state teams between 1984 and 2009, winning 7 Australian Championships as coach and 7 times runners up
  - Assistant Coach and Manager with Australian senior men's, under 21 and Australian Institute of Sport Teams both in Australia and overseas
  - Coached numerous Australian National Hockey League Teams
  - Coached Waverley Hockey Club to 4 consecutive State League grand finals from 1983 to 1986 for 2 premierships.
  - Coached MCC's State League team for many years
  - Over the past 7 years John has been heavily involved with coaching U/9 through to U/15 at MCC Hockey Club.

### What will the technical content of the program include?

John Mowat will work with each group utilizing carefully chosen activities, drills and modified game situations to deliver a program designed to improve and where possible perfect each player's technical, awareness, and thinking/decision making skills.

- Technical Skills include
  - Stationary and moving fore-stick and reverse stick trapping skills, (from in front, behind and across the body). Includes slip trapping.
  - Stationary and moving fore-stick and reverse stick passing skills, both directly to the stick and into space; hitting, pushing, slapping, flicking, tossing.
  - Shooting at goal skills including undercutting, squeeze hitting, slapping, horizontal reverse hitting, reverse flicking and deflections.

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- Tackling with focus on channelling and footwork for poke, lunge, flat stick and steal tackles on both sides of the body.
- Ball control and elimination skills with major focus on deception and recognizing when the option to eliminate exists and doing so quickly.
- Awareness, thinking and decision making skills.
  - Recognizing available options and selecting the most effective, including when to pass and when to run with the ball.
  - Recognizing when to pass directly to a stick versus to a space.
  - Recognizing 1 versus 1, 2v1, 1v2, 2v2, 3v2 etc and implementing appropriate strategies in response.
  - Establishing and maintaining visual and verbal contact with team-mates.
  - Anticipating play and manipulating your direct opponent to either prevent possession or intercept when opponent is in possession.
  - Getting involved, recognising what is happening and manipulating your direct opponent when we are in possession.

### **Who will be eligible for selection in SUHA's intake for 2011/12?\***

- All members of SUHC aged 22 or under as at 1<sup>st</sup> January 2011 and who remain committed to play at SUHC in 2012 may apply for acceptance into SUHA 2011/12.
- Players from outside of SUHC who meet the above-mentioned age criterion and transfer to SUHC before 1<sup>st</sup> November 2011 and also commit to play at SUHC in 2012 may also apply for acceptance into SUHA 2011/12.

\*SUHC reserves the right to alter the eligibility age limits and SUHA group numbers and structures at its sole discretion.

### **Will it cost anything to participate in SUHA?**

- Yes, \$200 per player to help recover the costs of the program.

### **What are the prime selection criteria for SUHA?**

- SUHA is unashamedly focused on identifying and developing elite field players who will lead SUHC to success at premier club level in the future.
- Selection for the academy will be based on a broad range of criteria including
  - Technical skill
  - Hockey know-how and understanding
  - Athleticism
  - Attitude and coachability
  - Desire for success and perseverance

### **Will goalies be included in the SUHA?**

- While SUHA is directed at developing SUHC's field players and will operate in parallel to the club's goalie development clinics, goalies will be co-opted into SUHA sessions from time to time as required by the program.

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### Who will select players for SUHA?

- SUHC Executive has appointed a selection committee of 7 experienced SUHC hockey people to determine the SUHA intake. This selection committee will scrutinize all SUHA applicants and consult with the club's coaching group as required in order to make the SUHA intake recommendation for SUHC Committee of Management to ratify.
- Selection process will be conducted annually and SUHA Technical Director will also be involved in the selection process from 2011/12.
- Year on year involvement in the program is not guaranteed.
  - Amongst other things, player attitude, session attendance and the upper age limit will determine ongoing involvement in SUHA.
  - If a player's attendance and attitude is deemed to be unsatisfactory then the player may be removed from SUHA at any time without refund.
  - Replacement of any drop out players will be at the discretion of the SUHA Technical Director and the selection committee.

### Who is on the SUHA selection committee and what are their hockey credentials?

- John Mowat – SUHA Technical Director
- Ross Walker - Victorian and NSW state representative, former MDHC MSL coach, former junior state coach.
- Andrew Layzell – WSL2 coach and former SUHC MSL player
- Tamsin Nelson - Victorian Vipers state representative, current WSL captain, Sharks selector and coach, former U17 women's coach.
- Cameron Hunter – SUHC Men's Chairman of Selectors, former MDHC MSL player and coach, current SUHC U17 head coach, over 20 years junior coaching experience.
- Chris Abaniel - WPB/D coach, former New Zealand Premier 1 player and coach, 15 years junior and senior coaching experience.
- Mark Gardiner – Former MSL player and Victorian junior state representative, current U15 state selector, 20 years junior coaching experience.

### Who will administer the program?

- Ross Walker with support from SUHC Committee of Management

### How do I apply for place in SUHA?

- Fill in the form attached to this information pack and send it by **7th October 2011** to
  - By mail to SUHC Inc. P.O Box 689 East Bentleigh 3165
  - By email to [secretary@suhc.com.au](mailto:secretary@suhc.com.au)
- All candidates will be notified that their application has been received and whether they have been accepted into SUHA or not.

### What happens if my SUHA application is successful?

- You will be notified of your acceptance into SUHA in writing and forwarded an enrolment information pack which must be completed and returned before commencement of the program.

### What happens if my SUHA application is unsuccessful?

- Clearly everyone's hockey skills and know-how and physical attributes will develop at different rates and at different times as they mature.
- SUHA is intended to be a long-term development program that will cater for both early developers and late bloomers alike.

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- The selection committee will endeavour give feedback to all unsuccessful candidates who will be encouraged to use this information to work on and continue to improve their game with their SUHC team and coach.
- Whatever you do, don't give up. Apply for a place in the SUHA 2012/13 intake and get involved in one of the other off season development programs we will be running for all SUHC junior players including
  - the McKenzie's Clinics for all SUHC players under 15 as at 1st January 2012 run by Malcolm Kemp, current Viking and Australian player,
  - indoor hockey and
  - summer family hockey

David Finlayson  
President – Southern United Hockey Club