

Background

In recent times both HNZ and SNZ have promoted a number of generic changes to the way junior sport should be delivered, for example, less deselection at younger age groupsand philosophies aimed at keeping our young people in sport for life, for example, Balance is Better principles.

What is important to understand from the perspective of an individual code and a Regional Sports Organisation like Auckland Hockey is that we must consider such recommendations and changes within the framework of our individual context and make decisions about implementing change (or not) that are in our view in the very best interests of our young player stakeholders.

To help us in the recent climate of HNZ changes we have spent much time consulting with various rep hockey experts from our community, including and not limited to Shane Mcleod (Current World Number 1 FIH Coach), Ryan Archibald (our Think Tank Chair) and Kevin Towns (NZ's most capped Olympic Coach and AKH Life Member). In addition, we have considered the learnings and practices of similar bodies to us in Holland, Germany and Australia as well as the views of respected educators and local associations. The learnings and practices have been applied to our Auckland context all with an aim of doing what we believe is in the best interests of our stakeholders and providing the best experiences possible which in turn will allow our young people to develop at an age and stage appropriate level with life learnings all along the way. Being 118 years old has provided us with a wealth of background knowledge and expertise also. Like any school worth its weight Auckland Hockey will have both inclusive and excellence opportunities within NZ and overseas for our Rep players.Not doing so would be an injustice to both our historical success as an association and our stakeholders.

In this Revised Strategy our AKH staff responsible for delivering junior club/school programmes and early development programmes have explored some recent Hockey Framework Principles and tested these against what we currently do to ensure good practices are being met and to identify any gaps in our delivery mechanisms into schools and clubs.

Further, we have considered the Representative space and indicate any changes that will be in place going forwardand in the context of the removal of national tournaments at U13 and U15 level by HNZ.

Finally, we make some recommendations to clubs around structural aspects of the competition, including changes we will be implementing across the 2021 and 2022 Junior seasons as well as provide some answers to FAQs.

M Daji  
CEO Auckland Hockey  
January 2021

SECTION A - HOCKEY FRAMEWORK PRINCIPLES AND IDENTIFIED GAPS TO ADDRESS BY AKH.

1. Player Centered, Participant Focused Competitions and Programmes

Gap – more Parent Education opportunities to utilise.

2. Safe Environment

Gap – continue education via the Club and School Lead Coach Programmes.  
Gap – signage at all turfs in Auckland.

3. Quality Experiences

4. Inclusive and Diverse

Gap – conscious consideration of young peoplewith physical challenges.  
Gap – Goalkeeper equipment more accessible.
5. Fit for purpose Ages and Stages approach

6. Holistic Development of young players

7. Fun – competitive and non-competitive options

8. General Accessibility

Gap – free turf access for young players across AKL.

9. Well-Being

Gap –does our framework build resilience in our young people?

SECTION B – REPRESENTATIVE SPACE CHANGES FROM 2021

1. Possible changing of age bands from U13 to U12 and U15 to U14 and the introduction of an U16 age band at regional level. TBC. Or groupings by school year levels eg Yr 7and 8; 9 and 10; 11; 12 and 13?

2. Removal of National Tournaments by HNZ for U13 and U15 age bands.

3. Replacement of National tournaments with 2-3 day training camps culminating in local association festivals, 7 or 11 aside, annual exchanges with like-minded associations or schools and ina post covid world participation in AUS National tournaments or exchanges.

4. Removal of week night Rep training sessions replaced by more intense day camps on Sundays.

5. First de-selection age bands to be U16 and U18.

6. Inaugural Pre-season AKH 9s.

7. International travel allowing exchanges with Japan and Australian hockey organisations.

8. Annual exchanges with local associations.
- SECTION C –RECOMMENDATIONS TO CLUBS AND CHANGES TO COMPETITIONS FOR 2021/2022
1. Recommendations to Clubs for Junior Hockey

- Has thought been given to integrate your junior umpire development within your junior teams?

- Consideration towards integrating other sports into your junior practice sessions. Eg touch rugby, AFL, etc

- Is there a focus on fun and games built into your junior practice sessions to aid problem solving and decision making development in young players?

- Ability grouping selections from YR 7 and 8

- Mixed ability group selectionsat YR 1-6

- Ideally players at Intermediate school and below should be having 2-3 hockey experiences per week during the season and encouraged to do other sports in the summer.

- Where possible utilise indoor training spaces for junior teams to better develop skills.

- Utilizing a full turf session by having up to 8 junior teams training at the same time with individual team coaches and an overseeing experienced coachas a floater.

- Implementation of good practices facilitated by Club Lead Coaches as well as relevant age appropriate aspects of the AKH Curriculum.

2. Changes to Junior Competitions and Primary School delivery for 2021/2022

- Split season of 6aside and 11 aside for all YR 7-8 11 aside grades.

- Competition Tables to be kept only from YR 5

- Grading to be kept

- PC light from 2021 in the YR7 and 8 grade –dragger, hitter, gk with all other players at halfway. Draggers and hitters to be rotated through the team.

- 6 v 6 half field grades –shoot outs with no time limit instead of PC light. All players on rotation.

- 6 v 6 half field grades –no blowing of feet unless intentional, no long corners.

- Quarter field grades –no sideline outs where possible, baseline is out.

- Minis –2 goal 4v4 to be introduced by AKH.TBC

- Focus away from during school delivery to after school delivery and festival days

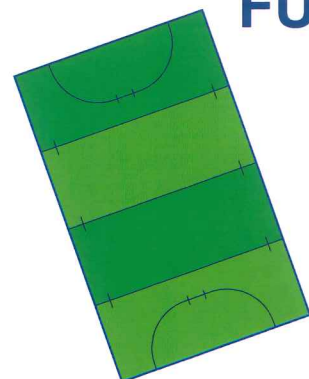
- Holiday Programme delivery at clubs for whole junior cohorts funded by AKH.

AKH 2023  
JUNIOR STRATEGY

# 1 RECOMMENDATIONS



INTEGRATE UMPIRES  
& OTHER SPORTS



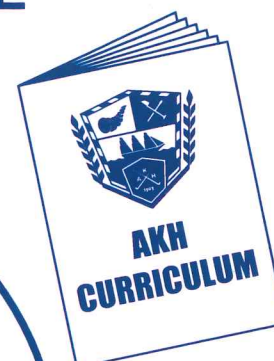
FULLY UTILISE TURF SPACES  
& INDOOR FACILITIES  
FOR PRACTICES



## FOCUS ON FUN & GAMES



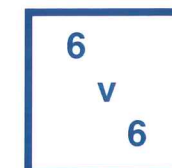
CHECK IN AGAINST THE AGE  
& STAGE CURRICULUM



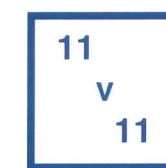
# 2 SOME CHANGES FOR 2021 +

A FREE HOLIDAY  
PROGRAM AT CLUBS  
FROM AKH

YR 7 + 8 SPLIT SEASON FOR 11 ASIDE GRADES



- PC LIGHT



DRAGGER  
GK

HITTER

YR 5+6 - START OF COMPETITION TABLES



HALF FIELD - ONLY INTENTIONAL FEET  
- 1V1 SHOOTOUTS REPLACE PCS WITH  
NO TIME RESTRICTIONS

MINIS - PLAY OFF SIDE WALLS WHERE POSSIBLE

FUNSTIX - INTRODUCTION OF 2 GOAL 4 V 4

## SECTION D – FAQS

- **QN: Should the first rep experience for a young player be at the U16 level?**
- A: We are comfortable with the status quo of starting at U13 level and first experiences especially with all interested players being able to be placed in either an 11 aside or 7aside team.
- **-QN: Will there be de-selection at U13 and U15 levels of Rep Hockey?**
- A: No. All trialists will be placed in a team.
- **-QN: Is the current length of the Junior Season too long?**
- A: No. 15 weeks sits within the 8-16 week general guidelines.
- **QN: Will College Sport U15 grades be both 7aside and 11 aside?**
- A: This is dependent on schools being able to staff potentially a double amount of teams as well as turf availability.
- **QN: At what age can a 15 year old play at the Premier Reserve level?**
- A: From 2021 a 15 year old in the AKH Competition can play at this level from the date of their birthday. There will be no exceptions or dispensations given for 14 year olds.
- **QN: Will 11 aside opportunities be removed at U13 level?**
- A: No. Players of capability in this age group will have opportunities at both the club and Rep level.
- **QN: Will further Indoor Hockey Opportunities be available?**
- A: As well as encouraging clubs to use indoor spaces for practices AKH will offer opportunities dependent on indoor facility availability which is at a premium in AKL. The importance of indoor spaces finetuning and developing skills of young players is not lost on AKH both in the modern context and historically.
- **QN: Do Novice young players have opportunities to play in AKH competitions?**
- A: Yes in clubs, schools and Summer Hockey competitions.
- **QN: Is AKH's philosophy differences compared with some other local associations delivery of Junior Hockey a deliberate approach?**
- A: Absolutely not. The beauty of any sport is the ability of its constituents to deliver the sport within a framework and philosophy suited to its local context. For example, the philosophies of Arsenal FC and Liverpool FC may be different. However, competition between clubs or associations has the ability to bring the various philosophies together.

numbers represent small sided games to use to facilitate coaching from resource called small sided games #1-30 and akh devil booklet

LTAD Stage	Age	U6 yr 1	U8 yr 2 and 3	U11 yr 4,5 and 6	U13 yr 7 and 8	U15 yr 9 and 10	U16 yr 11	U18 yr 12 and 13
Aspects with Explicit Focus		Fundamentals / Learning To Train Fundamental Movement Skills	Fundamentals / Learning To Train Fundamental Movement Skills Introducing Fundamental Hockey Skills	Learning To Train Fundamental Hockey Skills	Learning To Train / Training To Train Fundamental Hockey Skills Introducing Physical & Mental Capability	Training To Train Physical & Mental Capability	Training to Compete Physical & Mental Capability	Training to Compete / Training to Win Introducing High-Performance
Physical		NONE	NONE	LOW	LOW	MEDIUM	MEDIUM	MEDIUM - HIGH
Cognitive		NONE	LOW	MEDIUM	MEDIUM	MEDIUM	MEDIUM	HIGH
Creative		NONE	NONE	LOW	LOW	LOW	MEDIUM	MEDIUM - HIGH
Mentality		NONE	NONE	LOW	LOW	LOW	MEDIUM	HIGH
Sec-Affective		NONE	LOW	MEDIUM	MEDIUM	MEDIUM	MEDIUM	HIGH
Methodological Areas or Key Learning Approach		Relationship between Stick & Ball Ball learning tricks Relationship between feet and ball	Relationship between Stick & Ball Learning tricks Relationship between feet and ball	Relationship between Stick & Ball Learning tricks Presence of Team Mates	Relationship between Stick & Ball Presence of Team Mates Presence of the Opposition Relationship between feet and ball	Relationship between Stick & Ball Presence of Team Mates Presence of the Opposition Relationship between feet and ball	Relationship between Stick & Ball Presence of Team Mates Presence of the Opposition Presence of Team Mates & Opponents Effectiveness in the Circles	Relationship between Stick & Ball Presence of Team Mates Presence of the Opposition Presence of Team Mates & Opponents Effectiveness in the Circles
Principles and concepts to coach and teach		Multipoint experiences Intro learning to hit SMALL STICKS CONCEPTS footwork	Freeplay and Exploration Intro passing learning to hit SMALL STICKS CONCEPTS footwork	passing moving of the ball # 8 Introducing heads up hitting techniques footwork	minimising elimination Left foot passing Intro hockey discussions Intro pre scanning footwork	maintain possession #10 #16 Intro back transfers Pressure After possession Loss #45 #25 Intro individual role/responsibility protect the ball #12 #11 team hockey discussions	corner Attack Intro team strategy discussions Finishing #48 #49 Intro individual hockey discussions back transfers Individual role/Responsibility	Individual role/Responsibility/discussions team strategy discussions Create an Overload #38
competition formats		mini hockey	5 aside	7 aside intro GKS	11 aside intro APCs and DFCs	11 aside PCs Intro draglick skills Intro PCD skills	11 aside PC variations	11 aside
specific skills to teach and coach the principles and concepts								
Attacking with the ball		SMALL STICKS GAMES Ball Control - Follow the Leader Drag Left and right - Hockey Bulrush Push Pass - Tunnel Ball	SMALL STICKS GAMES Ball Control - Follow the Leader Push Pass - Tunnel Ball Special awareness - Octopus	2 v 1s triangles stick to stick passing	first touch 3 v 1s draw and pass stick to space passing vision on the ball	receiving open give & go - get ahead of the ball guard concept cue in circle within circle play leading #41 3d skills circle penetrations #27	vertical passing #6	vertical passing #42 #40
Defending without the Ball		SMALL STICKS GAMES Vision Dribblers and Robbers	SMALL STICKS GAMES Tackle positions - Cat and Mouse	intro tackling techniques	channelling avoid elimination protect the castle defend in front zonal marking tackling	closing down space cover defence pushing up and out intercepting reverse pressure man to man delaying shortest route back protect the hotline out of congestion into space find a teammate in space maintain possession width and depth #37, #46	ball and player awareness 2 v 1 defence protect the castle defend in front	side marking
Transitioning from attack to defense		SMALL STICKS GAMES 3v3 - Numbers Hockey	SMALL STICKS GAMES Protecting the ball - King of the Square Special awareness - Four Goal Hockey 5v5 - Numbers Hockey		pressure after loss anticipation defend in front width	counter attack #22 post up out of congestion into space find a teammate in space maintain possession	exchange roles help side close the centre	
Transitioning from defense to attack		SMALL STICKS GAMES 3 v3 - Numbers Hockey	SMALL STICKS GAMES Special awareness - Four Goal Hockey Special awareness - Sideline Hockey Protecting the ball - King of the Square				find free man reset guard width and depth and height	
Innate Hockey Intelligence, Personality and General tactical traits that can be developed along with mental skills		U6 social interaction with teammates follow directions shooting hockey is fun	U8 social interaction with teammates on task	U11 social interaction with teammates	U13 social interaction with teammates coachability respect for team members and staff creativity enthusiasm celebrate success make mistakes, next play stamina	U15 concentration work rate training mentality and ethic selflessness decision making ability discipline to stay on task reading the game agility	U16 body language motivation visualisation leadership skills confidence overall game understanding	U18 ability to handle pressure mental toughness winning mentality
Physical capabilities to develop		movement co-ordination	movement co-ordination	movement co-ordination			mobility acceleration	overall athleticism intro to strength concepts