

Player Development & Wellbeing

Hampstead & Westminster Hockey Club

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Player Health

Physical and mental wellbeing

Our values as a junior section

1. We value that players can enjoy both practices and competitions, with a **wide variety of activities that promote fun and easy learning.**
2. We value that **players can play as a child and not be treated like an adult**, either on or off the playing field.
3. We value that players can participate in competitions with **simplified rules, adapted to their level of ability** in each stage of their evolution.
4. We value that players can **play in conditions of upmost safety.**
5. We value that players can **participate in all aspects of the game.**



Player Health

Physical and mental wellbeing

Our values as a junior section

6. We value that players can be **trained by experienced and specially prepared coaches** and educators.
7. We value that players can **gain experience by solving most of the problems that arise during the practice and games.**
8. We value that players can be **treated with dignity by the coach, their teammates and by their opponents.**
9. We value that players can **play with children of their own age** with similar chances of winning.
10. We value that **players don't have to become champions.**



Player Health

Physical and mental wellbeing

Coaching Philosophy

If all clubs are delivering similar training programmes, how the coach delivers their sessions will be the real difference maker in development and performance.

Coaches should have a healthy, positive attitude during training and competition.

1. Improvements, implementing elements trained and trying your hardest should be considered as more important than winning. **Encourage players to experiment and take risks, even though this might allow the other team to score.** Competition is only another form of training at a young age.
2. **We try to do everything for the win but never at any cost.** Victory should never be considered the only important thing to achieve.



Player Health

Physical and mental wellbeing

Coaching Philosophy

3. Losing is always a possibility, but should be because the opposition played better than us, never because we didn't put all our efforts into winning. **As long as we tried hard and played to the best of our abilities, we should never feel like losers.**
4. **Winning is not as important, and losing not as bad as most people believe.** We might win, but have played poorly, and we might lose but have played well.
5. Learn to play in competition as if it were training and to train with the spirit of competing.
6. Winning is just a consequence of competing and playing well. If everyone tries to give their best, results will follow.
7. It is easy to coach to get a win with young players, coaching to play the game well is harder. Playing well means finding new solutions to old problems. Teaching to win means limiting and restricting to skills and solutions that the players already know.





Playing opportunities with HWHC Juniors

After School Club
U7 – U11

London Youth
Games
U12 – U14
May – June



HWHC Juniors
Development
U6 – U14
Sunday training,
festivals, intraclub
matches



HWHC Juniors
Challenge
U8 – U18
Sunday training, Tier 2
and Tier 3 league
matches, festivals,
intraclub matches



HWHC Juniors
Performance
U11 – U18
Midweek & Sunday
training, Tier 1 league
matches, England Hockey
Championship



Greater London
Development Centre &
Academy Centre
(County Hockey)
U12 – U17

Senior Hockey
U16 – U18

Talent Academy
U16 – U19

England Hockey Talent
Development
U15 – U17

Right Athlete, Right Environment

How the age groups work

➤ Communication

- All communication is via Pitchero.
- Players can register to receive communication via Pitchero but a parent / guardian will always be included.
- A Coach or adult in position of responsibility should not communicate directly with a young person without their parent / guardian being included in the conversation.

➤ Training

- Parents must mark availability for training in advance, via Pitchero.
- For midweek training, by Sunday evening each week.
- For Sunday training, by Wednesday evening each week.



Right Athlete, Right Environment

Managing Expectations

- HWHC offers opportunities for all ability levels.
- High level players are able to compete among the top clubs in the country and the entire club should support them on their hockey journey.
- Please be mindful that your child might not be on that path, and that is ok. Challenge and enjoyment does have to be in the highest level team. We are incredibly fortunate as a club to have enough players to enter multiple teams and leagues; please support all of them.
- Team selection is not based on where a child goes to school, who their friends are, or how long they've been playing hockey. Please support coaches – and your child – with the decisions that are made.
- All members are part of the club and not one specific team. Players will move between teams and we expect them to play for and support any team, regardless of its league.



Right Athlete, Right Environment

How the age groups work

➤ Players

- Players are expected to arrive at least 10 minutes before their session start time, ready to play (shin pads on, for example).

➤ Competition

- Parents must mark availability for matches in advance, via Pitchero.
- Selection for matches is made 10-12 days before the fixture date, via Pitchero.
- Parents must accept selection on Pitchero.
- A squad (the total number of players training together) will always be bigger than the team selected for a match.
- The club aims to select 14 players per fixture (13 outfield, 1 GK) for 11 a-side, and 10 players per fixture (6 outfield, 1 GK) for 7 a-side.



Player Experience

Meeting players' expectations

1. Action

- Rules of traditional exercises and games have been simplified or modified to increase activity.

2. Personal involvement in the action

- Many exercises and games have been specifically designed to increase the personal involvement of every player, allowing them to be at the centre of action frequently and therefore feel important.

3. Close scorelines

- Rules and scoring methods have been changed to help keep the scores close and heighten the competition element of the game.

4. Opportunities to make new relationships and develop existing ones

- The organisation of team and practices is varied so that friends have opportunities to play together in a variety of ways.



Player Experience

Members of Staff

Players and parents can expect to engage with a series of adults as part of a team:

- Head Coach
- Lead Team Coach
- Support Coaches
- Team Manager



Player Experience

The Sports Triangle



Player Experience

Club Responsibilities

- Don't pressure children into playing.
- Know the rules, skills and strategies of the game.
- Children should not be an extension of parents or staff.

Challenges for Parents

- Are you able to share you child?
- Are you able to accept that your child might be disappointed?
- Are you able to show self-discipline?
- Are you able to dedicate time to your child's chosen sport?
- Are you able to let your child make their own decisions?



Player Experience

Competition – Parents

- Stay in the spectator zones.
- Don't interfere with players or staff.
- Express interest, cheer and support the players (celebrate success and effort).
- Don't coach or criticise the players.
- Help the staff when asked to.
- Don't be rude to or about players, parents, staff or organisers from any team or club.
- Encourage players to reflect on the positives; ask your children, "Did you have a good session?" "Did you enjoy the session?" "How did you play?". Don't restrict your focus to winning and scoring goals.



Player Experience

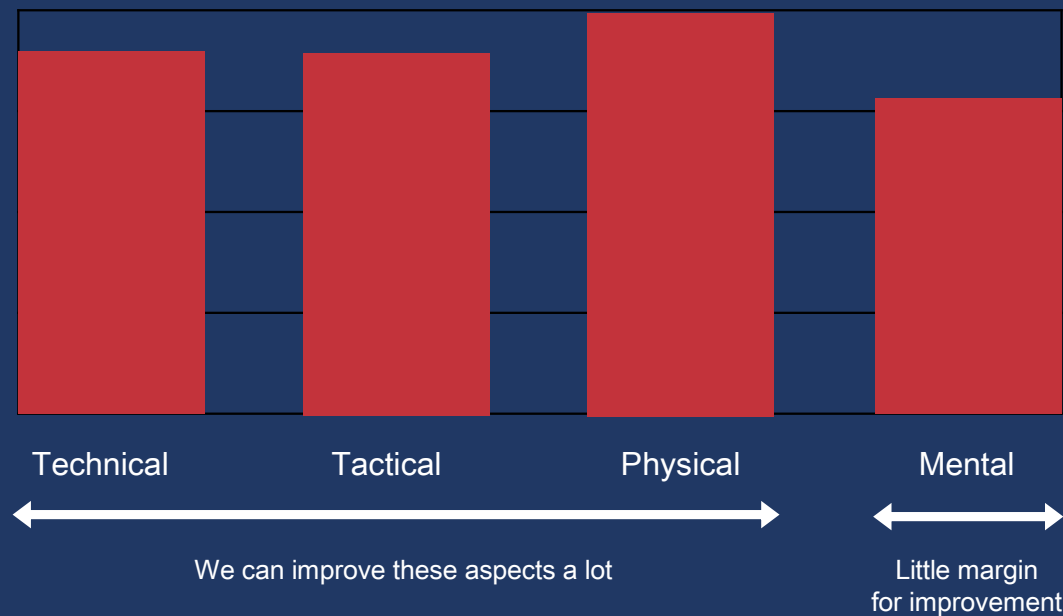
Competition – Players

- Play for enjoyment and development, individual growth and teamwork.
- While winning is a welcomed outcome, the score does not always reflect our performance.
- Competitive spirit stays on the pitch. Whether you win or lost, show good sportsmanship and regardless of club allegiance, support everyone in the hockey family.
- Respect coaches and umpires.
- Value all players, regardless of their experience or age.
- Support the success of other teams.
- Be role models to peers and younger players.
- Be a club player and support all teams, whether that is playing for them or cheering them on.



Player Profiling

What do we look for?



Determining factor of quality at the top.
We look for players to read the game and be
capable of making decisions.



Player Profiling

Evaluation of Young Players

T Technique

Technical Ability

Game Understanding

I Insight

Tactical Discipline

Competitive Attitude

P Personality

Strength

S Speed

Speed of Execution

Speed



Player Profiling

Intangibles

WHAT THEY BRING TO
THE TEAM

FIGHT IN ADVERSE
CONDITIONS

SELF CONTROL

TAKING RESPONSIBILITY

AGGRESSION

COMPETITIVENESS

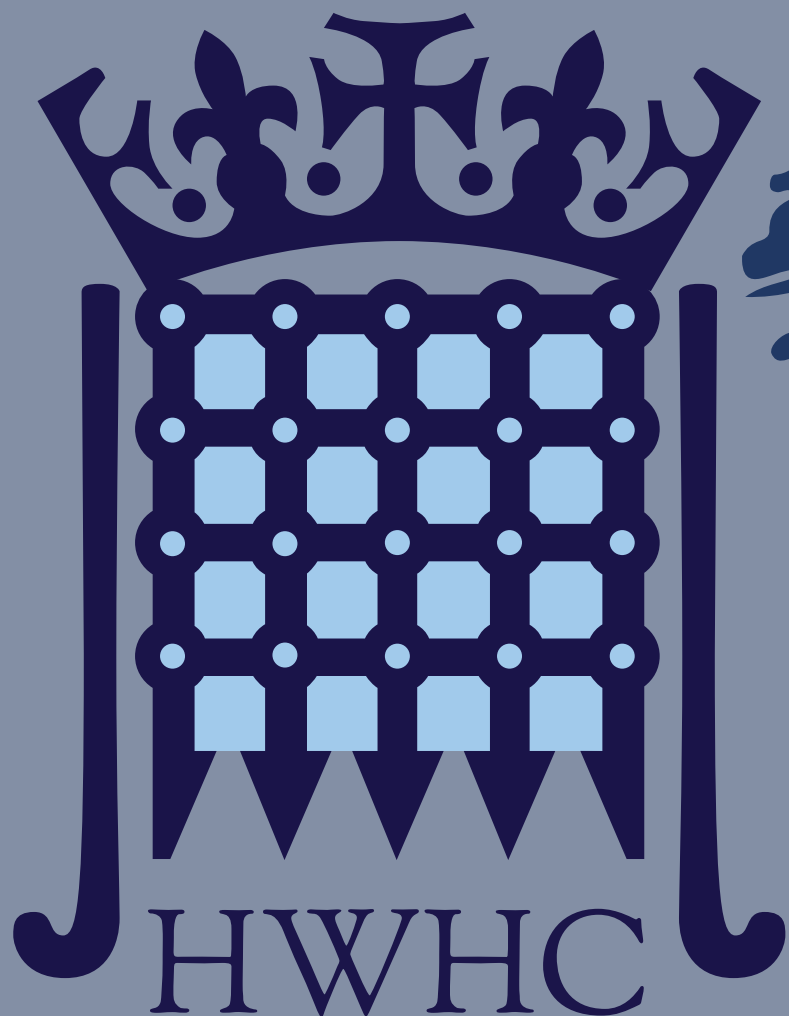
INTELLIGENCE

WORK RATE

COMPETING IN ALL
PHASES OF PLAY

PERFECTIONISM





Further support and guidance

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