

Tricks 4 Sticks - Open Coaching Session Guidelines

The following document offers some guidance and suggestions for running a Club Open Coaching Session as part of the Tricks 4 Sticks Programme.

1. The club should ensure that all members are aware of the Open Session and have sufficient numbers of volunteers in place. Hockey Ireland recommends a ratio of one coach to ten players. The club will also need a qualified first aider.
2. The appointed club member coach who was involved in the schools coaching must be present at the Open Session.
3. Club should ensure sufficient equipment is available for the participants (extra sticks, balls, bibs etc.)
4. All coaches should be aware of exactly which coaching session they will run and emphasise game play.
5. A club member should be present to take registration and to note which school the child has come from (this allows for a record of schools where the programme has been effective).
6. The club will need the parents to fill in your usual membership details (for safety/wellbeing of child in case of an emergency/for insurance purposes).
7. A club member (ideally Club Children's Officer) should also speak to the parents as to the club structure, training times etc. Ideally the club should hold a presentation for players and parents using Hockey Ireland resources, including information about the club, how to join, when they train etc.
8. At the end of the session, coaches should give details to players of the next session and ensure the children feel welcome to return. Parents may also be given a club information sheet. If the club is in a position to do so, each child could be given a prize or reward (a keyring, sticker etc.) to take home.

Running the hockey session:

1. Divide the players into groups with a mixture of other children they know and club members.
2. Deliver fun warm-up games within each group.
3. The club may choose a session of their own to use, Session 1 from Hooked on Games (10 to 12 year olds) or Session 1 from Hooked on Fun (6 to 9 year olds).
4. Emphasis throughout the session must be placed on fun and a love of hockey.
5. Hold a blitz at the end of the session using the Hockey Ireland recommended small-sided games formats (see <http://sportlomo-userupload.s3.amazonaws.com/uploaded/8089/hookedforlifeintroductionoverview1.pdf>)
6. Participants should be reminded of the next coaching session and should be encouraged by coaches to attend.