

D of E / teenage coaching volunteers

1. Thank you!

You are doing a real service to the club by giving kids a better experience of hockey, helping us to grow the club and our sport. And helping the coaches' workload!

2. What you can get out of it

Enjoyment. Consolidation of your hockey skills by explaining to others. Trying out new skills and learning what you like and don't like doing, e.g. organising, motivating, talking to people, working with kids. Satisfaction of helping others and the club. Meeting new people. Tangible examples for university application forms, CVs and interviews!

On the DoE evaluation you need to state what skills you hope to learn so have a think about that before you come along.

3. Help and guidance for you in your role

What we would love you to do

- Help make it fun and positive, especially for little ones
 - Have a laugh with them, get to know their names, really encourage them, lots of positivity, praise the effort, help them make friends
- Give 121 guidance for weaker ones
 - Spot basic errors and correct throughout the session, e.g. way they are holding the stick, body position, scanning before passing, accurate passing etc. Only correct if it isn't working for them! Don't worry too much about little mistakes.
- Stretch
 - If you see someone doing it really well, ask them to do it quicker, set them a target – give them a challenge. You may want to discuss with the coach first
- Demonstrate
 - Coaches may ask you to demonstrate. Feel free to ask the coach to tell you in advance and to check what elements of the skill they want you to draw out!
- Help with equipment and teams
 - Coaches may ask you to help set up pitches, collect cones in, get people into teams
- Take the warm up if you are happy to do so. Make it fun!
- Lead a group
 - If / when we break into groups, help guide them with the drill
 - Ask the coach what the main coaching points are that you can reinforce with them

Things to consider

- Always be positive and encouraging, smiley and happy
- When correcting something, say 'have you tried?' 'A lot of people find this way easier' 'Try this and then see what works better for you'
- Consider being subtle when helping one person, esp with older ones, as they might not want to be singled out
- Don't overload kids with info – they can only take in one or two things at a time

- With little ones be friendly, patient.
- Chat to the coach – e.g. what do you need me to do today, I have noticed this about this person, how can I help?
- Don't wait to be asked. We want you to be proactive with the kids

Some ideas that might be useful

- Warm up ideas
 - Number Groups: Get them to run around and you shout a number and they have to get into groups of that number
 - Sharks and surfers: Have some sharks who have to tag the surfers running from one side to another. Tagged surfers become sharks
 - Space invaders: Parents or children are spaced out (left and right and forward and back) on the pitch in a quarter of the pitch. They move right and left like crabs as if in a space invaders game. Children have to run or dribble from one side of the pitch to the other and avoid them
 - Body parts: get them to run around in a space and call out a body part that they need to put on the floor. Get them to suggest body parts
 - Run around pitch slowly shouting out added tasks, e.g. basketball dunk, one hand down, 2 hands down, star jump

4. Expectation of attendance

We would love you there every week but that is unrealistic! Please come as often as you can. Let us know when you can't make it or when you have to stop coming.

5. Tell your friends!

The more the merrier. We always need help on Sundays, mid-week, in Monday pay and play, at tournaments for umpiring, at the camps. Not just coaching – also other roles like videoing senior games, writing match reports or being in the tea hut on Saturdays or Sundays

6. Junior Volunteering Award

We have an award that we give out at the end of the year. You will be in with a good chance of getting that!