



Southern United Hockey Club Inc

Men, Women, Masters & Juniors

Southern United Hockey Academy – 2012/2013

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 competitions 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.

In 2010 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 2012/13.

We learnt a few things from SUHA over the past 2 years and subsequently we have made some changes to the program although the fundamental objectives remain the same.

Some questions and answers about SUHA.

What are the objectives of SUHA?

- 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 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 is expected to consist of groups of either 6 or 7 participants streamed by current playing capacity, age and ability.
- SUHA coaching sessions will be conducted at Farm Road during February, March and April due to the ground being replaced at Farm Road prior to Christmas.
- SUHA sessions will be conducted on weekends and week nights. Each session will be between 60 and 75 minutes and will consist of between 45 and 60 minutes of technical coaching and 15 minutes for the SUHA Technical Director to address any individual's needs as required.
- Technical coaching sessions will include specialized drills and small field games

Clubrooms: Kingston Heath Reserve, 74 Farm Road Cheltenham 3192

Phone: (03) 9583 2134 Secretary 0400 863 999

Postal address P.O. Box 689 East Bentleigh 3165

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ABN 99 024 601 767



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Who will be the SUHA Technical Director?

- John Mowat, SUHA Technical Director for 2011/12 will continue in this role in 2012/13. John is currently Hockey Australia's Game Education Manager.
- 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.
 - Southern United Hockey Academy Technical Director 2010-2012

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.
 - 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.

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- 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 2012/13?*

- All members of SUHC who played Juniors in 2012 and who remain committed to play at SUHC in 2013 may apply for acceptance into SUHA.
- Players from outside of SUHC who meet the above-mentioned age criterion and transfer to SUHC before 1st February 2013 and also commit to play at SUHC in 2013 may also apply for acceptance into SUHA 2012/13.

*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, either \$200 or \$160 (depending on group) per player.

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?

- SUHA is directed at developing SUHC'S field players. The club will be holding Goal Keeper training both before and during the season.

Who will select players for SUHA?

- SUHC Executive has appointed a selection committee of 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.
- 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.

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

- John Mowat – SUHA Technical Director
- Ross Walker – U11A Coach, former Victorian State and NSW National League representative, MDHC MSL coach and junior state coach.
- Andrew Aldons – SUHC MSL Coach, former State and International player with extensive coaching experience.
- Tamsin Nelson – 2 time U13A Premiership Coach, Former WSL captain and Victorian Vipers state representative
- Chris Abaniel – MPD and U11 coach, former New Zealand Premier 1 player and coach
- Michael Pearce – SUHC SL player and U15A Coach

Who will administer the program?

- Helen Eddington with the assistance of the 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 **9th November, 2012**
 - By email to registration@suhc.com.au
 - By mail to SUHC Inc. P.O Box 689 East Bentleigh 3165
- All candidates will be notified that their application has been received.

What happens if my SUHA application is successful?

- You will be notified by email of your acceptance into the Academy and contacted after that with dates and times that the Academy will run.

What happens if my SUHA application is unsuccessful?

- You will be notified by email that your application was unsuccessful for this years Academy.
- 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.
- The selection committee will endeavour give feedback to all unsuccessful candidates if requested who will be encouraged to use this information to work on and continue to improve their game with their SUHC team and coach.

David Finlayson
President – Southern United Hockey Club