



Wellington Hockey Association In School Coach

Small Sticks is a Hockey New Zealand national participation programme designed to attract children aged 4-13 into hockey and help them develop a lifelong love of the game. The Small Sticks in School component of this programme aims to introduce and develop hockey in primary schools, and is a great opportunity for Wellington Hockey Association to form strong relationships with schools and link new players into local clubs and competitions.

Renegade is a Hockey New Zealand national participation programme designed to attract children aged 13-18 into hockey. The in school component of this programme introduces a modified form of hockey that all can play.

Job Description

In School coaches are key deliverers of Small Sticks and Renegade and the face of the programme in schools. It is of upmost importance that our coaches deliver in a professional manner and fully understand the programme and its delivery format.

Hours of work

- Between 8:30am and 3.30pm, Monday to Friday – exact hours will depend on timetable provided by each school

Job requirements

- Deliver four 30-45 minute hockey sessions to each class **according to provided coaching resource**
- Deliver a 45 minute teacher in service session **according to provided coaching resource**
- Deliver a hockey festival day at the completion of the programme (and assist with festival planning as required)
- Gather and record appropriate information as required
- Encourage further hockey participation by handing out information booklets and flyers and providing information about local clubs
- Wear the Small Sticks branded clothing supplied by WHA

Person Specification

When coaching in a school environment you may be the first person that students meet in a hockey context. The impression that you give can significantly influence each student's attitude towards hockey. For this reason, when delivering this programme you must:

- Be punctual and well organised
- Have a neat and tidy appearance at all times
- Be an enthusiastic, positive and encouraging hockey role model
- Show respect for the school and its staff and children
- Use simple and brief instructions, and be able to clearly explain and demonstrate basic hockey skills
- Create a fun and exciting atmosphere for kids to learn
- Include all students in each activity, and modify activities so that they are suitable for players with differing abilities
- Hold a current First Aid Certificate and have attended a Small Sticks coaching course (either 5-8 or 9-12 years)

Key Delivery Details

Prior to arrival

- Confirm class timetable and pick up equipment from WHA
- Read through the In School coaching resource to ensure that you have a good understanding of the coaching points and activities included in the sessions – contact CHO if you have any questions about the session plans

On arrival at school

- Arrive at least 30 minutes prior to first session when you start at a new school
- Sign in at the school office
- Meet with the school hockey contact to give them the equipment kit, posters and information booklets and to get a brief tour of the school (first aid room, staff room, PE gear storage shed)
- Ensure area for programme delivery is suitable

Set up prior to sessions

- Lay out balls and sticks (it is important to have appropriate size sticks for each age group)
- Set up cones and popup goals for the activities
- Keep first aid kit accessible at all times

Communicating effectively with students

- Greet each class when they arrive for their hockey session
- Be sure that you can see the students when you are speaking to them, and that they can see you
- Speak clearly and confidently – vary the tone of your voice to keep the interest up
- Listen carefully to students' questions and comments, and respect their views – being a good listener is an essential coaching skill
- Be positive and constructive when giving feedback
- Be aware of your body language, and watch the students' body language for clues on how they are reacting to the activities and if they are enjoying the activity or ready to move on

Managing students' behaviour

Good behaviour management is essential to running an effective coaching session. However, this can be one of the more challenging aspects of coaching in a school environment. Here are some tips to help ensure your sessions run smoothly:

- Establish boundaries and emphasise safety rules at the start of each session
- Be well organised at each coaching session – having less transition time between activities will reduce the opportunities for students to misbehave
- Remember that it is more effective to be proactive by taking a positive, preventative management approach
- Recognise and praise students being “good” rather than acknowledging them being “bad” – praise positive behaviour, and try to ignore inappropriate or attention-seeking behaviour (unless safety is at risk)
- Talk to class teachers about the strategies they use for control and gaining attention – these will be known by the students and will be easy for you to adopt
- If a student persists with unacceptable behaviour then ask the class teacher to help you resolve this according to the school's disciplinary process