



**for Hockey, for our Children!**

# ● **Welcome speech by Madam Shanthi**

Teachers Communications Channel

Coaches

Hockey Calendar

Training Schedule

Training Plan (30 Weeks Plan)

Equipment

School Team Selection Policy

U13 & U11 School Team

\* Immersion Tour Plans

\*Partnership

Q & A



# Welcome Speech

## Madam Shanthi



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# 2017 Hockey Teachers (Communications Channel)

- Mdm Shanthi
  - shanthi\_e\_ramian@moe.edu.sg
- Mr Bruce Lee
  - lee\_kai\_chuen\_bruce@moe.edu.sg
- Mr Kelvin Leo
  - leo\_hee\_meng\_kelvin@moe.edu.sg
- Ms Nicolette Yap
  - nicolette\_yap\_jee\_lian@moe.edu.sg

*\*e-mail addresses can be found on our school website as well*



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# Coaches

Mr Paramjit Singh (Senior Coach)

Mr Rashid (Assistant Coach)



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# Overview of Hockey Calendar

## Mar

- U13 Nationals 9th Mar onwards
- The Wooden Shoes Hockey Games  
25 Mar (8.30am – 6pm) @ SKHP

## Apr / May

- Term 2 week 5 to 6 Study Break.
- School team(U13) will train
- Finals 23<sup>rd</sup> May (Sengkang)
- School Holiday Training –  
May 29 - 31



## Jan

Welcome our Primary 3s

## June

## Feb

- Parents Briefing
- U13 National Team selection
- Friendly Game – 16 Feb

## April

- U13 Nationals knock-out stage.
- U11 National Team selection



# Overview of Hockey Calendar

## June

- U11 School Holiday training 23<sup>rd</sup> June
- U11 National Junior 29<sup>th</sup> June onwards
- Immersion – Malaysia\*\*

## Sept - Dec

- Training and promoting
- Nov Holiday Training ( 20<sup>th</sup> - 22<sup>nd</sup> )
- Dec Holiday Training (28<sup>th</sup> – 29<sup>th</sup>)

## Aug

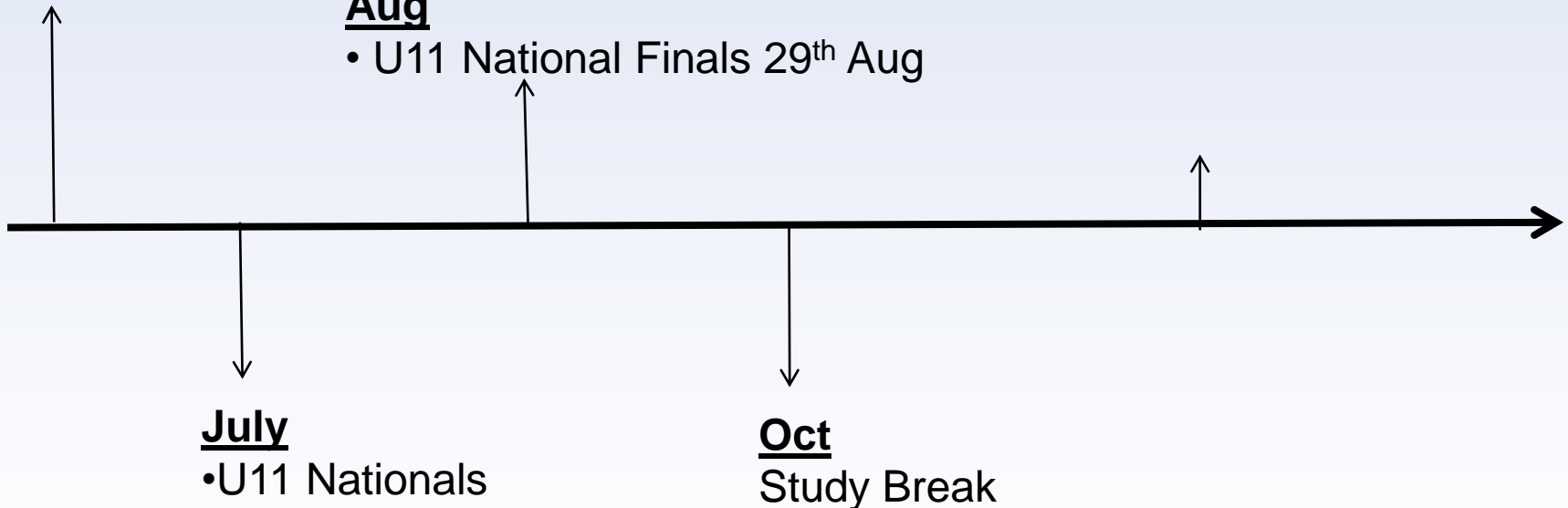
- U11 National Finals 29<sup>th</sup> Aug

## July

- U11 Nationals

## Oct

- Study Break



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# Training Schedule

Days	Timing	Remarks
Monday	1415 – 1530(P3 & P4) 1530-1700(P5 & P6)	P3 – Term 3 onwards * Letter
Wednesday	1415 – 1600 (All) 1415 -1530(school bus or special request)	All to attend P3 – Term 3 onwards * Letter
Saturday	0800 - 1000	Normally reserved for outside pitch trainings/Friendly games. <b>Boys will be informed.</b>

\* Schedule will be given to the pupils.



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# Training Plan

SESSION	Hockey	Progression
1 – 4	<ul style="list-style-type: none"> <li>- Receiving</li> <li>- Passing</li> </ul>	Simple
5 – 6	<ul style="list-style-type: none"> <li>- Passing</li> <li>- Hitting</li> <li>- Receiving</li> <li>- Lifting the ball</li> <li>- Stopping a bouncing ball</li> </ul>	
7 – 10	<ul style="list-style-type: none"> <li>- Applying skills in game situations</li> <li>- Accuracy of skills</li> <li>- Scoring</li> <li>- Clearing</li> <li>- Positional play</li> </ul>	Moderate
11 – 14	<ul style="list-style-type: none"> <li>- Individual play</li> <li>- Team play</li> <li>- Tackling opponent</li> <li>- Channeling opponent</li> <li>- Decision making in tackling</li> </ul>	
15 – 30	<ul style="list-style-type: none"> <li>- Dribbling</li> <li>- Game Awareness</li> <li>- Tactical Awareness</li> <li>- Building Out of Defence</li> <li>- Set Plays</li> </ul>	Complex



# Values In Action (VIA)

- Once a month
- Team bonding games -  
Incorporates school values
- Reflection writing



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# Equipment

- Personal Equipment
  - Mouth Guards (Highly Recommended)
  - Shin Guards and Long Socks (MANDATORY)
  - **Water Bottles** – for personal hydration
  - Face-masks (School to purchase and recommended for defenders during short-corners)
  - **CCA T-Shirt \*\***
  - **Optional**
    - Turf Shoes – to provide enough friction on turf
    - Personal Hockey Stick



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# School Team Selection Policy

- All players are expected to display traits of Servant-Leadership
- School representation is an opportunity to be thankful for (Thanksgiving)
  - Factors for Consideration
    - a. Training Attendance
    - b. Skills
    - c. CCA Conduct
    - d. Class Performance (Effort in Work)
    - e. Class Conduct



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# U13 & U11 School Team

## U13

- 11 a-side tournament. 20 boys can be registered.(9 reserves)

## U11

- 6 a-side tournament. Only 10 boys can be registered. Majority of P5 boys.( 4 reserves)
- **NOTE: Resilience (non-selected)**



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# Immersion Tour Plans

<b>PURPOSE</b>	<ol style="list-style-type: none"> <li>1. To develop a deeper appreciation and passion in sports and culture.</li> <li>2. To promote good camaraderie between Singaporean and Malaysian students by giving participants the experience of student life in Malaysian schools.</li> <li>3. To inculcate the school values through inter- and intra-CCA activities.</li> </ol>	
<b>DATE</b>	<b>DESTINATION</b>	<b>NO. OF PUPILS</b>
<b>Term 2 week 9 / 10 Late MAY / Early JUNE</b>	<b>Batu Pahat / JOHORE BAHRU</b>	<b>20 – 25</b>
<b>CCA</b>	<b>Hockey</b>	<b>Badminton</b>



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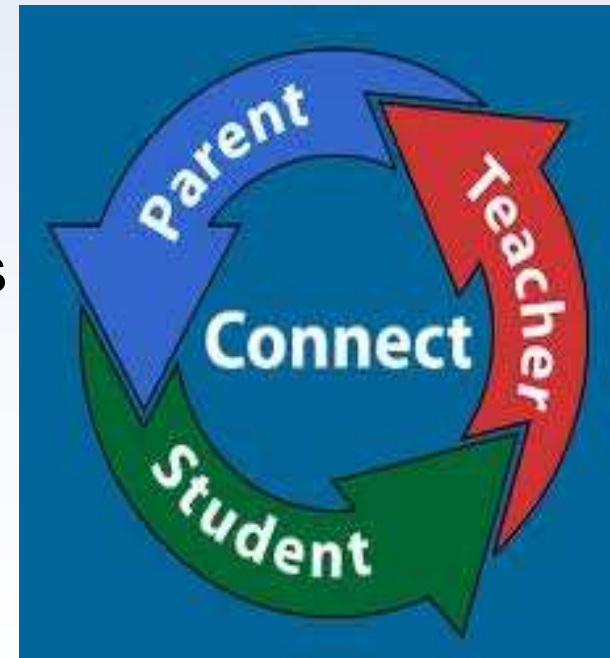




# Partnership

Working together with the school for the overall development of hockey in SAJS by:

- Supporting needy boys beyond school resources
  - jerseys
  - meals
  - Overseas trips
- Providing the right nutrition for all boys for trainings and competitions (Drinks and meals during tournaments)
- Supporting the boys at competitions and overseas trips.
- Sponsoring training attire and even jerseys



# Partnership



You contribute when you are available at your own convenience:

- Assisting the Coaches to work on small group skills-focused trainings (e.g goal-keeper training)
- Any other opportunities which may arise
- Parent Volunteer – Ms 'S' Tina @ 96187633



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# Questions & Answers



- On Behalf of Hockey Teachers.....
- Thank You giving showing US Your Ever Energizing Support...

