

# Coach's notes

I would just like to start off by expressing a thanks to IHNZ and others before them supporting us to work together and promoting the freedom and spirit of our Māori players within our sport, especially through the Matariki Series enhancing the New Zealand Māori Team development and cultural awareness. We have been put on display and proven that a group of young and not so young men have shared their pride, entertained and produced games not to forget.

The success of the Matariki Series as it stands, to bring through the youth of our game and being mentored by the best senior players our sport has to offer shows why it is up there with the best tournaments held in Aotearoa.

### Our Coaches

Where would we be without them? Coaching starts with our youth and if I can, let's look at our youngest and our future and how we can best gain their attention (trick them) into developing a life-long love of our sport through fun with learning.

Their concentration span will test you so look at 5 – 7 minutes per drill session but come back to the same one when required. Repetition is key to building on skills.

Cross rink training to establish cross rink hockey skills. Condense the training up to be set at 50 minutes at least twice in a week with game time. Start on time and finish on time and use the 50 minutes to the max.

There are so many drills to enhance training, they need to be aimed at the ability of the players and not over complicated. Keep this simple and fun with skating, passing, puck control and team play.

Kia ora whanau

Tukua te wairua kia rere ki

Nga taumata

Hai arahi I a tatou mahi

Me ta tatou whai I nga

Tikanga a ratou ma

Kia kore ai e ngaro

Kia pupuri

Kia whakamaua

Kia tina tina

### Skating, Shooting. Passing

These are key components of the game and the players must be encouraged to perform these skills

### Respect

This word in all its ramifications deserves thorough discussion. Respect your coaches, team-mates and officials.

### Safety

Each participant must understand and accept his or her role in ensuring the safety of all participants .

**Show respect, use age-appropriate language and teach with the right manner. You will earn respect / mana within the team boundaries, and this helps our youth for the future.**

Ngā manaakitanga,

Willy



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