

HOOKED!



2007

Fuelling the growth and development of hockey in your club.

A Two Day Conference – 6th & 7th January 2007

at The Astra Hall, The Student Centre, UCD and The National Hockey Stadium, UCD, Dublin



www.hockey.ie



The Official Annual Conference of The Irish Hockey Association

HOOKED!



2007

Fuelling hockey growth and development in your club



Are you involved in hockey? Do you coach? Do you help run and manage your club?

If so, *Hooked! 2007* is a must attend for you. Don't get left behind, get booked on *Hooked!* on the 6th & 7th January 2007.

Hooked! 2007 is the only conference in Ireland which is developed specifically for hockey clubs tackling issues that affect your club and helps find solutions to effect a positive change for hockey across the 32 counties and for your club.

The conference is structured into two concurrent streams A: On The Pitch and B: In The Clubhouse. This enables us to cater for both the coaches in your club and those responsible for "off the pitch" club management. So your coach will be receiving the latest coaching tips from top coaches while your club's management and committee can brainstorm key club issues.

What will you get from attending *Hooked! 2007*?

- Expert coaching on how to develop core strength & conditioning for your players from David Lasini, strength and conditioning coach.
 - Top coaching on how to develop attacking corners and corner drag flicks from Calum Giles, the drag flick and set piece specialist.
 - Insights into how to plan your club's future through the retention and development of your players.
 - Advice on how to run your club professionally and how to recruit and retain volunteers.
 - Tips on how your club can establish those vital club and school links.
 - A chance to voice your opinion and discuss views on the domestic competition reform.
- Plus much more...**

DAY 1

Saturday 6th January 2007

10.30

Registration and coffee

11.00

Welcome and opening address from the chair

Dixon Rose, President, Irish Hockey Association

11.15

Getting to grass roots of Irish hockey

2006 has been another big year for Irish hockey with the IHA releasing its National Development Plan and unveiling ambitious plans to develop the sport at grass roots level. Paul Varian will give a thorough overview of progress made by the Association in 2006 and outline its further plans for 2007.

Key elements include:

- The IHA's Four Year Strategic Plan (2003-07) – where are we now?
- An update on domestic competition reform.
- An overview of Ireland's national teams – their achievements and plans for their continued development.
- The IHA's Branch Support Programme – taking a bottom-up approach to developing participation in hockey in Ireland.
- Investing in technology to improve sport-wide communication.

Paul Varian, Chief Executive, Irish Hockey Association

12.15

Lunch

13.15

Servasport

Introducing the IHA's new web-based membership management system - allowing you to manage your club members, easily, efficiently and hassle free.

Niall Farren, Sports Management Consultant, Servasport

13.45

Domestic competition reform – discussion forum and update

This open forum will give you the chance to voice your opinion and get involved in an open discussion about the domestic competition reform.

Chairing the discussion will be Dixon Rose, President, Irish Hockey Association

14.45

Coffee break

Delegates choose between two streams



DAY 1

Stream A: On the Pitch
Waterbased, UCD

Stream B: In the Clubhouse, Astra Hall,
The Student Centre, UCD

15.30

Attacking the circle and goal scoring

Calum will bring coaches through the latest goal scoring and attacking techniques. He will take coaches through the vital first touch, creating and capitalising on goal scoring opportunities.

Calum will show your coach how to create predators in the circle - this is a must attend session for all coaches!

About your clinic leader:

Calum Giles burst onto the International hockey scene at the European Cup in 1995. His 9 goals in 7 games didn't just help England to win a European Bronze medal, but also entered his name into the record books as the first English player to win a top goal scorer award in a major competition.

Calum played 143 international games for England and scored 110 goals, retiring as the joint highest goal scorer.

Calum Giles, Havant Hockey Club

16.15

Attacking with narrow forwards/attacking the final third.

This session will take coaches through attacking play in the final third and playing with narrow forwards. It will also examine the midfield area and the use of 3D skills, including ball carrying and passing skills.

Presenter, TBC

17.00

Close of Day 1

15.30

Running a professional club

Running a professional club is by no means easy - from this case study you will pick up invaluable lessons and tips on how to improve your club's running.

Neil will take you through a number of elements which you can apply to your club including, club structures and committees, communications and utilising your members' expertise.

Neil Madeley has been involved with Banbridge HC for over twenty five years. His experience will prove invaluable to your hockey club.

Neil Madeley, Banbridge Hockey Club

16.15

Your club's future - retaining and developing your players.

Clubs cannot exist without players. This presentation will examine and demonstrate ways in which clubs can improve the retention rates of their players. This case study will also look at creating a club culture and thereby instilling loyalty within players towards their club.

Ivor Lennon, Lurgan Hockey Club

17.00

Close of Day 1

DAY 2 Workshops: Running concurrently to other morning streams

9.00 Umpiring workshop

Umpires are crucial to the game and the demand for match officials is continuously increasing. This interactive workshop will examine the development of umpires in clubs and branches. The related elements to achieve this objective will also be explored.

Anyone involved in umpiring or concerned about the development of umpiring should attend this workshop.

About your workshop leader:

Billy Stewart was Ireland's first indoor FIH umpire, and 21st in the world. He has umpired in excess of 70 games all over Europe. Billy is currently the convener of the national umpires' selectors (men).

10.30 Workshop joins Stream B back in the Conference Centre

9.00 Code of Ethics awareness workshop

This is a must attend for the Children's Officer within each branch .

Children have the right to enjoy hockey in a fun and safe environment. As such, the IHA are in the midst of producing the 'Code of Ethics and Good Practice for Children's Hockey.'

About your workshop leader:

Jantien Findlater, has been appointed Children's Officer for Ireland. Her role includes the job of implementing the new code amongst all those in contact with underage hockey in Ireland.

13.00 Lunch

DAY 2 Stream A: On the Pitch Waterbased, UCD

9.00 Core strength & conditioning for club players

This workshop will give your coach the knowledge of the key principles relating to core strength and conditioning.

Core strength, conditioning and fitness plays a key role in the success of any team and improving player performance.

About your clinic leader: David Lasini is a sports scientist who currently works with the Sports Institute Northern Ireland.



Stream B: In the Clubhouse, Astra Hall, The Student Centre, UCD

9.00 The IHA support programme.

Robin Madeley, the National Development Officer for the IHA, will outline how the Branch Support Programme works and how it will help your club.

*Robin Madeley,
National Development Officer, IHA*

9.25 Developing volunteers

Volunteers play an essential role in the running of your club. It can be a challenge to attract new people for the variety of positions required in clubs. This presentation will explore ways in which to attract and retain the volunteer base necessary for your club!

Speaker TBC

DAY 2

Stream A: On the Pitch
Waterbased, UCD

Stream B: In the Clubhouse, Astra Hall,
The Student Centre, UCD

11.00 **Break**

11.15 **Developing attacking corners and corner drag flicks.**

Set pieces are vital to the attacking play at any level of hockey. Set piece specialist and coach Calum Giles will take coaches through the latest techniques in this area. Coaches will learn how to increase player strength in drag flicks and set pieces. He will also teach key techniques in the use of deception.

About your clinic leader: Calum Giles is widely regarded as one of the best short corner strikers in the world. He first made his name for England at the European Cup in 1995 scoring 9 goals in 7 games. Calum went on to score a massive 110 goals in 143 international games earning himself the name as a set piece specialist.



9.55 **Communications**

The flow of communications across hockey must be clear, relevant and frequent. This case study will look at practical ways your club can help improve communications.

Presenter TBC

10.25 **Grass root level participation amongst young players and club/school links.**

Young players are the life blood of every club, without which most clubs' futures would be bleak. Here we will examine how your club can engage younger players and bring them through the club system.

Paul O'Brien, Railway Union H.C.

10.55 **Break**

11.20 **Coaching and coach education**

Coaches play a key role in introducing players to the game and assisting players in reaching their full potential. The quality and quantity of coaches throughout the association must continually be increased.

Mick will take you through a number of key areas including how coaches have learned in the past and how they can learn in the future. He will also identify the necessary attributes for a top coach.

Mick McKinnon, Irish U18 Girls Coach

DAY 2

Stream A: On the Pitch
Waterbased, UCD

Stream B: In the Clubhouse, Astra Hall,
The Student Centre, UCD



12.00 **Umpire development**

Umpires perform a vital role in hockey. An issue that must be addressed at every level of hockey is increasing the number of quality umpires for the game.

Engaging umpires can be a challenging task, this presentation will examine ways in which you can enthuse umpires to get involved.

Martin White, Connacht Branch

12.40 **Lunch**

12.40 **Lunch**

13.40 **On the Pitch joins stream B
back in Conference Centre,
UCD** →

13.40 **Code of Ethics**

This short session will give you a brief overview of the Code and what it means. Every club needs to have an awareness of the Code to ensure a safe, fun and fair play environment in which children can play hockey.

Jantien Findlater, Children's Officer



14.00 **Open floor discussion**

After a two day conference of presentations, discussions and brainstorming - where to from here?

This is a chance to conclude the day and clarify any final thoughts.

*John Dennis, Chairman,
Irish Hockey Association.*

15.10 **Close of DAY 2**