



Merry Christmas and a Happy New Year
to all our juniors and their families

Last training for 2009 is 12th December

See you on Saturday 9th January 2010

Welcome to all our members, old and new! We hope that you are all enjoying the hockey. The junior committee are working hard to ensure that we organise as many games and tournaments for a range of age groups. To do this though we are very reliant on volunteers to either umpire, manage, collect match fees or hand out team shirts. For safety we need to have 2 adults per team (home and away) to provide the umpiring and managing of a team. That's why sometimes we only organise a fixture for one team at a time. We need umpires and team managers for U9's, U11's and U16's so if you think you can help us please let us know.

STOP PRESS

The Cheshire East Community Sport and Physical Activity Network (CSN) held an awards evening on Monday 9th November 2009 in Crewe.

The aim of the evening was to honour recognise local people's contribution to sport and physical activity within in the communities of Cheshire East.

As a result Triton Hockey Club, and also Chris and Suzanne, have been awarded Recognition Awards for contribution to local community sport and physical activity in Cheshire East.

So a big thanks you to everyone who's involved in making our club so special.

CLUB EVENTS

SUNDAY 29th NOVEMBER

**Alsager's Big Switch On and Christmas Market
4 - 8pm**

Thanks to everyone for your help and support at this successful event.

We raised £423.50 - an amazing amount.

SATURDAY 12th DECEMBER 2009

**Mince Pies and Meet the Coaches
Alsager Leisure Centre Gym 10am to 12 noon**

Come along for a drink and a mince pie with the coaches and other members of the Hockey Club after their training session.



Be there or be square.

Match Results

Well done to our U11's !!!

An undefeated U11's team pose for a photo opportunity during the U11's Tournament at Timperley Hockey Club on Sunday 1st November.

All the children played well, for some this was the first taste of tournament hockey. They drew their first 3 games 0-0 and went on to win the last game 1-0.

(Scorer: Nathan Hopkinson)



Badgers vs. Macclesfield (H)	W 3-0
Badgers vs. South Cheshire (H)	L 0-3
Badgers vs. Deeside Ramblers (H)	L 0-5
Badgers vs. South Cheshire (A)	L 1-5
Badgers vs. Alderley Edge (H)	L 0-6

Beavers vs. Alderley Edge (H)	L 3-4
Beavers vs. Deeside Ramblers (H)	W 3-2
Beavers vs. Neston Sth Wirral (A)	L 2-3
Beavers vs. Timperley (A)	W 3-1

Colts (Girls 14yrs) vs. Lymm (A)	L 1-2
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We are now posting some of our junior games on www.fixtureslive.com - enter Triton in the search box and click on teams. You can then look at the fixtures for each registered team and read match reports! Ideally write your own match reports.

Junior Development Centres (JDC) and Junior Academy Centres (JAC)

Several of our more gifted hockey players have progressed to JDC's run by England Hockey – so congratulations to them.

This year our coaching at Triton Hockey has been aligned with the new Core Skills program developed by England Hockey. In summary England Hockey are requesting clubs to develop the following skills:

- **Winning mentality 'coachability'** – the desire to be successful, a willingness to listen and try to apply coach input.
- **Speed** – Raw speed over 5 – 25 metres – in comparison with the centre
- **Agility** – Ability to change direction very quickly with good control, footwork and balance
- **Endurance** – Ability to perform high intensity work for a prolonged period of time
- **Comfort on the ball** – this should include ball carry position, close skills in the tight, first touch, V drag etc
- **Hit** – The ability to hit with power, pace, consistency, use of correct grip and ball position in relation to body.
- **Passing** – Ability to see passes and to execute with a range of skills e.g. long hit passes, forward push passes on the move, in the tight etc.
- **1 v 1 Elimination** – ability to beat a player and break a line with evidence of change of pace and good angles of running
- **Attacking Circle work** – Awareness and use of space, understanding of deflections and 2nd phase, body position etc.
- **Defending** – Evidence of Defending skills and responsibilities relevant to their position
- **Mental Toughness** – Evidence of error recovery, ability to stay in the game and concentrate, not over react etc.
- **Game Intellect and Decision Making** – Evidence of understanding of shape, system, use of space, coachability, recognition of core game principles – e.g. when to stretch v when to post, when to hold space v when to step up, and how frequently does this player make the right decision?
- **HIGH Competency at any of these core skills** – ONLY list those where there is a HIGH level of consistency and competence



Newsletter

Have a news item or an idea for a competition for the next newsletter?
Please email it to triton.hockey@yahoo.co.uk – subject "Newsletter item"

