

EXAMPLE COACHING PROGRAM FOR JUNIORS

RNB at Rosebud Secondary College

Coaching of Year 7 students

Approx. age - 12 Year olds.

Rosebud Secondary College has 125 Children available to be taught

We use 4 B courts at their school on the hockey court.

We break each class of 24 into 4 groups of 6 each per court with 1 coach per court.

Sessions are usually 90 mins long.

THIS IS ALL ABOUT FUN FOR THEIR INTRODUCTION TO CROQUET

1. Opening Speech

Limited to 1 to 2 minutes. We say 'Hello', introduce each coach and talk about basic safety rules and sportsmanship. Players are asked to pick a mallet and break up into groups of 4 to 6, based on numbers ready for game/lesson/fun.

I show them the different mallet grips (they can use any grip they like) at this stage. Next is how to swing a mallet (pendulum swing) between their legs.

Hopefully, they hit the ball.

2. Practice for 5 to 10 minutes.

They hit from one end of the court to the other end of the court and back. This helps them get use to how hard or soft they need to hit the ball the make it travel.

I keep an eye on them and help where necessary.

3. GAME STARTS ALL PLAY AS INDIVIDUALS FOR FIRST 6 HOOPS

Special Centre Pegs show – Blue, Red, Pink, Black, Yellow, White

Or Blue, Red, Brown, Black, Yellow, Green

I hit the first ball so they know where to go and what side to score from.

If a student stuffs up, and they will, they get another turn straight away and

If the ball goes only halfway or less, they have an extra turn straight away.

Keep it fast and keep it a FUN introduction.

Otherwise you lose them.

4. CHAOS REIGNS

It doesn't take long to work out they need to score a hoop

Once a hoop is scored all must play to hoop 2. SOUNDS SIMPLE. Don't bet on it.

50% of the balls will be wired or hampered by the other balls for their shot to hoop 2.

HARRY POTTER RULES APPLIES.

No other rules apply at this stage it is all about FUN.

I place all balls in a hitting position to hoop 2. Players will get bored very quickly if not allowed to have an equal chance.

5. Keep talking to the children to help them where to hit and help improve their hitting style. Introducing how to roquet a ball away from the hoop area is fun.
6. Hoops 1 to 6 are played as singles. I will help as much as I can and will answer all questions the students ask me, but don't go into too much depth so you keep the game flowing. The good ones start to realise what the game is about and will want to know more.

In 6 hoops you will be amazed how quickly some students pick up how to play croquet. Around this time, I show them how to do a TRICK SHOT. The jump shot. Hopefully, it works. Students will try to do it; one student usually succeeds with only basic coaching.
7. Hoops 7 to 12. PARTNERS are introduced.

Don't let them pick partners, chaos may occur. The owners of Black and Blue are partners, red and yellow and green and brown. If 6 players for example.

I try to explain how PARTNERS work together. This is hard for children at this age, but they will pick it up.
8. HARRY POTTER RULES still apply.

Game is about FUN. Let them find their own level of play.
9. Hoops 7 to 12 Proceeds.

Keep adjusting their hitting of the ball, their backswing and their follow through is important. It will help with distance and accuracy. Never stop talking to them and encouraging them as you go along.

Children pick up the game quickly or get BORED quickly.
10. First 12 hoops may take an hour. We play for 90 minutes. At this stage we usually practice stop shots, hitting other balls away or jump shots. If they are very interested, we keep playing for the rest of the time allowed.
11. Play 6 more hoops as singles or partners. THEIR choice. HARRY POTTER RULES are not as important. Children play other sports and know there are rules and usually will ask what rules exist. I keep this at a basic level at this stage. FUN is more important.
12. Remember our club has seen 175 students over a 3-day period. We usually do this twice. Out of all these, I hope to get 4 to 8 students who will come back and take it to a higher level on a more regular basis.