



# JUNIOR COACH

**Description of Role:**

- Junior Coaches work closely with parent coaches to coach and manage a Spring League team. Parent coaches need your assistance to teach their players the fundamentals of field hockey and to share your love of the sport.

**Primary Responsibilities:**

- Provides a role model to younger players, demonstrating leadership and upholding club values
- Leads warm-up, runs drills and demonstrates skills as required by coach
- Follows practice plan provided by coach/club
- Ensures that team equipment is distributed and collected at weekly practices

**Time Commitment:**

- Must be willing to commit to attending the team practice every week. Attendance at weekend games is optional.

**Skill Requirements:**

- Must be age 13+ years
- Must attend a pre-season Junior Coach clinic to get familiar with the role
- Willingness and enthusiasm to undertake all activities related to coaching a team
- It is possible to junior coach with a friend

**Benefits:**

- ✓ Improve your game and learn how to coach
- ✓ Support provided by the Club (see below)
- ✓ This position qualifies for community service hours. You will also gain work experience on your resume and have an opportunity to receive a reference.

**Support:**

- You will attend a Junior Coach clinic to get familiar with the role
- You are able to access all coaching courses provided by the club
- You will receive a weekly practice plan from your coach / the club

**Additional Information:**

- You are required to read and understand the Code of Conduct for coaches

## Junior Coaching – ensuring your success!

Being a Junior Coach is very rewarding – you play a key role in inspiring young players and sharing your love of the sport. Not to mention that you are a valuable asset to our parent coaches, many of whom do not have much experience of field hockey and so will look to you to demonstrate your skills. But with these rewards also brings responsibilities. Here are some suggestions to ensure that you are successful in your role:

- When you are matched with a team, email the coaches and managers to introduce yourself and exchange contact information
- Make sure that you are receiving the weekly practice plan. If you haven't received it, contact your coach to remind them to forward it on
- Arrive at the team practice early so that you can connect with the coach and ensure that you understand what your role is during the practice. Feel free to make suggestions about how you might be able to help by leading a warm up or demonstrating a skill
- Treat your junior coaching like a job - make sure that your coach and manager know your schedule and your availability. If you are sick or have a conflict, don't forget to let them know well in advance that you won't be at practice
- Be familiar with the key policies and procedures for coaching:
  - Safety information for coaches  
[https://wvfhc.com/upload/doc/WVFHC\\_Safety\\_Policies\\_and\\_Procedures.pdf](https://wvfhc.com/upload/doc/WVFHC_Safety_Policies_and_Procedures.pdf)
  - Emergency Action Plans for your practice field  
<https://wvfhc.com/20#6217>
  - Code of Conduct for coaches  
<https://wvfhc.com/conduct>
- Help your coach look after the equipment assigned to the team. Collect in all the balls, cones and pinnies after practice and ensure that they are safely stowed for the next time.
- When in doubt, ask questions! This is a great opportunity to improve your game and learn how to coach – and if you don't understand why or what is happening or how you can best support the team, ask your coach. They are there to help you as much as you help them.
- We are here to support you. If you have any issues or concerns please contact us anytime at [jrcoach@wvfhc.com](mailto:jrcoach@wvfhc.com)