

# 2014 Albury Holbrook Junior Development Program

Hi Guys,

As some of you may or may not know I am your new Albury Club and SWS Zone Junior Development Officer.

I am really excited and keen to get you all playing better and competing to the best of your ability. I am putting together this bit of a training program to give you a rough guide that will hopefully help you all improve.

It is not by any means gospel it is a guide behind what I do and what I find works for me.

You can use it or not, it may just help.

There is also a personal section that I would like you all to answer as honestly as you can as this will help us pin point what we can work on for you.

My aim is to start a small file for each of you and touch base about these facets of your game and see if we can improve on them during the year.

If you guys could all give me an insight into what we can do to help not only your polocrosse but the zone and getting coaches to best help you out.

If you need me to clarify any of this program, give me a call on 0439298146.

Look forward to working with you,

Lucy

There may be people with more talent than you, but there's no excuse for anyone to work harder than you. – Derek Jeter



## TOPIC 1 - SEASON PREPARATION

\*\* NB This section is dependent on your age and the level you are wanting to play, it is a rough guide behind what I do with my horses.

### How to get your horse fit

- When to start working your horse

Well guys I would hope by now that if you are intending on playing in April you would have your horses in work now. If not anytime now would be a good time to do it.

- What kind of exercise to do

The first 2 weeks we spend mostly trotting, if you have another horse to lead them off it often helps just get their bodies used to the increased work load. After that we would start to ride them, mainly straight-line work, increasing the trotting and cantering and making the session and distance a bit longer, approx 4kms. By this time, club practices are usually underway (4-5 weeks after getting your horse in) you should be starting to get your horse into some game relevant practice, ie, turning around, marking up and sprints. It is important to introduce these parts of the game before practice, as the insult on the horses body after the first practice is then reduced. Some ball work on your horse should now be underway, but remember do as much ball work on the ground or a young horse as you like, but try keep it to a minimum on your playing horse as they tend to get sick of it really easily.

It is now drawing closer to the season beginning and your horse should be getting to its optimum fitness, therefore it is ok to give them a day off, we do this on a Monday, as it allows them to freshen up and get rid of lactic acid and toxins from the body. It is now about maintain their fitness and for those of you who are preparing for Junior Classic or Darwin Nationals (JUNIORS) you should be working your horse about 25-30mins mixture of moderate to high intensity work, trotting, cantering and sprinting, this mimics what you would do in game. If you're a SUB JUNIOR keeping up what your have done to get your horse to this stage is going to allow them to be as fit as need be. It is important to again mix up the trotting, cantering and small sprints to keep them in the top notch condition you have worked so hard to get to this stage.



It's not the will to win that matters-everyone has that. It's the will to prepare that matters. –Paul Bryant

## TOPIC 1 - SEASON PREPARATION

### Skills to practice

- Pick Ups

It is important to practice your pick -ups because without the ball you can't win the game. One trick I use to help me really concentrate on the ball is to write numbers on the ball 1-8, and as I am picking up I say the number out loud, this helps me focus on the ball and improves your picking up skills.

- Racqueting

When racqueting remember to keep your eye on the ball. It is important to practice your skills here, a good trick if you haven't got a big swing is to try a double tap. This is when you tap, draw away and then hit again in quick succession. This makes it uncomfortable for the ball carrier and is a good way to dislodge the ball.

- Marking up

In the area I try to keep my knee and my horses eye just behind theirs, a trick of mine is to watch the 1's hands, when they start to move, so should yours. In centre field, it the opposite, I try to get my horse's eye out in front of theirs, I will wait until I do this before I start to swing.

- Scoring goals

When scoring goals (this is a tip from Jim, as I wouldn't trust my goal throwing ability) he suggests that when you are throwing a goal, remember to aim at a person or an object between the goals, not just trying to throw the ball through the sticks.

- The window of opportunity

Whether it be a pass in centre field, over the 30yrd line, or attempting to throw a goal, there is a "Window of opportunity" it is key that you learn when this is, and that when it comes about, you take it. This is a high level skill that will come with practice and often age and strength. It is hard to explain, but basically, when there is a chance to throw, don't hesitate, pass. It is a skill that you need to practice at home, and learning when the chance is there, and when it is not.

- The line up

There is a lot of discussion about the line up, and basically it depends where the ball is. You should have your horse set up well enough that you can move it to where the ball is. People say 1s should cut across the front of the line-up and I think this is fine providing you take the snap or that is where the ball is. The 2s should be set up to really readily follow the ball and lend a helping hand. The 3s should be set so that their knee is behind, and the head of your horse is out, ready to turn out and begin the foot race to the ball. If you would like to know more about this, please give me a call.

- Turning left and right

When practicing at home, it is crucial that you practice turning left and right. This will benefit you greatly during a game. It is as basic as going out at home, with or without your racquet and turning left and right.

- Checking instead of turning in centre field

In centre field, a way to save your horse's energy, saving time, and placing players onto your non-stick-side, is checking your horse, waiting for players to rush past you and then setting your field to move toward the area, safely and protecting the ball. Once again I can explain this more thoroughly to you in person or on the phone.

If you cant out play them, out work them- Ben Hogan

## TOPIC 1 – SEASON PREPARATION

### Ways to practice at home

- On your own
- With your racquet in hand, practice trotting and cantering even circles, lobbing the ball out in front of you, and then sitting yourself deep in the saddle, and getting your horse to turn left and right.
  - Throwing the ball along the ground, curve onto the ball, and in straight lines, practice picking up the ball both sides, and at this stage it helps to pop the numbers on the ball and read them out.
  - A handy trick to get your eye in is, instead of aiming between the posts, set up a steel post, practice throwing the ball at it the post.
  - Without your horse, see if you can get your hands on a rebound net, a little thing I like to do its, tape a square on the net and aim at it. It also helps with reflexes to try and get on some uneven ground or try and replicate this, and practice bouncing the ball onto it, first starting softly and then increasing the strength at which you put the ball down.
  - With Mum, Dad or sibling
  - Get you mum to stand in the middle of the circle, trot and canter around her, trying to keep the circles even. Get mum to pass the ball to you as you catch it, turn back and go the other way. This will help get your horse turning around better and will help get your eye in for catching and turning as you would over the 30yrd line.
  - As a 3, you can practice timing yourself behind your dads horses eye. Keeping your horses head behind theirs, and as I talked about earlier, when your dad starts to move his hands, set yourself up to turn back and cover them from scoring goals.
  - Also one for the 2s and 3s, line up one on one and practice getting your knee in behind their knee, and then turning out.

\*\*\* another thing I would like you guys to consider is when your preparing your horse for an a big event, remember you to are an athlete and your personal fitness matters. If you guys would like to know more about this, I know a couple of people who can help you out with this.

If you train hard, you'll not only be hard, you'll be hard to beat.  
– Herschel Walker



## GOAL SETTING

The section will be completely personal if you wish to be, but please fill out as honestly as you see fit so that we can help you work towards what you want to achieve.

What do you want to improve on week to week?

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What are your main strengths?

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And weaknesses?

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What is your goal for the season?

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What is your ultimate polocrosse goal?

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“Set your goals high, and don’t stop until you get there” – Bo Jackson



Name: \_\_\_\_\_

## QUESTIONNAIRE

- Do you want to be coached (Feel free to say no)
- What are your favourite things about polocrosse?

-What can I do to help you guys best achieve your goals?

-More training weekends?

-More coaching on weekends?

-Who would you like me to get as coaches for you?

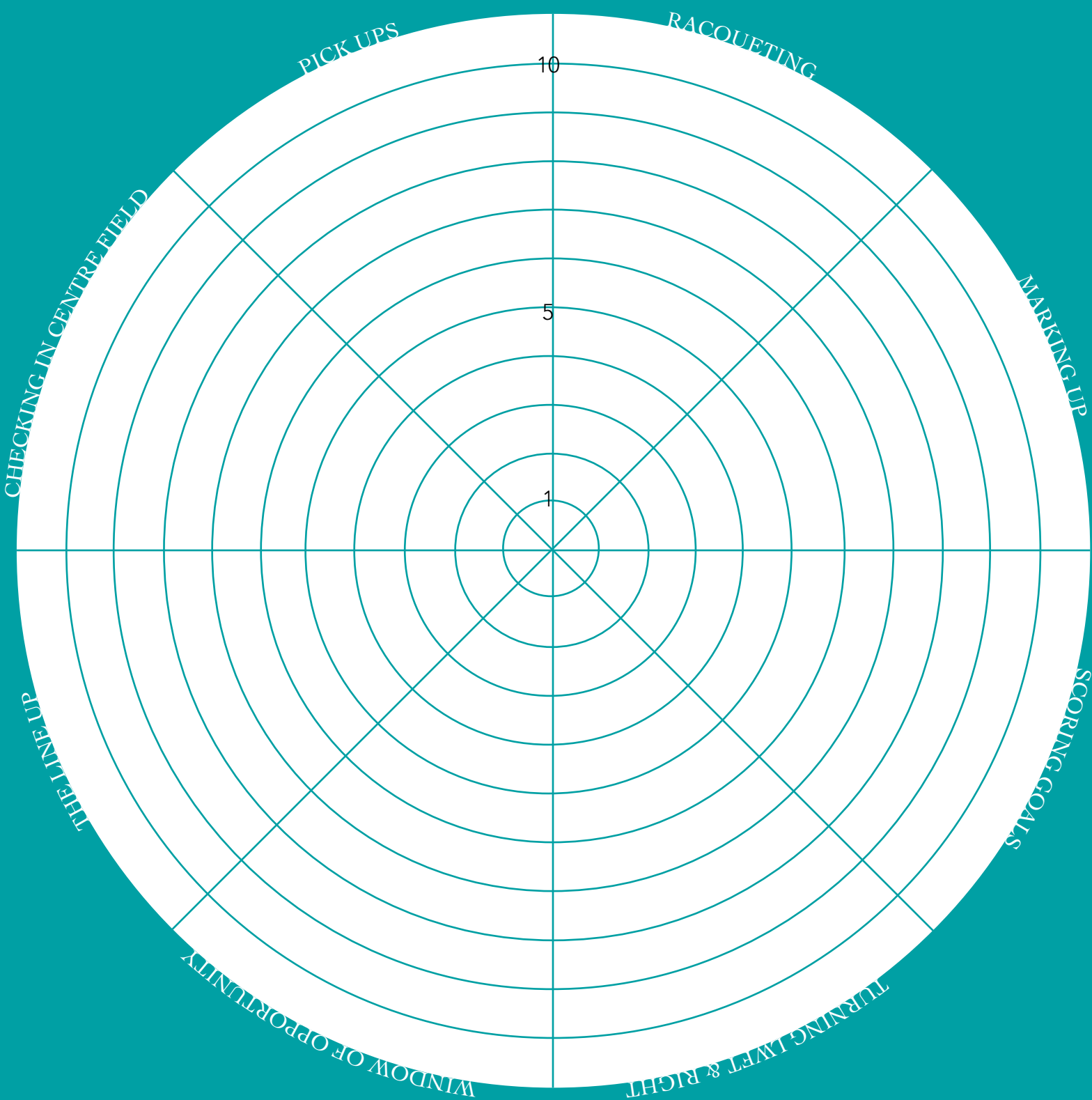
-Who do you look up to in our club, zone, state?

- Do you think there is enough coaching within our club?
- Do you think there needs to be a focus on horsemanship?
- Who do you want to coach you?
- Do you like the goal setting section?
- Do you like the quotes?
- Do you like this method of help?

I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I have been trusted to take the game winning shot and missed. I've failed over and over again in my life. And that is why I succeed. –Michael Jordan

Name: \_\_\_\_\_

WITH THIS CIRCLE, COULD YOU PLEASE COLOUR IN, HOW GOOD YOU THINK YOU ARE AT EACH DIFFERENT SKILL, 1 being the worst and 10 being perfecting the skill. The aim is to get you as close as possible to 10.



Name: \_\_\_\_\_