



New Zealand Inline Hockey Association

P.O.Box 18001, Merrilands
New Plymouth - New Zealand

WELCOME

Welcome to this introductory information, which is aimed at introducing new coaches to the sport of Inline hockey and to assist parents and coaches to improve the quality of the sport through greater participation, skill development, enjoyment and good sporting behaviour. It aims to develop practical coaching knowledge and skills for the beginner coach.

WHAT IS INLINE HOCKEY?

Inline hockey is one of the fastest growing sports in the country. Inline hockey is described by some as ice hockey on roller blades. It looks much the same and the rules are similar. The major differences are that we play on concrete, tiles or wood instead of ice and the blades are swapped for wheels, and body checking is not allowed.

Inline hockey was originally designed as an alternative for ice hockey players in the summer months.

Inline skating (roller blading) is one of the fastest growing leisure activities in the world. Inline hockey meets the needs of young people who want the thrill and excitement of a competitive team sport.

THE GAME

It is played four on four with goalies. A full team in New Zealand generally comprises of a maximum of 12 field players and 2 goalies. The game is played with a puck and the surface, which can be concrete, wood or plastic tiles is called a rink. The walls are called boards.

The game comprises of four 10 minute quarters, with a 1 minute break between quarters and 2 minute half time break. Each team may have one time out per game.

Game Officials

Teams are often required to provide 1 Goal Judge & 1 Time Keeper and Penalty Timer Keeper after their game or during a tournament. Remember - If you don't supply helpers you may find no one to help at your next game, which means NO GAME

The season

National competition commences in March or April and continues until Labour weekend, with international competitions occurring once or twice a year.

Apart from sanctioned tournaments throughout the year, the main season is based on a regional league competition, which determines the top two teams in each grade from each region to compete at the National Championships, which are held in September/October in the School holidays.

The season culminates with the Inter Regional Competition which sees the top players in each grade in each region competing to determine the top region for the year.

Age Grades Ages are determined as at the 1st of January of each year

The players are grouped in the following age based grades::

- i) Under 10 years
- ii) Under 12 years
- iii) Under 14 years
- iv) Under 16 years
- v) Under 18 years
- vi) Under 20 years (International only)
- vii) Junior Women (International only)
- viii) Women
- ix) Senior
- x) Premier
- xi) Masters (30 and over)
- xii) Veterans (40 and over)

INTRODUCTION TO BASIC RULES

A copy of the rule book can be obtained from your club Secretary or directly from the NZIHA. The following is only a summary of the basic rules.

Team Roster Prior to the game commencing the Coach or a team official is required to check the team list and confirm that the players listed are the ones that will be playing the game. All team members must be registered with NZIHA. The maximum number of players on any team roster is 16 players and two goalies. Generally in New Zealand games are played with a maximum of 12 players and two goalies (not 13 and 1 or 14 players only).

The minimum number of players needed to start a game is 5 field players or 4 field players and a goalie. The minimum number of players needed to take the floor once play has commenced is 5 (inclusive of the goalie). (NEW Rule - 203 (e).

If the competing teams each incurs a penalty and the penalties are coincidental then both teams replace their players so penalised consequently the minimum is four players plus a goalie or 5 players) If the team cannot meet these requirements the game is forfeited.

The maximum number of team officials permitted on a team's bench is six.

A player who arrives late for the start of the game can take their place on the bench and take part in the game provided that they were named on the game roster prior to the commencement of the game.

If a team uniforms colour conflicts, the referee will decide if a change is necessary. The home team has to change if it is necessary.

Changing players. Players may be changed at any time from the players bench, providing the player or players leaving the floor are within 3 metres of the bench before the substitutes go onto the floor. A player who is to be substituted after a penalty has been served must go across the floor and be at their bench prior to the substituted player taking the floor. Neither of the two players changing is allowed to deliberately play the puck until the retiring player is off the rink surface – an infringement means a Minor Penalty.

Face Offs Any time the game commences or recommences the puck is dropped by the Referee from approximately waist height between two players each standing on their own defensive side of the face off spot with their sticks held on the floor either side of the spot. All players must stay on their defensive side at least 3 metres away from the players facing off until the puck has been dropped. The attacking team must place its stick down first at face offs.

The divisions of the playing surface are called the Defending and Attacking zones.

Captains Each team can have one Captain and two alternate captains. The goalie can not undertake these roles. They (Captain or an Assistant Captain – not the goalie) may only talk to the referee if they are on the rink. They may not come off the bench to talk to the referee

Penalties are given for infringements of the rules.

The classes of and the duration

penalties	at
Minor	1.5 minutes.
Bench Minor	1.5 minutes.
Major	4 minutes.
Misconduct	10 minutes team mate to serve any other pena assessed. Game Misconduct or Gross Misconduct mea ejection from game
Match	Ejection from game, team mate must serve 4 min
Penalty Shot	Penalty Shot.

Off sides

If an attacking player passes the puck from his/her defending zone over the centre red line to:

1. A teammate who was already positioned in the attacking zone.
2. A teammate who had preceded the puck but did not “tag up” (prior to touching the puck) in the defending zone.

The referee will rule **Off-Sides / Illegal Pass**. No penalty. Play will be stopped and face-off conducted at the nearest face-off spot to where the pass originated.

If the short-handed team in a power play clears the puck from their defending zone and the attacking team do not fully clear the attacking zone before re-entering with the puck. The referee will rule **Off-Sides**. No penalty. Play will be stopped and the face-off conducted at the nearest high zone Face-Off spot of the offending team

Goals

The **whole of the puck** must be completely across the goal line. A goal can not be scored when deflected directly off of an official. The maximum number of assists that can be given for each goal scored is two. The referee will blow the whistle and point at the net to signal a goal has been scored.

Broken Stick If a stick breaks the player should immediately drop the stick. The referee will pick up the stick and place it either at the players bench or the officials bench.

Playing up and for more than one team Players are to be entered as playing for one team only on any one day, however players may play in another team of their club a maximum of three times provided that they comply with the age eligibility and any other tournament rules. Where a player has played for another team on three occasions they shall remain with the team that they next play for the rest of the competition.

Exceptions may be made in the case of:

- ❑ women players (ie 14 years of age and over) who are permitted to play in both the Women's grade and their age grade on the one day if approved by their Club management.

Please note that players are **only able to play in one team** at the Regional Play Offs and at Nationals.

NATIONAL BODY

The National Body is the New Zealand Inline Hockey Association (NZIHA). There are 23 clubs throughout New Zealand. New Zealand is split into four regions. Northern, Central, Lower North and Southern.

NZIHA registrations are required annually and collected by clubs to forward to NZIHA.

All clubs are required to be an incorporated society and a member of the NZIHA. All players, coaches and team and game officials must be registered with NZIHA. The cost per player is currently \$30.00 if in the under 16's or below, \$40.00 for players 16 and over and \$10.00 for non-playing officials. This must be paid prior to the player entering any tournaments and before the team or game official participates in any tournament. A copy of the registration form is available from your Club Secretary.

WHAT IS THE ROLE OF A COACH?

To be a successful coach takes time and commitment. To be a successful coach you must be:

- A communicator
- A leader
- A teacher
- An organiser

Communication is one of the most important components of successful coaching. When you communicate with people, the impression that you leave reflects not only on yourself, but also on your club and your team. One negative impression may undo the good work and impressions that you have created through years of coaching. You need to

- Create a positive learning environment
- Make the routine task of learning skills an enjoyable experience
- Be a good role model
- Practice what you preach, walk the walk and talk the talk
- Be a good listener and hear what you are told
- Be encouraging, enthusiastic and supportive
- Encourage teamwork
- Be firm, Be fair, Be consistent
- Take into account the age and ability of the players.

Leadership is an important aspect of being a successful coach. As a coach you must take charge of the players, your assistants, trainers and parents. Your job is to get everyone working together and contributing. You need to:

- Act as a facilitator
- Take charge of everyone under your jurisdiction as a coach
- Get everyone contributing
- Set goals – short and long term
- Keep goals realistic, challenging and attainable

- Build and promote a team environment

Teaching is about creating a positive learning environment by teaching skills that are attainable as short term goals. You need to:

- Consider the age and experience of the players
- Motivate the players to strive for excellence
- Use skill sequences and progressions
- Teach individual and team skills

An Organiser will be;

- Prepared and start on time
- Organise the players and the training session.
- Aware of players medical conditions

For those coaches who have little or no experience with coaching and for those that do the main goal is to keep control of the group while maintaining a fun, energetic and safe atmosphere. Get out there and show them that you are as excited about inline hockey as they are. When teaching a new skill or skills to a new player, there are some basic steps to follow that will assist you in teaching effectively.

1. When talking to the players, make sure they can all hear and see you
2. Introduce the skill or drill – explain what and why
3. Show them or get someone to show them how to do it
4. Explain the skill
5. Observe and tell the players how they did, what should they do to improve

Once you have decided the training programme, keep the following in mind:

- Teach new skills near the beginning of the session
- Use descriptive keywords
- Teach the skills in order from simple to complex
- Create a positive learning environment
- Criticise the performance not the person
- Keep the practice interesting
- Simulate game conditions in practice
- Always give positive reinforcement for good effort
- The age of the individuals which often determines the attention span
- The physical ability of the players. Who is capable of learning more advanced or complex drills
- The skill level of the player(s)
- The interest of the player(s)

Players of all ages and abilities are drawn to the game as it's fast, it's competitive and it's fun. Skating, passing, puck control and shooting are the keys developed by the players and, because it is a non contact game to be enjoyed and played in an environment which promotes safety and sportsmanship. The game has playing and coaching strategies and it's own rules and rule interpretation.

As a coach it is your responsibility to follow the rules to ensure all players are allowed to play safely in a game where skating, passing and shooting are the keys to success.

Rough physical play (intentional body contact), obstruction, fighting and intimidation, either physical or verbal, as well as unsportsmanlike behaviour or conduct are to be treated with zero tolerance. Each coach must do his/her part to create and to maintain this playing environment.

Coaches can have enormous influence over players. When that power is used recklessly it can harm everyone involved, so it is important that coaches are professional in their relationships with the players.

HARASSMENT-FREE SPORT

Coaches can have enormous influence over athletes. When that power is used recklessly it can harm everyone involved. So it is important that coaches are professional in their relationship with athletes.

Contact your Club Secretary for a copy of the NZIHA Harassment Policy.

WHAT GEAR IS NEEDED?

Inline hockey is an extremely fast sport and the safety of each player is a concern to the club. Coaches and managers insist on protective gear being worn on the rink for training and games. The rules are designed for player safety and are strictly enforced by the referees.

Apart from a stick and skates all members of the team are required to wear the following safety gear when training and playing:

- An approved hockey helmet, with the chin strap properly fastened. For those under 18 the helmet must have a full face cage or visor. Players aged 19 and over must wear a visor/half cage or a full face cage.
- Approved inline, ice hockey, or ball hockey gloves
- Shin guards
- Elbow guards
- Male players must wear a protective cup at all times.
- Glasses must have plastic, not glass lenses
- Internal mouth guards are recommended for all players.

SAFE SPORT

Make sport safe by ensuring that your players:

- Have plenty of space for their activity or game.
- Have and wear correct equipment.
- Have an adequate warm up before the game or training and warm down afterwards.
- Keep fit.
- Drink plenty of fluids.
- Consider other people.
- Play fairly and within the rules.
- Do not return to sport too soon after an injury.
- Practise their skills.

Make sure as a coach you:

- Explain clearly what you want players to do.
- Demonstrate proper techniques.
- Remove obstacles from the playing area.
- Insist your player and others play by the rules.
- Are aware of players' medical conditions.
- Get immediate medical attention for serious injuries.

GUIDE FOR A ONE HOUR SESSION.

One effective practice will give players more individual skill development than 11 games.

1 Warm Up

The warm up prepares the body for sport or vigorous physical activity. As a coach you should make sure:

- Everyone takes part.
- The warm up lasts at least 10 minutes.
- It starts with a slow jog or movement and builds up slowly.
- All muscle groups are stretched.
- Any skill-based activities are fun.

2 Practice skills and drills

- Each player should have the puck on their stick for 8-12 minutes
- Each player should have a minimum of 30 shots on goal
- Coaches should try to run 4-5 different drills, games, activities on each practice
- More is not better, execution of what you do equals development
- No more than 5 minutes should be spent in front of a teaching board each practice.

If you have 10 players on the surface strive to keep 2-3 players moving at all times

If you have 15 players on the surface strive to keep 4-5 players moving at all times

If you have 20 players on the surface strive to keep 6-7 players moving at all times

The goalies should also be involved for the whole session.

3 Short scrimmage – play a short game

4 Warm Down

The warm down is the cooling down period in which the body returns to its normal state. Warming down helps reduce muscle soreness and speeds recovery. The warm down should be:

- Three to four minutes long.
- Slow movement involving large muscle groups.
- Gentle stretching to prevent muscle tightening. Work on the muscles used most during the sport of activity (probably legs, shoulders, neck).
- Put on warm clothing or shower if available and dress warmly.

5 Sum up -- Give feedback on previous game or activity

6 Reminders for next game or training session

FIRST AID

With any sport there is a risk of injury. As a coach you should:

- Have a knowledge of first aid or if not, consider taking a first aid course.
- Have an appropriate first aid kit on the bench or at the rink, or know the location of a first aid kit.
- Know the procedure for calling an ambulance.

Your local sports trust or first aid providers run courses may run courses in your local areas.

If a player is injured,

Stop the practice and send the players to the boards.

- Talk to the injured player
- If they do not respond
 - Check they are breathing
 - If breathing turn them on to their side (recovery position) Continue checking that the player is breathing.
 - If not breathing start resuscitation
 - Call an ambulance urgently for both.
- If they respond
 - Find out what happened
 - Ask where there is pain
 - Check the area where pain is present
 - Decide if,
 - You can treat the player
 - The player needs to go to a doctor for care or
 - An ambulance is needed.

Common sports injuries

Soft Tissue Injuries

Sprains, strains and bruising can be treated using the method known as **RICE** =

Rest

Ice

Compression

Elevation

- Prevent further injury by ceasing activity and putting the player at **REST** as soon as injury occurs.
- Place crushed **ice** in damp towel or use an ice pack.
- Apply for 20 minutes to the injured area and use a bandage to hold the ice pack in place
- Elevate the limb.
- After 20 minutes remove ice/ice pack and apply a pressure bandage to the injured area.
- Keep limb **elevated** (on a stool or cushions).
- If in doubt send the player to medical care.

Bleeding

If minor

- Stop bleeding using a strip dressing or 'Bandaid'.

If the bleeding is severe.

- Protect yourself and others from contact with blood.
- Apply pressure to the wound with your fingers or a cloth..
- Elevate the affected limb.
- Apply an absorbent dressing and a compression bandage.
- Arrange for the player to go to a medical facility.

Winding

- Lie the player on their back and raise the shoulders and knees.

- If the condition does not improve after approximately 5-7 minutes, call an ambulance.

Cramp

- Stretch the affected muscle
- When cramp has ceased, rest the player.
- Check player has been drinking adequate fluids.

There is no substitute for attending a First Aid course.

BASIC LEVEL

TEAM: _____	
TRAINING - DATE: _____	
(Suitable for U10 or U12 or U14 novice side)	
WARM-UP	6.30PM FREE TIME WITH PUCKS 6.35PM SKATING : LAPS IN ONE DIRECTION SPRINT ON ONE WHISTLE STOP AND CHANGE DIRECTION ON TWO WHISTLES 6.40PM <u>STRETCH AND DRINK</u>
GENERAL	6.50PM PASSING: PASSING IN PAIRS ACROSS WIDTH OF RINK APPROX 5M APART CORRECTING TECHNIQUE *GOALIES INCLUDED 7.00PM PUCKHANDLING: OBSTACLE COURSE VARIED *GOALIES INCLUDED 7.10PM DRINK 7.15PM SHOOTING: SEMI CIRCLE AROUND GOAL GOALIES WRIST SHOT X 3 IN GOAL SLAP SHOT X 3 BACK HAND X 3 CORRECTING TECHNIQUE
	7.30PM <u>HORSESHOE DRILL</u> IN ONE END
	7.40PM SCRIMMAGE
COMMENTS:	