



Guidelines to players at trials for Regional or State Teams

1. Get a good night sleep the night before.
2. BYO drink, warm clothes, ball, stick and **Dark and Light** shirts.
3. Arrive 30 minutes prior to selection time to warm up physically, mentally and stick work. Do this off your own bat... don't expect selectors to instigate this.

What the selectors will be looking for:

- Passing skills- hard, flat, accurate
- Receiving the ball-both sides
- Elimination skills-both sides
- Tackling- footwork, strong, channelling, no stick obstruction,
- Shooting- get free in circle, shots away under pressure, array of shots.
- Involvement in the game/awareness- work hard when opposition have the ball, recognise 2v1 and 3v2 situations.
- Temperament- involvement, talking, stay in control, stay positive.
- **Goal Keepers only**- talking, making saves, kicking to safety (both feet), agility, lying down to standing position quickly, one on one skills, positioning. (Separate GK technical tests will be conducted in addition to the matches)

Remember there will be a large number of hopeful hockey players all wanting to get selected, just like you. **You need to be noticed!**

Listed below are some other recommendations that you might like to consider, that may help you *get noticed*.

- Wear something distinguishable e.g.: bright coloured socks or shorts, headband, ribbons,
- Learn the names of the players around you and use them in matches.
- Talk loudly and confidently on field- calling people to mark players, letting your team know who is available.
- Make strong, confident leads.
- Demand the ball with your voice and with your stick.
- Ideally, hold the position you have been instructed to play. If however the ball has not come to you after a short while, move into a spot on the field so that you can be involved with the play. It's hard to be noticed if you're not near the ball. Always be aware though, that if you are a defender and your opposition player scores a goal against you, this is not the way to be noticed.
- Demonstrate leadership skills.
- Do the simple things well- trap, push, hit, drag.
- Don't stress if you don't do everything perfectly. No-one else will be either.
- Stay relaxed and enjoy the experience!

Written by Andrea Snow on behalf of the Doncaster Hockey Club.