

The Central Hockey Club Academy *hosted by Bruce Jacobs*

INFO pack 2023



Background:

Central Hockey Club (CHC) introduces its 'Top Hockey' academy hosted by Bruce Jacobs; ex South African Men's Captain, SA, Provincial and Grand Challenge Coach.

For many years now CHC has embraced an excellence in hockey culture where its **players are its currency**. In doing so many Provincial and National players are growing and have been grown via this precinct, under the banner of evolving Top Hockey performance and depth in hockey professionalism and experience.

Under this premise, CHC is excited in offering a unique opportunity by opening its academy to hockey players at varying levels with the aim of supplementing and therefore, heightening the standard of hockey in the Western Cape and Nationally. All sessions will be hosted by Bruce Jacobs, with qualified coaches who are currently part of the Central Grand Challenge (Premier League) team and coaching fraternity, including *masterclasses* by current National players such as Dayaan and Mustapha Cassiem, Connor Beauchamp and Ryan Julius.

The concept of the CHC Academy initially focuses on the young player with progressive foundational basics, with a year-on-year refinement of skills and the evolution thereof. The progression of each annual cohort, seeks to set a higher standard as players groom their performance whether at school or club level, nurturing talent with professional expertise. Even so, hockey is fun, and a graduate from the CHC Academy leaves wanting more time on the turf.

Context:

As a community club, with our hockey heritage dating back to the 1960's, Central brings hockey excellence to the surrounding communities as a beacon of safety and care. Nestled in Athlone, Cape Town, under a virtue of access and professionalism, we believe in grooming players both on and off the field of play. **Our currency is our players**, and for years now, even though *little*, Central Hockey Club has and continues to produce numerous Western Province and National players, all the way from our youth development structure through to senior ladies and men.

Our current national captain, Dayaan Cassiem and his brother Mustapha, the Junior World Cup Player of the Tournament, hail from said community- a development story we are proud of. Currently, we have 6 players who are part of the national set up; the Cassiem brothers as mentioned above, Keenan Horne, Connor Beauchamp, Ryan Julius and Andrew Hobson. From a youth perspective we also have several U21 and U18 players who will represent South Africa in the near future. Our ex-national captain, Bruce Jacobs has been coaching our men's premier league team for many years, and as our new Director of Hockey has since given up the reins to Ashlin Freddy, a former Central, South African player and assistant coach.

We are in a process of revitalising our ladies' division, seeking new players with an understanding of the importance of equity in the ladies' game. Quanita Bobbs, an ex-Central Youth Hockey player is currently part of the National team, with former South African players in our history books such as Zita Hearne.

Context is important, and spear-headed by Bruce Jacobs, we realised the need to package more product via the Central Hockey Club Academy- a fraternity of professionalism and an operating model which will leave a legacy for the future of development in sport.

3 Components:

A cohort is comprised of a full year of *pre-season*, *in-season* and *post-season* clinics, for each stipulated age group. Individuals/Players may choose a specified component, and or on-the-day program based on their needs and hockey ambitions- providing a level of flexibility. Ideally, it would be beneficial for players to undergo all 3 components in order to understand their own level of conditioning but also allow for preparation mindfulness.

Annual Cohort includes- Pre-season, In-season and Post-season Clinics



PRE-SEASON

Movement and skills conditioning



IN-SEASON

Progressive basics & skills refinement



POST-SEASON

Maintenance

Age Groups per Cohort includes; **12-14 years** | 15-16 years | 17-18 years



Core Focus 2023/2024:
Over 6 weeks



Program: 6-week program specified to **IN-Season- Progressive basics and skill refinement** offering. Other components to be determined on proof of academy concept.



IN-SEASON

Progressive basics & skills refinement



Week 1:

Pass and Receiving:

- Static
- Movement

Week 2:

Ball carrying and Elimination, Tackling

- 3D skills introduction

Week 3:

Offensive and Defensive Principles

- Movement on and off the ball

Week 4:

Penalty Corners and Set-pieces

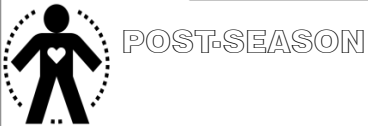
Week 5:

Line Specific Focus Areas (positional play)

- Defenders
- Mid-fielders
- Forwards

Week 6:

Game Scenario (matches)



POST-SEASON

Maintenance



PRE-SEASON

Movement and skills conditioning

Format: Pre/Post Season components to adopt similar format but will be defined by a tailored program based on envisaged component outcomes. Capacity dependent, including number of girls/boys. Please note that due to the unpredictable nature of capacity the field format below may alter accordingly.



IN-SEASON

Progressive basics & skills refinement

Age group:
12-14 years

Period:
31 July - 04 Sept 2023

Venue:
Central Hockey Club
Vygieskraal Sports Complex,
Athlone

Duration:
6 Weeks

Timing:
Every Monday Afternoon
16:30- 18:00

Registration:
16:15



POST-SEASON

Maintenance



PRE-SEASON

Movement and skills conditioning



Max capacity per session: **40**

Ratio:
1 head coach: 4 coaches

Ratio:
1 coach: 10 players

Ratio:
2 goalkeeper coaches: 6 players

Cost breakdown:

Pre/Post Season components to adopt similar cost model as *In-Season*

 **IN-SEASON** | Progressive skills refinement

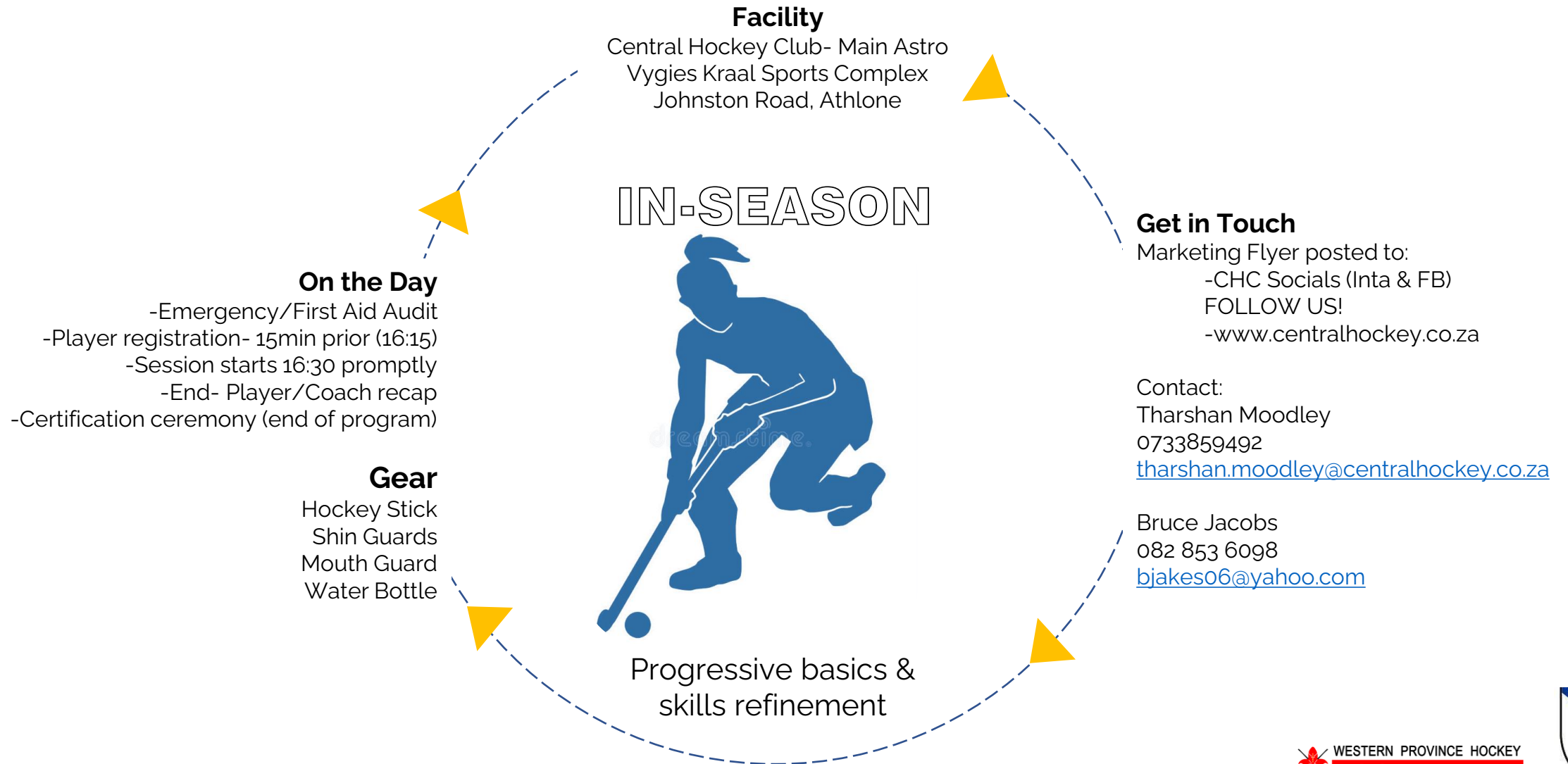
Year: 2023-2024

Cost of Clinics

Component: In-season

Player Groupings	Age Group:	Period:	Timing per session:	Player Cost (per session)	Player Cost 6 week (once off)
Internal- CHC Members	12-14 years*	31 Jul-28 Aug 2023 (every Monday 16:30-18:00)	1.5 hrs (once a week)	R100	R600
External- Non CHC Members				R150	

Key Information:



Registration and Payment:

Registration:

Google Form Link:

<https://forms.gle/kzM817H1H3bVxFHU6>

Payment:

We are Cashless

Only Card and EFT Payments

Central Hockey Club
Standard Bank of SA Ltd
Thibault Square
Branch code: 020909
A/C No: 073122912
Ref: Player Name & Surname

Due to the limited number of players, cancellations must be made 24hrs prior to the start of the impending clinic.