



Knowle Hockey Newsletter

Welcome to Issue 3!

THIS issue finds both teams in amazing positions within their leagues!

The Brunel Division 2 is starting to develop into a two horse race between Knowle1 and Lodway (A team that was relegated last season)

The seconds are maintaining mid-table in their league, an amazing achievement we can all agree!

There has been an amazing turn out for Monday night training, which is clearly paying off. So a pat on the back to Pat for making training so enjoyable and useful, Captains (Sue and Catherine) and Sub captains (Ceri and Emma) for encouraging their teams to attend. I think we can all agree that committing to the Doodle has proved very effective!



We are around half way through the season, so still everything to play for, keep up the amazing work.

- Jo V

Dates for your diary

Christmas Social 19th December		Christmas Match December 28th
<u>Part 1</u> 4pm - The Lanes—Ten pin bowling 5pm - The Lanes - Karaoke and merrymaking 6pm - Corn Street - Carol singing & beverages	<u>Part 2</u> 7pm - Pizza Express, Corn Street 8.30pm onwards - Bristol is your lobster	Details TBC, keep an eye on your email box for more information.

Umpires Corner— All you need to know!



I have a simple piece of advice this time around and I mean it sincerely for genuinely good reasons, it is read the rules.

Reading the rules of hockey if we're honest is a half hour chore, but beyond the basics which "most" people understand, there is loads of information that can influence the way you and the team play.

For example, when you have no goalkeeper wouldn't it be good if you could nominate a defender who could also kick the ball? Read the rules and learn about players with goalkeeping privileges. Also if you know where to place the ball to restart play you can take advantage of quick breaks. Only the ball has to stay on the pitch, you can be stood off the pitch if it's a better position to tackle a player running at you down the left line. Not every foot fault should result in a free hit. When a lifted ball hits you hard and straight in the gut you'll be awarded a free hit, unless you're in the D and blocking a shot on goal in which case you may concede a penalty stroke.

EVERY person who undertakes umpire training comes away reconsidering aspect of how they play due to a combination of technical pointers and tactical awareness utilising the rules to their advantage.

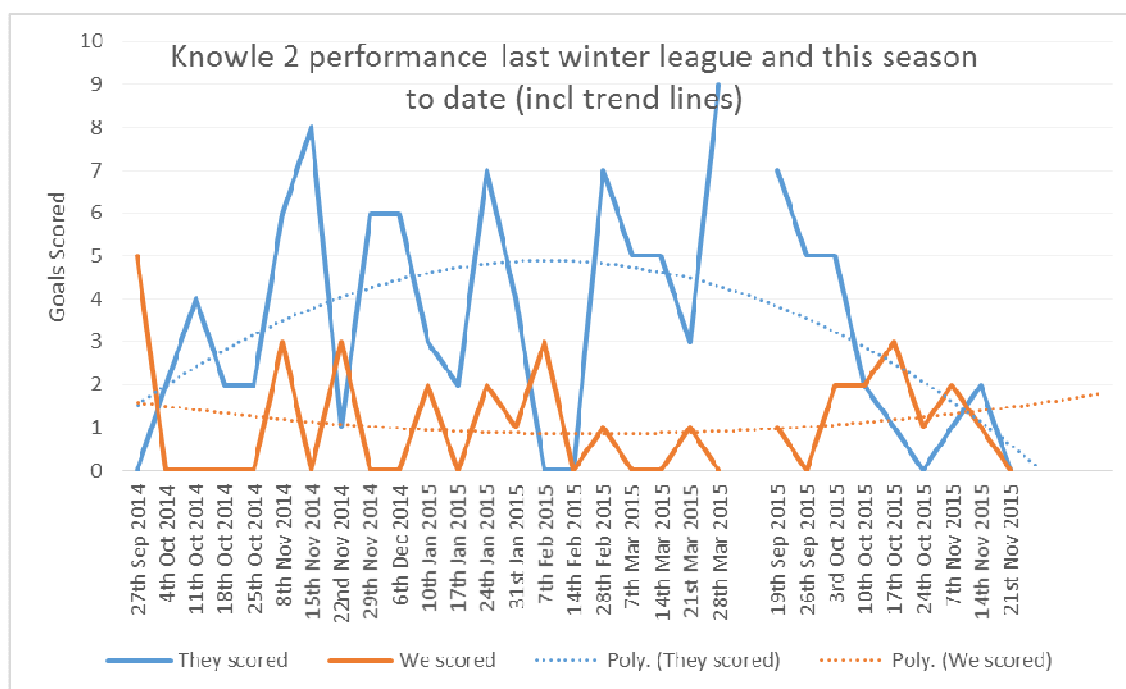
(When reading the rules feel free to skip past much of the discussion about legal measurements for the sticks and nets.)



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Knowle 2 on the up?

(a little bit of techno jargon that proves Knowle 2 are improving!!)



THE chart shows the performance of Knowle 2 over the last season and this season to date in terms of goals scored and goals conceded. From the trend lines you can easily see that the number of goals our opposition are scoring against us is decreasing. You will also notice the slight upturn in the amount of goals we are scoring. If these trends are correct you'd expect to start seeing a noticeable increase in the number of games Knowle2 are winning, as it happens that's exactly what we are seeing. In the last 6 games we have lost 1, drawn 2 and won 3, bear in mind it's not even half way through the season and Knowle2 have already equalled their successes for the whole of 2014/2015 season.

What has caused these pleasing changes? From this writers side-line view, I would suggest the following.

- The team has had a stable core of players for a couple of seasons now and work better as a team.
- Knowle2 spend significantly more time in possession of the ball. The opposition can't score if they don't have the ball.
- The forwards are staying forward, meaning the opposition have to drop players back to defend, this results in less of them attacking your goal, better use of the pitch and you're making them do more of the running.
- When they have the ball, the forwards are now in a position to strike and score goals.
- The Knowle 2 defence has made improvements in marking, communication and tactics, this must be a result of good training as there is too much going on for it to be luck.

What next? There is obviously more to do, whilst you are no longer conceding as many goals, the number of goals being scored is improving slowly. Work with your captains, work with your coaches to continue building on the successes and finding the back of the oppositions net. Well done, this is the start of a great turnaround, keep it going.



Knowle Hockey Newsletter



KEEP up with the latest antics of the Knowle on Twitter by following **@KnowleHockey**

For those of you unfamiliar with Twitter®, it's a social media platform comprised of a series of short online announcements, or 'tweets'. Users have a maximum of 140 characters to comment, share photos, images, weblinks, etc. It happens in real-time, 24 hours a day, and is a great way to keep up with all sorts of stuff. Get news as it happens, sports results from international competition to Wessex 3, order your Sunday roast from the local butcher, discover quirky local events, avoid traffic delays, book a table for a pub quiz, get hockey tips from Captain Kate R-W and the rest of the England ladies... the possibilities are endless!! You choose who

you follow so the content on your 'Twitter feed' is relevant to your interests and curiosities, in a similar way to a Facebook Newsfeed, and will look something like the stream below.

Topics are often linked with hashtagged words or phrases to make tweets easily searchable. For example, if you wanted to find hockey related posts, search #hockey. If you really like steak, check out #steak. If you've got the Monday blues, look up #HappyMonday or #motivationalMonday for some cheering up. You get the idea... And to link your tweets to other related things, stick a hashtag in yourself.

It's dead-easy to use. Go to the Twitter website, enter a username and password and some other user details, select a profile picture, enter your text into the box, hit send and you're away! You can get it on your smartphone, tablet or PC. Have fun with it, but like any social media once you've posted a message it could go anywhere, so employ a bit of common sense.



To get you going a couple of other tweeters that @KnowleHockey enjoys following include



@HockeyIssues_



@Ratemyteas



@EnglandHockey

Whatever you do, be sure to look up **@KnowleHockey** and follow us!

Article Contributed by Zoe Hill



Knowle Hockey Newsletter

Training—Exciting News!

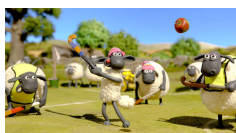
We have just had confirmation that we can have 3/4 pitch from 7-8pm on Monday evenings, which will give us *lots* more space to practice our skills and set pieces!

Reminder : 3 more training sessions before Xmas

30th November

7th December

14th December



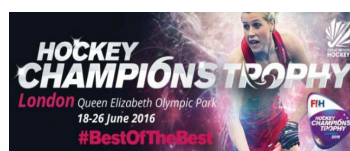
No training 21st or 28th Dec. Training resumes

Monday 4th Jan

Hockey Champions Trophy 2016

“With a family-friendly environment, entertainment on tap both on and off the pitch, and massive amounts of pride among our enthusiastic hockey fans, England Hockey's events are a brilliant day out for all ages - everyone's welcome!”

FANCY watching a little indoor hockey? The Hockey Champions



Trophy 2016 tickets are now available to buy online.

The venue is The SSE Arena, Wembley on the 31st January 2016.

For more information visit www.englishhockey.co.uk/tickets



Kit Update

NEW shirts, skorts and the other bits of stash are being processed by Kukri as you read! Remember, you can order the standard skort, socks and trousers (personalisations available) at any time because Kukri keep them as stock items.



Shirts and bespoke skorts require a minimum of 10, so you might have to wait a little longer for those at times. There will be a limited number of spares when the order comes in, just in case you get new-shirt envy...

For those of you who have ordered, final bills and payment details will be with you shortly - just as soon as Kukri have finished processing and invoiced the order.

Next in the pipeline will be hoodies, so speak up with any special requests, ideas, and suggestions for graphics/slogans you'd like on them. Similarly if there are any other bits of Knowle 'merch' you'd like investigating and organising, speak to Zoe.

Thanks to Zoe Hill, Sue Squire, Bryony Ruscoe, Claire Cousins, Ali Horne and Chris Verrall for your contributions to this quarters news letter.

If you have anything you would like to add to the next newsletter please email me:

johanneverrall@googlemail.com



I	G	L	C	Y	F	S	I	P	G
R	T	N	A	O	H	S	S	V	N
B	B	K	I	O	R	V	X	E	I
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K	Z	D	U	M	P	I	R	E	K
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ATTACK	BALL
DEFENCE	GOAL
SHORT	CORNER
UMPIRE	TRAINING
MARKING	

