Old Cranleighan Colts Newsletter 2014/5

Newsletter Date 30th January 2015









Week 15 - O....my.....C....It's freeeeezing.....!!

The newsletters are back, after the "Winter break" and returns to frosty and cold TD last Sunday morning! Not quite the picture above, but with the up and coming forecasts, it won't be that long before the snow hits! Since our last edition of the newsletter before Christmas which now seems so long ago now we have had many changes, mainly behind the scenes to make the OC Colts Section tick and run lie a well-oiled machine. Thanks to all who have stepped up to help your club which we appreciate massively!! Quite a few reports this week to catch up on, with some important notices for all to note with regards to freezing pitches, dates for your diary alongside the Dean's Coaches Corner is back. Once again our official thanks to Adrian White and IHG (Intercontinental Hotels Group) for their sponsorship of the shirts which I am sure you agree look fantastic!! Don't forget to get yours!!

<u>NB</u> - Wrap up warm and keep an eye on the website and Facebook on Sunday morning before you set

Match Reports

OC's U12 Boys - Sunbury Tournament (18.01.15)

Great effort from our top team this week as our U12s faced off against Woking, Sunbury and Ashford on the lovely water-based astro at Sunbury.

Not only were the boys up against very strong clubs but they had to contend with the Chairman as a stand in coach who took a little time to work out everyone's relative strengths in a match play environment. The tournament saw us play three 15 minute games which was great practice for the guys. The first match saw us lose narrowly to a strong Woking team thanks in part to some great goalkeeping from Ollie. But also thanks to finding three great defenders within our squad, at least two of whom were somewhat reluctant to play there. Ben, Willum and James excelled and I don't think they realise how much potential they have in that position. As someone who began his hockey career as a center back before gravitating forwards I will be encouraging them to play there again!

In our second match against Sunbury we largely matched them in the first half but missed a few chances we had while they scored two of theirs. In the second half we faded a little leaving Ollie to deal with more shots than we or he probably wanted. Only lesson the need to react a bit more sharply and clear strongly from our D. The Sunbury coach was very complimentary and was quick to point out to the boys they acquitted themselves well against a team who have been playing together for five years or more whereas we are a little less experienced.

And whilst results don't matter, great to finish with a win against Ashford. Obviously I wish I got to see the boys more often but pleasing to see progress since last time I had the opportunity. Well done lads Coach Gav

FIXTURES THIS WEEK...!

U9's & U10's Boys – Surbiton Tournament U11's Girls – Spencer Tournament U12's Girls – Indian Gymkhana Tournament U12 Boys – Epsom Tournament

OC's U10 Boys - Cheam Tournament (18.01.15)

A six team tournament at Cheam last Sunday saw our boys come out on top after three (supposedly) fifteen minute long games. Our group involved two matches against teams from Spencer who were dispatched by two goals to nil and one goal to nil respectively. It was a real squad effort as everyone got plenty of pitch time and made an important contribution. All the goals in the group came from two of our three Alexanders, with Alex 'K' opening the scoring with a good break and finish and Alexander 'A' showing good skills to beat a few players and match his namesakes cool finish before slotting home in the next match too.

The most pleasing thing was to see the boys become more determined as the games went on such that they dominated not just in terms of technical ability but in terms of will to win too. This was replicated in the final when we were in control throughout, leaving poor Finn in goal with nothing to do as had been the case throughout the tournament. Unfortunately the game was cut (very) short for reasons not entirely clear to us but it was no matter as the boys had already go themselves ahead after a well worked move ended with 'A' crossing firmly for Cameron to slot home first time

Job well done. The boys just need to keep working on their hitting – timing and technique so we will press on with that a training and ask them to continue practicing between sessions. Coach Gav

For more colts pictures go to: https://www.flickr.com/photos/ochccolts/

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More News....!

OCHC Colts Newsletter

Player of the Day...! - Back Next Week

Please make sure that you get your picture taken by the coach that awards you with the Player of the Day award...!

U8's Mixed – Richmond Tournament (18.01.15)

On a bitterly cold day in West London, OCs U8 put out two good teams in the Richmond U8 Mixed mini festival.

A fabulous team effort saw OCs 1 undefeated in their 4 games. Some strong attacking by Toby and William gave OCs victories against Richmond 2 (1-0) and London Wayfarers 1 (2-1) with well fought draws in the other two games. In defence the team held off the opposition (particularly well played by Annabelle) with strong stick work and passing. Everyone gave 100% on a very cold morning – well done also to India, Georgie, Lucy and Freya. Areas to work on: - marking players and holding positions.

OCs 2 had a strong day too – although they lost 1-0 to Wayfarers 4 in their first game, they went on to beat Richmond 5 (1-0), draw against another Richmond team and then win their final game against another Wayfarers team 2-1. Theo was a lethal finisher once in the opposition D, his brother Dylan repelled numerous attacks in our D and Hanna, Bea, Kiran and Aoife all combined really well, whether playing up front, in midfield or in defence – another superb team effort. Areas to work on: - man marking and finding space to provide passing opportunities for each other.

Lots of parental support on the day, which was great to see. Thanks to Kathryn Smith in particular for all of her hard work as team manager/ coordinator and emergency coach on the day too! Coach Jon E



U10 Girls – Epsom Tournament

Our Under 10 girls looked the part as they stepped out in their new team tops on to the icy pitch early Sunday morning in amongst the beautiful countryside and grounds of Woldingham School. The sun shone and quickly melted the frost, just as the girls turned up the heat on their opposition. Matches were 8 minutes each way and meant there was enough time to really get into the game. The first game was tight, but our team triumphed 1-0. The second match we won 2-0 and by the third match we were on a role and won easily at 4-0.

This was the first time the girls really pushed hard on goal and as the morning progressed so did confidence and there was some outstanding dribbling from Miri, Lucy, Amy and Alina, some great special positioning by Kirsty and Georgina W, both on the wings and as goal hoverer's on long corners; excellent midfield attack from Georgia White who won player of the week and strong defence from Georgina B, Evie and Tess. Coach Debs Don't forget to order your New OC's Playing Shirts from Helen. Numbers and Personalisation available



<u>U9's Girls – Ealing Tournament</u> (25.01.15)

What a fantastic tournament for a whole bunch of reasons...firstly well done to the new members of the "U9 management team"...Susie for organising and Stuart & Deepan who coached their first tournament! Some great support (as usual) from the parents who made the epic journey all the way to Ealing.

Then the most important part of the day...the girls who played really well and showed some massive improvement from the earlier tournaments in the season! Brilliant stuff!! We fielded 2 teams which we called the "Dolphins" and the "Cheetahs" and they finished the tournament joint 2nd and 3rd respectively out of 7 good teams!

Much improvement was made in the day with us only finding our scoring touch towards the end of the tournament. Positional play continues to improve and the area which we mastered as the day went on... with that came the goals as we found ourselves in space. We had great fun too!

As for the results:

Dolphins - Played 6, Won 3, Drew 2, Lost 1 - player of the tournament was Georgia Balderstone Cheetahs - Played 6, Won 1, Drew 4, Lost 1 - player of the tournament was Hanna Garghouti (who was playing up an age group!) - Coach Chris J

Dean's – Coaches Corner

With the winter upon us it's really important as hockey players we prepare for hockey in an appropriate way. Make sure you follow the warm ups the coaches do with you, do your stretches and keep on the move. Keep moving during your sessions and give yourself every opportunity to stay warm, hat and gloves before and during your session will help, but try and avoid restrictive clothing that stops you from playing the game. A warm hockey player is a happy hockey player!!!!

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