



BISHOPS

Dear Parents

As we begin our 2026 hockey season on Monday, I would like to share some details with you for our Under 9 to Under 13 boys. Our aim is to build not only skilled hockey players, but confident young sportsmen who love the sport.

Please trust the process. Once again for this season, we have employed highly capable coaches that have international, provincial and top club level experience. We welcome Ryan Julius as our Technical Director and Head Coach of the College to the Prep and Pre Prep. Ryan is a two time Olympian and OD who will add great value to the Pre Prep and Prep journey for our boys.

Bishops Prep Hockey Philosophy

At prep school level, hockey is about skill development and teamwork. Our results are excellent and we have consistently been the strongest prep school in the region and wider Western Cape, but a purely results driven approach is not part of our philosophy.

Our programme is built on four pillars:

1. Enjoyment and Passion

A lifelong love for hockey begins with positive early experiences.

2. Skill Development

Strong fundamentals:

- Acquisition of ball skills
- Passing & receiving
- 1v1 attacking and defending
- Spatial awareness
- Tactical understanding

3. Character Sportsmanship

We emphasise respect for:

- Teammates
- Coaches
- Umpires
- Opponents

4. Progressive Learning

Each age group builds toward the demands of the age group above, with increasing tactical awareness and skill development from U9 through to U13. We have a hockey specific and age-related curriculum that develops each player.

Inspires Individuals

PREPARATORY SCHOOL: Fir Road • Rondebosch • 7700 • Cape Town • South Africa Headmaster (acting): Christopher Groom

TEL: +27 21 659 7222

FAX: +27 21 659 7227

EMAIL: prep@bishops.org.za

WEBSITE: www.bishops.org.za/prep



Practice Schedule

U9: TIC – canstey@bishops.org.za

- Monday practice during their PE period 1:15am to 2:30pm. Boys may be collected from the Woodlands Astro at the College at 2:30pm. If not collected, boys will be walked back to the Prep.
- Wednesday practice/matches are at Hartleyvale Stadium, 3-4pm. **ALL** Boys will be bussed to the venue. Please collect your boy from Hartleyvale at 4pm.
- Matches will start next term on a Wednesday at Hartleyvale Stadium. There will always be a bus provided to the stadium.
- Details for each week's practices will be on your son's profile, communicated in the Headmaster's Newsletter and emailed to you by the age group head.
- Our Focus at all practices is: Core skill development, fun small-sided games, coordination.

U10 and U11: TIC – southgate@bishops.org.za (u10) & merlangsen@bishops.org.za (u11)

- Tuesday and Thursday practice for the remainder of term 1 on the Woodlands Astro.
- Boys to be collected from the Woodlands Astro.
- From next term, practices on a Tuesday and matches on a Thursday, 2:30 until 4pm at the Woodlands.
- Details for each week's practices will be on your son's profile, communicated in the Headmaster's Newsletter and emailed to you by the age group head.
- Focus: Skill consolidation, positional introduction, 6-a side for U10 and 8 a-side for U11, tactical awareness.

U12 and U13: TIC – lhamman@bishops.org.za (u12) & pgraney@bishops.org.za (u13)

- Monday and Wednesday practice for the remainder of term 1 on the Woodlands Astro
- Boys to be collected from the Woodlands Astro.
- From next term, practices on a Monday and matches on a Wednesday, 2:30 until 4pm at the Woodlands.
- Details for each week's practices will be on your son's profile, communicated in the Headmaster's Newsletter and emailed to you by the age group head.
- Focus: Skill advancement, tactical structures and awareness, game management, short corners, fitness awareness.

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Kit Requirements

Players are required to wear:

Practices:

- School PE whites or hockey shirt, blue sport shorts and Hockey socks.
- Hockey stick.
- Shin pads (compulsory- no participation without them).
- Gum guard (compulsory- no participation without them).
- Astro boots or appropriate hockey footwear- no participation without them.
- Water bottle (clearly labelled).
- Hand glove (optional).

Match Days:

- Blue Hockey shirt, blue sport shorts and Hockey socks
- Hockey stick and takkies or astro boots (compulsory).
- Full Tracksuit (for arrival and departure)
- Mouthguard & shin pads (no participation without them)

Goalkeepers will be provided with school protective kit.

Selection Policy

Our selection approach differs slightly across age groups:

U9

- Emphasis on participation and equal opportunity.
- Rotational positions to encourage all-round development.
- Team selection is based on ability. Anticipate movement and changes to teams. Be aware that coaches evaluate teams and players development each week.

U10

- Emphasis on participation and equal opportunity.
- Rotational positions to encourage all-round development.
- Team selection is based on ability. Anticipate movement and changes to teams. Be aware that coaches evaluate teams and players development each week.

U11, 12 and U13

- Selection based on:
 - Training attendance.
 - Attitude and work ethic.
 - Skill execution.
 - Tactical understanding.
 - Match performance.

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While we aim to field competitive teams, skill development, tactical awareness and to foster a love for hockey remains the priority.

Team lists are communicated by the head of the age group each week.

Structure of Coaching Sessions

Each session follows a structured format:

1. Dynamic Warm-Up (10 min)

- Movement preparation
- Agility & coordination
- Ball activation

2. Technical and Tactical Block (55 min)

- Focused skill repetition (e.g. passing on the move, elimination skills, tackling).
- 2v1, 3v2 scenarios.
- Defensive shape.
- Pressing basics.

3. Conditioned Games (20 min)

- Small-sided matches
- Game-based learning
- Decision-making under pressure

4. Reflection & Team Talk (5 min)

- Reinforce learning points.
- Match information and fixture detail.

Our Broader Vision

We aim to prepare boys not just for College hockey, but for opportunities such as:

- Provincial representation.
- Participation in festivals and tournament.
- Long-term athletic development.

More importantly, we want boys to leave prep school with:

- Confidence.
- Resilience.
- Team-first mentality.
- Pride in representing their school.

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Parent Partnership

Your support plays a vital role. We encourage:

- Positive sideline behaviour.
- Respect for officials.
- Encouragement of effort over outcome.
- Open communication through the appropriate channels-Head of Hockey, Murray Anderson, Age Group Head. Please do not corner coaches after practices and matches regarding selection.

Together, we can create a hockey environment that is aspirational, disciplined and enjoyable.

We look forward to an exciting and successful season ahead.

Kind regards

Murray Anderson
Head of Hockey-Prep

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