

# 23 TANZANIA COACHES CERTIFIED DURING A WEEK OF “HOCKEY FOR DEVELOPMENT”



**TWENDE Hockey Newsletter July 2016**  
**Hockey For Development in Tanzania**



During the first week of July, TWENDE Hockey organized a full week program to educate field hockey coaches and players in Tanzania, play and connect with them.

**Our goal for this week was to make another step in the social development of the youth in Tanzania by means of Field Hockey.**

**We did so by;**

- Organising a Social Coaching Course
- Organising an experienced Hockey Coaching Course
- Distributing field hockey equipment
- Giving clinics in youth communities
- Strengthening relations with (potential) partners in order to create a more sustainable field hockey community in Tanzania
- Developing reciprocal Global Citizenship and making new friends.....

### **PREPERATIONS - Inspire the next generation**

Since February, the Dutch and Tanzanian program managers of Twende Hockey have been collaborating closely to organize this trip.

Our first aim was to bring the local coaches (amongst them at least 30% woman) to a more advanced level and to introduce young players to the sport. Therefore we developed a customized Coaching Course containing both theoretical and practical sessions. Secondly, we launched a social program. In this way we contribute to the rise of a new generation of well-educated Field Hockey Coaches.

#### **In Tanzania**

- Select and recruit 30 Tanzania coaches qualified for the program
- Arrange transport, food, drinks and accommodation for all coaches
- Organize the ownership to conduct the social program
- Funding to cover the costs

#### **In the Netherlands**

- Recruit 6 Dutch coaches and prepare them during 4 workshops
- Collect Field Hockey Equipment
- Prepare the Experienced Hockey Coaching Course
- Translate the essential parts in Swahili
- Funding to cover the costs



Lotte, Dana, Joost, Marjolein, Thomas, Ivo and Valentina



### COACH COURSE - Level 3 / Experienced

To become an autonomous coach, one needs certain social and hockey related competencies. During a 4 days course we integrated these two subjects.

### SOCIAL COACH COURSE - 12 hours

Hockey for development starts with social and economic well being in daily life. The main subjects treated were Gender Equality, Health Care, Life Skills and Child Development. Energetic course days with good teambuilding effects.

### HOCKEY COACH COURSE - 30 hours

Teaching about the role as a Coach and Entertrainer, knowledge in creating and executing training sessions in theory and practice (75% of the time was spent on practical sessions on the pitch).

All students received hand outs and 200 exercises in English and Swahili

### GUIDANCE - We just started

By certifying the coaches, their work will just start. We will continue to guide them along the way of becoming an experienced, autonomous youth coach. Three full time coaching coordinators will support them on site and the head coach will do so on line. In this way, we can provide continuous guidance, feedback and education. We even started up a You Tube channel (visualization), inclosing a full year program of exercises! Now, all newly certified coaches can make their first steps within their own community. They have all the means for doing that.

### RESULT:

9 women and 14 men course students from 8 different regions received a certificate experienced hockey coach



**HOCKEY LEAGUE - For the first time**

In Dar es Salaam we have set up a real hockey league for Women, Men and Youth teams. To kick off the HOCKEY FOR DEVELOPMENT week, the Dutch coaches assisted some matches and were inspired by the energy, progression and fun the teams all show off. A very good start of an exiting coaching week.

**CLINICS - Introduce the fun of sports**

We also travelled to Bagamoyo and Kigamboni to conduct several hockey clinics. Young, energetic kids received a 2 hours training session, given by the Dutch coaches. We also gave the local sport teachers 5 complete training programs and a toolkit (balls, sticks, cones) in order to be able to integrate field hockey in their school program.

**HOCKEY EQUIPMENT - Ensure sufficient equipment**

There is a constant demand for sport materials. So we collected a large amount of hockey equipment in the Netherlands and shipped it to Tanzania. The local authorized persons will take care of distribution in youth communities, primary and secondary schools.

- 300 sticks
- 100 vests
- 100 cones
- 200 balls
- & more

**FRIENDLY MATCHES - Playing the game**

At the end of the hockey league and second course day we organized friendly matches between the Dutch Coaches, the Course students and players of the Sikh community.



INSPIRING THE NEXT GENERATION



### CONNECTING - Making new friends

By working so closely together during the *hockey for development* courses, all Tanzanian coaches really got well connected with each other. They have now the opportunity to stay connected and support each other. Not only within their own town, but also with the local organizations, communities and the Dutch Coaches. Important steps on the road of creating sustainability of our programs!

### RELAXING - Leisure & Culture

When the Dutch team of coaches visited Bagamoyo, they had 2 hours of leisure on the beach and after diner they fell asleep during the EC match France - Germany..... The next day they visited the world heritage of Bagamoyo. This is the former capital of German East Africa. It was the most important port along the East African coast. Bagamoyo was the trading post for ivory and Arab slaves. An impressive story and place to be.

### NEXT VISIT?

We are preparing a next visit to Tanzania to educate new, inexperienced Tanzanian coaches at the end of this year.

### THANK YOU!

We thank all our sponsors and donors to help us by executing this week. This help is both in Tanzania and the Netherlands. Most of all we thank all Tanzania coaches for their warm welcome, enthusiasm, energy and devotion to the program.

Asante Sana, Thank You!

The TWENDE Hockey Team:

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