



March 2015

Morpeth Men's Hockey Club Discipline Guide

Discipline Guide For Captains

Contents: - Section One - Introduction
Section Two – Captains
Section Three – Player Management

Section One – Introduction.

The following guide for captain's, is to ensure that all rules and regulations of Morpeth Men's Hockey Club are adhered to by its membership.

The guide will set out tips & strategies for avoiding conflicts or ill discipline throughout the club.

The whole ethos of Morpeth Men's Hockey Club is for every member to have the right to enjoy playing their chosen sport.

While MMHC understands that we don't live in a world of utopia and it is impossible to completely eradicate occasional discipline slips, Persistent bouts of ill discipline should not be tolerated.

Section Two – Captains

As an elected Captain of Morpeth Men's Hockey Club, it is expected that at all times you are an ambassador for the club. There is a level of expectation of a captain's behaviour throughout the membership.

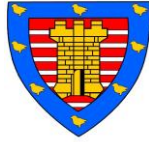
As a Captain you are responsible for your team's discipline.

As a Captain you should:-

- Lead by Example
- Instil a mentality of good behaviour and respect.
- Explain to players the importance of keeping good discipline.
- Spot potential conflicts early.
- Be the only player on your team who talks to an umpire.

To avoid potential conflicts you can:-

- Talk to players on an individual basis, before, during and after a game.
- Substitute any player who is "showing signs" of potential confrontations.
- Listen to your players concerns and approach an umpire in a polite, courteous manner.



March 2015

Captains must:-

- Keep a record of all cards received on your Match Sheets.
- Talk to a player on an individual basis, regarding his behaviour if that player has received two yellow cards for the same offence in a short period of time.
- If the individual persists with the same behaviour, inform the Executive Committee immediately.

Section Three – Player Management

As a captain, player management is important; a lot can be solved with good communication between Captains and players.

Captains should:-

- Get to know your players, individually as well as collectively.
- Treat all players equally and with respect.
- Explain to players the importance of good discipline and its relationship with performance.