



U14 Girls Season Review 2016/2017

Staff: Head Coach – Kojo Hazel / Assistant Coach – Roz Mason

Development Coach – Nia Espie / Team Manager – Jon Morris

Trials: Our initial trials took place in September. The trial was held in NIAC alongside the trials for the U12 squad. It became immediately apparent that numbers were very low in the U12 session (Roughly 10 players) and due to there being around 35 players in our U14 session, it was agreed that the younger girls (U13) would join forces with the U12's. This allowed both squads to have roughly 20 players each. All girls who attended the trials were invited back for squad training.

Training: All training sessions were planned by the head coach and each session allowed for all coaches to take lead on various aspects. This enabled assistant and development coaches to gain valuable experience. Over the course of the season we could implement a 5-out motion offence, a trap press, 3 end line plays and 2 side-line plays. A great deal of time in each session was spent working on fundamentals. The players also participated in classroom based sessions on nutrition, sports psychology and a final session on strategies, tactics and expectations ahead of our trip to Gibraltar.

Fund Raising: A small fundraising committee was formed and made up of parents of players. At all training sessions, there were refreshments and food provided and on occasions they held raffles to raise further funds. Once the team was selected for Gibraltar, further fundraising took place and was well attended by all players, parents and coaches. The first event was bag packing in Morrisons Cardiff Bay, followed by Easter egg and sweet sales, and finally a sponsored team walk to the top of Pen y fan.





Games: Outside of our tournaments in Gibraltar and Surrey we only played one competitive game and this was against the U16 squad in late January.

Gibraltar: This was an extremely successful trip following a great deal of organisation by our team manager and parents. We took 15 players. The morning after arrival the team participated in a guided tour of the city which included talks on the history of Gibraltar, a visit to the caves, top of the rock and Monkey sanctuary. Our first game was against the U14 Gibraltar team, the final score was 52-18 to Wales. The following morning, we played a team from Spain, La Linea. This was a much more competitive game with the final score ending with us 15 points behind the Spanish team. Immediately after this game we played a friendly match against a mixture of Gibraltar U14's and U16's. We lost the game by 5 points but all players had lots of court time as the we could play with 15 players. After the tournament, there was a small presentation where players exchanged mementoes. We were runners up in the tournament and one of our players received an award for best defensive player and one received an award for runner up MVP. We took the players to a local beach for the final evening of the tour. On return we received many messages of thanks from parents, the most prominent of which was that their girls had an experience that they will never forget.

Surrey: We always enjoy this tournament. This year we entered two teams. One team participated in the U13 tournament and made it through to the semi-finals. The team that participated in the U15 competition were outstanding against older girls and out of the 4 games they played they lost 3 of them by under 4 points. They finished the tournament with a win against Herts, a fitting way to end our season.

Summary: I feel that this was a truly enjoyable season, the squad bonded extremely well and look to be one of the strongest cohort of girls coming through for a long time. All players made developments in their game and in their maturity and conduct. The coaching and management staff worked very well together and I would very much like to continue working with this unit next





season. Parents played an invaluable role in supporting the girls and coaches at training and during tournaments. Their efforts during fundraising are to be commended.

Looking ahead: Whilst this was a successful season, I feel that there are many ways in which we could make improvements to ensure that future seasons are even better. I hope to discuss these ideas with the board of BW soon.

Coach Kojo









