

HOCKEY TIMES -EXTRA!

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Kettering Town Cricket
and Sports Club

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SOCIAL EVENTS FOR 2009-2010

SATURDAY 26TH SEPTEMBER

**BEETLE DRIVE
HOCKEY DRIVE
7.00 FOR 7.30**

SUNDAY 18TH OCTOBER

**SKYMOONS 40TH ANNIVERSARY
FROM 12.00 @ CLUBHOUSE**

SATURDAY 31ST OCTOBER

**MEN'S 2ND & 3RD X1 EXTRAVAGANZA
7.00 FOR 7.30**

SATURDAY 21ST NOVEMBER

**CASINO NIGHT & GRAND RAFFLE DRAW
7.00 FOR 7.30**

SATURDAY 30TH JANUARY 2010

**MEN'S 1ST X1 EXTRAVAGANZA
7.00 FOR 7.30**

SATURDAY 27TH FEBRUARY 2010

**RACE NIGHT
7.00 FOR 7.30**

SATURDAY 27TH MARCH 2010

**DINNER DANCE AND PRESENTATION
EVENING**

FITNESS TRAINING

Fitness training and conditioning exercises for men and women in all teams takes place on Wednesdays

@ Wrenn School, Wellingborough from

7.00—8.00pm

only £1 .00

The fitness sessions are extremely good fun incorporating cardio-vascular work with a variety of conditioning exercises and insults to improve strength and core stability. The sessions finish with fun games of basketball or footy etc and the whole session is brilliant for developing great team spirit across the different teams. Come along and give it a go particularly if you find yourself flagging towards the end of a game or simply wish to improve your own health and fitness.

What have you got to lose ? Pounds?

The Sports hall is also booked from 8.00—9.00 if the men wish to run their own sessions. Please speak to Jaime if you are interested.

WHAT A BIG, BIG CLUB!

Kettering Hockey Club is a section of Kettering Town Cricket & Sports Club. When you pay your annual membership fee, you become a member of the Main Club and this entitles you to join any of the other sections without having to pay another main club membership fee. For further details of these other sections contact.

ARCHERY	Jon Bosworth	01536 790668
CRICKET	Ian Russell	01536 510392
HOCKEY	Tom Sellers	01536 392476
TENNIS	Terry Chapman	01536 520530
RIFLE	Tony Taylor	01536 761101

- The committee have taken on board comments made about the state of the pitch and changing facilities etc and are making every effort to improve the situation.
- The website is up and running www.ktcsc.org and you can download kit order forms and membership forms as well as finding out about fixtures and results of matches and much much more.
- Please support our social events, the first "A Beetle/Hockey Drive" is on Saturday 26th September and is suitable for all ages.



The Self Pass Rule – New for 2009-10 Season

So what is the big deal about the "self-pass" rule for the new season

So what does this mean:

THE PLAYER TAKING THE FREE HIT CAN PLAY THE BALL TO THEMSELVES – YOU DON'T NEED TO WAIT FOR YOUR TEAM MATES

When does the "self-pass" apply

- From a free hit, 16, a centre pass, a long corner, a side line or a bully

So what else do I need to know:

- Location of a free hit
 - has to be 'close to' (means within playing distance) where the offence occurred and with no significant advantage gained
 - Within the 23m area has to be more precise (see below)
- The ball does not have to move 1m before it is played again by the taker. The ball does have to move 1m before it is played by any other player from the same team
- If you are the player taking the free hit and self passing, the action of playing the ball must be 2 separate actions
- Opponents have to be 5m from the ball (if opponent is within 5m of the ball, they must not be interfering with taking of the free hit, must not play or attempt to play the ball). The opponent can **NOT** interfere with play until they have moved 5m away or ball has moved 5m. If you start 5m away from the person taking the free hit you can attack the ball as soon as the second contact ie complete the self pass
- Attacking free hits within the 23m area –
 - **CANNOT** be played directly into the circle – it has to travel at least 5m or has been touched by a player of either team other than the player taking the free hit
 - **ALL** players must be 5m from the ball
- Attacking free hits within 5m of the circle
 - **MUST BE** taken back 5m of the circle
 - **ALL** players must be 5m from the ball and the ball
 - **MUST NOT** be played into the circle until it has travelled 5m or has been touched by a player of either team other than the player taking the free hit
- If a 16 has been awarded, it can be taken up to the 16 line in line with the location of the offence and parallel to the side-line
- If free hit is awarded to the defending team inside the circle it can be taken anywhere inside the circle or up to the 16 in line with the location of the offence and parallel to the side-line
- You can now make a self pass and then play an aerial immediately – they must be 2 distinct actions