



CHELMSFORD HOCKEY CLUB

JUNIOR SECTION

JUNIOR COACHING PROGRAMME

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Introduction

Chelmsford Hockey Club is committed to the improvement of the quality and consistency of its coaching, and in order to do so is introducing a programme that aims to provide a framework for that coaching, whether being delivered at Under-8 or Under-18 or anywhere in between. This programme is not written in tablets of stone, but contains information that can be tailored to every group's needs, while at the same time ensuring that the Club offers training to all its members on a common basis.

The background is to establish a common platform of training and development for all players, irrespective of age and ability. This work has focused on the core skills needed to play hockey and concentrates on key principles that, if delivered and coached effectively, will significantly improve the ability and performance of all participants.

It is also important to recognise how young players develop physical, psychological and emotional characteristics and the impact of these on their ability to learn new skills, perform them and apply them in game situations. The EHB Long Term Athlete Development (LTAD) programme provides some guidance for coaches.

This is based on two key elements. First, EHB's Core Skills for Hockey programme, to give the basic skills and tactics to be taught by the coaches. Secondly, a programme of competitive games for the young players against local clubs in leagues and tournaments.

If this programme is to succeed in its objective it is important that all coaches aspire to the following principles for planning and delivering coaching sessions:

Planning effective coaching sessions

- Review players' needs and establish goals for coaching sessions
- Plan realistic timings, sequences and intensity for the sessions
- Plan a good balance of learning and practice
- Plan appropriate technical content for the aim of the session
- Plan appropriate progressions to develop the performance of all participants
- Plan progressive sessions, where skills are developed into game situations
- Develop physical and mental ability as well as hockey skills and techniques

Delivering effective coaching sessions

- Emphasise the key learning points for the session
- Demand quality from players
- Always practice at match pace
- Keep the sessions fun and enjoyable
- Encourage decision making
- Reassure players that it's alright to make mistakes
- Don't interrupt practices too often, allow practices to run and drop coaching points in to individuals or the group
- Encourage players to work with different players
- Have enough balls for practices to run without stopping for collection regularly
- Keep players active and involved – avoid long queues and standing around
- Where possible have an independent goalkeeper coach at each session - if not, set the practice so that the GKs can take part by using their feet instead of a stick.

This document outlines the player syllabus and a 10-week coaching programme for each age group concentrating on the six phases of the LTAD:

- Core skills
- Movement skills
- Small unit play
- Game play
- Set plays
- Tactics

It is intended that each age group coach will use this document as guidance and work within its framework to design and deliver coaching sessions specific and appropriate to their particular age group and individual athletes. It is important to take into consideration that players taking up the sport after the Under-8 age group may need to spend time working with lower age groups before they are capable of training effectively with their own age group.

Player Syllabus – outfield players

LTAD Phase	Under-8	Under-10	Under-12	Under-14	Under-16	Under-18
1. Core skills	60%	60%	50%	40%	40%	35%
Unopposed ball carrying	Essential	Essential	Essential	Essential	Essential	Essential
Static pushing	Essential	Essential	Essential	Essential	Essential	Essential
Static hitting	Essential	Essential	Essential	Essential	Essential	Essential
Static open stick receiving	Essential	Essential	Essential	Essential	Essential	Essential
Elimination skills	Essential	Essential	Essential	Essential	Essential	Essential
Open stick block tackle	Progression	Essential	Essential	Essential	Essential	Essential
Static slapping	Progression	Essential	Essential	Essential	Essential	Essential
Moving push	Progression	Essential	Essential	Essential	Essential	Essential
Moving hit	Progression	Essential	Essential	Essential	Essential	Essential
Reverse stick receiving		Progression	Essential	Essential	Essential	Essential
Receiving open stick on the move		Progression	Essential	Essential	Essential	Essential
Moving slap		Progression	Essential	Essential	Essential	Essential
Pushing, hitting and slapping to goal		Progression	Essential	Essential	Essential	Essential
Jab tackling		Progression	Essential	Essential	Essential	Essential
Split grip reverse pass		Advanced	Progression	Essential	Essential	Essential
Defensive intercept		Advanced	Progression	Essential	Essential	Essential
Reverse stick push on the move		Advanced	Progression	Essential	Essential	Essential
Lifted push			Progression	Essential	Essential	Essential
Receiving reverse stick push on the move			Progression	Essential	Essential	Essential
Receiving a lifted ball			Progression	Essential	Essential	Essential
Reverse stick tackling			Progression	Essential	Essential	Essential
Reverse stick hitting			Advanced	Essential	Essential	Essential
Aerials			Advanced	Essential	Essential	Essential
3D skills				Essential	Essential	Essential
Wider goal-scoring skills				Essential	Essential	Essential
Other tackling techniques				Progression	Progression	Essential
2. Movement skills	20%	20%	10%	5%	5%	5%
B & C – Balance and coordination, FS – Foot speed, S – Speed, M – Movement Skills, P – Proprioception¹, MOB - Mobility						
Fun Warm up games i.e TAG (M)	Essential	Essential				
Hopping and skipping. Statues game hold balance (B&C)	Essential	Essential				
Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS)	Essential	Essential				
High Knees, arms pumping, run as fast as possible in straight lines (S)	Essential	Essential				

Low movement, monkey run – running in low positions without falling over	Essential	Essential				
Promote mobility lunging, crawling to move hips and lower back through range (MOB)	Essential	Essential				
Fun warm up games i.e. TAG. Respond to coaches instructions (M)			Essential			
Core agility, dodge ball, tag rugby activity (B&C)			Essential			
Start fast – stop fast. Giving targets to stop in. Change direction (M)			Essential			
Balance and awareness. Single foot double foot hopping and holding (B&C)			Essential			
High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S)			Essential	Essential	Essential	Essential
Getting into low position with head and chest high e.g. hurdle walk unders (MOB)			Progression	Progression	Progression	Progression
Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB)			Progression	Progression	Progression	Progression
Learn and practice in an isolated closed environment. Learn and repeat the SKILL without pressure (M)				Essential	Essential	
Stopping and starting – making sure centre of gravity is inside foot in direction of movement (M)				Essential	Essential	
Hopping, skipping balances with eyes closed (P)				Essential	Essential	
Execution of target foot skills / foot work patterns in closed setting / controlled environment DRILL then SKILL (M)						Essential
Some transfer of foot skills to unanticipated environments. Reacting to commands and signals (M)						Essential
Balance, control and efficiency in most movement patterns – Getting in the right body positions (M, B & C)						Essential
Anticipation and recognition of stimulus to move with speed of feet movements (FS)						Progression
Resistance to fatigue in closed skill environment. Getting SKILL right in the drill when tiring. Drill until fatigued (M)						Progression
3. Small unit play	0%	0%	20%	30%	30%	25%
Opposed ball carrying 1v1			Essential	Essential	Essential	Essential
Defending in 1v1			Essential	Essential	Essential	Essential
2v1 small unit play (attack and defence)			Essential	Essential	Essential	Essential
2v2 (attack and defence)				Progression	Progression	Essential
Circle entry						Progression
4. Game play	20%	20%	15%	20%	20%	25%
Small-sided games	Essential	Essential	Essential	Essential	Essential	Essential
Small areas and games for fun	Essential	Essential	Essential			
Mini hockey			Essential			
Full-pitch 11v11				Essential	Essential	Essential
Pressing						Progression
Outletting						Progression
Attacking and Defending the Final Third						Progression

5. Set plays	0%	0%	5%	5%	5%	10%
Individual PCA attack skills			Progression			
Penalty Stroke			Progression	Essential	Essential	Essential
PCA & PCD skills				Essential	Essential	Essential
6. Tactics	0%	0%	As part of set plays, small unit play and game principles			

¹ Proprioception is a critical component of balance. It refers to the body's ability to sense movement within joints and joint position, enabling us to know where our limbs are in space without having to look. Proprioception underlies everyday movements, and is especially important for complicated sporting movements that require precise coordination. When a joint or other body part is injured, one's ability to properly coordinate muscular efforts is inhibited and body-spatial perceptions are altered. Such skewed perceptions limit the ability of a patient to perform therapeutic flexibility, strength and endurance exercises correctly, increasing the risk for incomplete rehabilitation and chronic pain or other problems. Therefore, reestablishing proprioception is critical to a functional rehabilitation program.

Under-8 - ten week coaching programme for outfield players

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	60%	20%	0%	20%	0%	0%
Aims & Objectives	<p>The main objective is the overall development of the athlete's physical capacities and fundamental movement skills. The key points are:</p> <ul style="list-style-type: none"> • Introduction to the core skills of hockey and game play in a FUN and safe environment. • Speed, power and endurance are developed using FUN games. • Appropriate and correct running, jumping and throwing techniques are taught using the ABC's of athletics. • Introduction to the simple rules and ethics of hockey. • Strength training with exercises which use the child's own body weight; medicine ball and Swiss ball exercises. • Develop the athlete's: <ul style="list-style-type: none"> ○ ABC's (Agility, Balance, Coordination and Speed). ○ RJT (Running, Jumping, Throwing). ○ KGBs (Kinesthetics¹, Gliding, Buoyancy, Striking with a body part). ○ CKs (Catching, Kicking, Striking with an implement). 					
Week 1	<ul style="list-style-type: none"> • Unopposed ball carrying 	<ul style="list-style-type: none"> • Fun Warm up games i.e TAG (M) • Hopping and skipping. Statues game hold balance (B&C) • Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS) • High Knees, arms pumping, run as fast as possible in straight lines (S) • Low movement, monkey run – running in low positions without falling over • Promote mobility lunging, crawling to move hips and lower 		<ul style="list-style-type: none"> • Small-sided games • Small areas and games for fun 		
Week 2	<ul style="list-style-type: none"> • Static pushing • Static open stick receiving 					
Week 3	<ul style="list-style-type: none"> • Static hitting • Static open stick receiving 					
Week 4	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills 					
Week 5	<ul style="list-style-type: none"> • Static pushing • Static open stick receiving <p>Progression:</p> <ul style="list-style-type: none"> • Moving push • Static slapping 					
	<ul style="list-style-type: none"> • Static hitting • Static open stick receiving 					
Week 6	<ul style="list-style-type: none"> • Static hitting • Static open stick receiving 					

	<p>Progression:</p> <ul style="list-style-type: none"> • Moving hit 	back through range (MOB)				
Week 7	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills <p>Progression:</p> <ul style="list-style-type: none"> • Open stick block tackle 					
Week 8	<ul style="list-style-type: none"> • Static pushing • Static open stick receiving <p>Progression:</p> <ul style="list-style-type: none"> • Moving push • Static slapping 					
Week 9	<ul style="list-style-type: none"> • Static hitting • Static open stick receiving <p>Progression:</p> <ul style="list-style-type: none"> • Moving hit 					
Week 10	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills <p>Progression:</p> <ul style="list-style-type: none"> • Open stick block tackle 					
Evaluation	<ul style="list-style-type: none"> • Completion of player feedback forms at Christmas and at end of season 					

¹ Kinesthetics is the sensation of position, movement, tension, etc. of parts of the body, perceived through nerve-end organs in muscles, tendons, and joints. It is a learning style in which learning takes place by the student actually carrying out a physical activity, rather than listening to a lecture or merely watching a demonstration. It is also referred to as tactile learning.

Under-10 - ten week coaching programme for outfield players

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	60%	20%	0%	20%	0%	0%
Aims & Objectives	<p>The main objective is the overall development of the athlete's physical capacities and fundamental movement skills. The key points are:</p> <ul style="list-style-type: none"> • Introduction to the core skills of hockey and game play in a FUN and safe environment. • Speed, power and endurance are developed using FUN games. • Appropriate and correct running, jumping and throwing techniques are taught using the ABC's of athletics. • Introduction to the simple rules and ethics of hockey. • Strength training with exercises which use the child's own body weight; medicine ball and Swiss ball exercises. • Develop the athlete's: <ul style="list-style-type: none"> ○ ABC's (Agility, Balance, Coordination and Speed). ○ RJT (Running, Jumping, Throwing). ○ KGBs (Kinesthetics¹, Gliding, Buoyancy, Striking with a body part). ○ CKs (Catching, Kicking, Striking with an implement). 					
Week 1	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills 	<ul style="list-style-type: none"> • Fun Warm up games i.e TAG (M) • Hopping and skipping. Statues game hold balance (B&C) • Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS) • High Knees, arms pumping, run as fast as possible in straight lines (S) • Low movement, monkey run – running in low positions without falling over • Promote mobility lunging, crawling to move hips and lower 		<ul style="list-style-type: none"> • Small-sided games • Small areas and games for fun 		
Week 2	<ul style="list-style-type: none"> • Static pushing • Moving push • Static open stick receiving 					
Week 3	<ul style="list-style-type: none"> • Static hitting • Moving hit • Static open stick receiving 					
Week 4	<ul style="list-style-type: none"> • Static slapping • Static open stick receiving 					
Week 5	<ul style="list-style-type: none"> • Open stick block tackle 					
Week 6	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills 					
Week 7	<ul style="list-style-type: none"> • Static pushing • Moving push • Static open stick 					

	receiving Progression: <ul style="list-style-type: none"> • Pushing to goal • Receiving open stick on the move • Reverse stick receiving Advanced: <ul style="list-style-type: none"> • Reverse stick push on the move • Split grip reverse pass 	back through range (MOB)				
Week 8	<ul style="list-style-type: none"> • Static hitting • Moving hit • Static open stick receiving Progression: <ul style="list-style-type: none"> • Hitting to goal 					
Week 9	<ul style="list-style-type: none"> • Static slapping • Static open stick receiving Progression: <ul style="list-style-type: none"> • Moving slap • Slapping to goal 					
Week 10	<ul style="list-style-type: none"> • Open stick block tackle Progression: <ul style="list-style-type: none"> • Jab tackling Advanced:					

	<ul style="list-style-type: none"> • Defensive intercept 					
Evaluation	<ul style="list-style-type: none"> • Completion of player feedback forms at Christmas and at end of season 					

¹ Kinesthetics is the sensation of position, movement, tension, etc. of parts of the body, perceived through nerve-end organs in muscles, tendons, and joints. It is a learning style in which learning takes place by the student actually carrying out a physical activity, rather than listening to a lecture or merely watching a demonstration. It is also referred to as tactile learning.

Under-12 - ten week coaching programme for outfield players

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	50%	10%	20%	15%	5%	As part of set plays, small unit play and game principles
Aims & Objectives	<p>The main objective is to learn all fundamental sports skills. The key points are:</p> <ul style="list-style-type: none"> • Further develop the core skills of hockey and game play in a FUN and safe environment. • Further develop fundamental movement skills. • Learn general overall sports skills. • Continue to develop strength with medicine ball, Swiss ball and own body-weight exercises as well as hopping-bounding exercises. • Continue to develop endurance with games and relays. • Introduce basic flexibility exercises. • Continue to develop speed with specific activities during the warm-up, such as agility, quickness and change of direction. • Develop knowledge of warm up, cool down, stretching, hydration, nutrition, recovery, relaxation and focusing. 					
Week 1	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills 	<ul style="list-style-type: none"> • Fun warm up games i.e. TAG. Respond to coaches instructions (M) • Core agility, dodge ball, tag rugby activity (B&C) • Start fast – stop fast. Giving targets to stop in. Change direction (M) • Balance and awareness. Single foot double foot hopping and holding (B&C) • High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S) 	<ul style="list-style-type: none"> • Opposed ball carrying 1v1 • Defending in 1v1 • 2v1 small unit play (attack and defence) 	<ul style="list-style-type: none"> • Small-sided games • Small areas and games for fun • Mini hockey 	<p>Progression:</p> <ul style="list-style-type: none"> • Individual PCA attack skills • Penalty Stroke 	
Week 2	<ul style="list-style-type: none"> • Static pushing • Moving push • Static open stick receiving 					
Week 3	<ul style="list-style-type: none"> • Static hitting • Moving hit • Static open stick receiving 					
Week 4	<ul style="list-style-type: none"> • Static slapping • Moving slap • Static open stick receiving 					
Week 5	<ul style="list-style-type: none"> • Open stick block tackle • Jab tackling 					
Week 6	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills 					
Week 7	<ul style="list-style-type: none"> • Static pushing 					

	<ul style="list-style-type: none"> • Moving push • Pushing to goal • Static open stick receiving • Receiving open stick on the move • Reverse stick receiving <p>Progression:</p> <ul style="list-style-type: none"> • Reverse stick push on the move • Lifted push • Aerials • Split grip reverse pass • Receiving a lifted ball • Receiving reverse stick push on the move 	<p>Progression:</p> <ul style="list-style-type: none"> • Getting into low position with head and chest high e.g. hurdle walk unders (MOB) • Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB) 				
Week 8	<ul style="list-style-type: none"> • Static hitting • Moving hit • Hitting to goal • Static open stick receiving • Receiving open stick on the move • Reverse stick receiving <p>Advanced:</p> <ul style="list-style-type: none"> • Reverse stick hitting 					
Week 9	<ul style="list-style-type: none"> • Static slapping • Moving slap • Slapping to goal • Static open stick receiving 					

	<ul style="list-style-type: none"> Receiving open stick on the move Reverse stick receiving 					
Week 10	<ul style="list-style-type: none"> Open stick block tackle Jab tackling <p>Progression:</p> <ul style="list-style-type: none"> Defensive intercept Reverse stick tackling 					
Evaluation	<ul style="list-style-type: none"> Completion of player feedback forms at Christmas and at end of season Stix Awards at end of season 					

Under-14/Under-16 – ten week coaching programme for outfield players

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	40%	5%	30%	20%	5%	As part of set plays, small unit play and game principles
Aims & Objectives	<p>The main objective is the overall development of the athlete’s physical capacities (focus on aerobic conditioning) and fundamental movement skills. The key points are:</p> <ul style="list-style-type: none"> • Further develop speed and hockey skills. • Develop the aerobic base - after the onset of PHV¹ • Develop knowledge of how and when to stretch, how to optimise nutrition and hydration, mental preparation, how and when to taper and peak. • Establish pre-competition, competition and post competition routines. • The strength training window for boys begins 12 to 18 months after PHV. • There are two windows of opportunity to strength training for girls: <ul style="list-style-type: none"> ○ Window one is immediately after PHV. ○ Window two begins with the onset of menarche (the first menstrual period). • Special emphasis is also required for flexibility training due to the sudden growth of bones, tendons, ligaments and muscles. <p>¹ PHV is a measure of the maximum rate of growth in stature during a growth spurt. The age of maximum velocity of growth is called the age at PHV. PHV is directly linked to the Development Age of athletes.</p>					
Week 1	<ul style="list-style-type: none"> • Unopposed ball carrying • Elimination skills • 3D skills 	<ul style="list-style-type: none"> • High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S) • Learn and practice in an isolated closed environment. Learn and repeat the SKILL without pressure (M) • Stopping and starting – making sure centre of gravity is inside foot in direction of movement (M) • Hopping, skipping balances with eyes closed (P) 	<ul style="list-style-type: none"> • Opposed ball carrying 1v1 • Defending in 1v1 • 2v1 small unit play (attack and defence) <p>Progression:</p> <ul style="list-style-type: none"> • 2v2 (attack and defence) 	<ul style="list-style-type: none"> • Small-sided games • Full-pitch 11v11 	<ul style="list-style-type: none"> • Penalty Stroke • PCA & PCD skills 	
Week 2	<ul style="list-style-type: none"> • Static pushing • Static open stick receiving • Moving push • Receiving open stick on the move 					
Week 3	<ul style="list-style-type: none"> • Static hitting • Static open stick receiving • Moving hit • Receiving open stick on the move 					
Week 4	<ul style="list-style-type: none"> • Static slapping • Static open stick 					

	<ul style="list-style-type: none"> receiving Moving slap Receiving open stick on the move 	<p>Progression:</p> <ul style="list-style-type: none"> Getting into low position with head and chest high e.g. hurdle walk unders (MOB) Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB) 					
Week 5	<ul style="list-style-type: none"> Open stick block tackle Jab tackling Defensive intercept 						
Week 6	<ul style="list-style-type: none"> Lifted push Split grip reverse pass Reverse stick push on the move Receiving reverse stick push on the move Reverse stick receiving 						
Week 7	<ul style="list-style-type: none"> Reverse stick hitting 						
Week 8	<ul style="list-style-type: none"> Reverse stick tackling <p>Progression:</p> <ul style="list-style-type: none"> Other tackling techniques 						
Week 9	<ul style="list-style-type: none"> Pushing, hitting and slapping to goal Wider goal-scoring skills 						
Week 10	<ul style="list-style-type: none"> Aerials Receiving a lifted ball 						
Evaluation	<ul style="list-style-type: none"> Completion of player feedback forms at Christmas and at end of season Stix Awards (for Under-14) at end of season 						

Under-18 – ten week coaching programme for outfield players

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	35%	5%	25%	25%	10%	As part of set plays, small unit play and game principles
Aims & Objectives	<p>The main objective is to optimise fitness preparation and hockey specific skills and performance. The key points are:</p> <ul style="list-style-type: none"> Learn to perform hockey skills under a variety of competitive conditions during training. Special emphasis is placed on optimum preparation by modeling training and competition. Fitness programs, recovery programs, psychological preparation and technical development are now individually tailored to the athlete's needs. 					
Week 1	<ul style="list-style-type: none"> Unopposed ball carrying Elimination skills 3D skills 	<ul style="list-style-type: none"> High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S) Execution of target foot skills / foot work patterns in closed setting / controlled environment DRILL then SKILL (M) Some transfer of foot skills to unanticipated environments. Reacting to commands and signals (M) Balance, control and efficiency in most movement patterns – Getting in the right body positions (M, B & C) <p>Progression:</p>	<ul style="list-style-type: none"> Opposed ball carrying 1v1 Defending in 1v1 2v1 small unit play (attack and defence) 2v2 (attack and defence) <p>Progression:</p> <ul style="list-style-type: none"> Circle entry 	<ul style="list-style-type: none"> Small-sided games Full-pitch 11v11 <p>Progression:</p> <ul style="list-style-type: none"> Pressing Outletting Attacking and Defending the Final Third 	<ul style="list-style-type: none"> Penalty Stroke PCA & PCD skills 	
Week 2	<ul style="list-style-type: none"> Static pushing Static open stick receiving Moving push Receiving open stick on the move 					
Week 3	<ul style="list-style-type: none"> Static hitting Static open stick receiving Moving hit Receiving open stick on the move 					
Week 4	<ul style="list-style-type: none"> Static slapping Static open stick receiving Moving slap Receiving open stick on the move 					
Week 5	<ul style="list-style-type: none"> Open stick block tackle Jab tackling Defensive intercept 					
Week 6	<ul style="list-style-type: none"> Lifted push 					

	<ul style="list-style-type: none"> Split grip reverse pass Reverse stick push on the move Receiving reverse stick push on the move Reverse stick receiving 	<ul style="list-style-type: none"> Getting into low position with head and chest high e.g. hurdle walk unders (MOB) Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB) Anticipation and recognition of stimulus to move with speed of feet movements (FS) Resistance to fatigue in closed skill environment. Getting SKILL right in the drill when tiring. Drill until fatigued (M) 				
Week 7	<ul style="list-style-type: none"> Reverse stick hitting 					
Week 8	<ul style="list-style-type: none"> Reverse stick tackling Other tackling techniques 					
Week 9	<ul style="list-style-type: none"> Pushing, hitting and slapping to goal Wider goal-scoring skills 					
Week 10	<ul style="list-style-type: none"> Aerials Receiving a lifted ball 					
Evaluation	<ul style="list-style-type: none"> Completion of player feedback forms at Christmas and at end of season 					

Player Syllabus – goalkeepers

LTAD Phase	Under-8	Under-10	Under-12	Under-14	Under-16	Under-18
1. Core skills	60%	60%	50%	40%	40%	35%
Saving and clearing	Essential	Essential	Essential	Essential	Essential	Essential
Kicking with both feet	Essential	Essential	Essential	Essential	Essential	Essential
Hand saves	Essential	Essential	Essential	Essential	Essential	Essential
Positioning	Essential	Essential	Essential	Essential	Essential	Essential
Communication skills	Progression	Essential	Essential	Essential	Essential	Essential
Closing down an attacker	Progression	Essential	Essential	Essential	Essential	Essential
Accurate kicking with both feet	Progression	Essential	Essential	Essential	Essential	Essential
Hand saving and clearing in the air and on turf	Progression	Essential	Essential	Essential	Essential	Essential
Saving with right hand and stick		Progression	Essential	Essential	Essential	Essential
Diving to save in open play		Progression	Essential	Essential	Essential	Essential
Smothering an attacker		Advanced				
Positioning and narrowing the angle		Advanced				
Save/clear straight shots			Progression	Essential	Essential	Essential
Save/clear wide shots			Progression	Essential	Essential	Essential
Ability to smother on both sides of the body			Advanced	Essential	Essential	Essential
Diving technique left and right				Essential	Essential	Essential
Decision making in “5 yard box”				Essential	Essential	Essential
Going down to defend a PC hit shot				Progression	Progression	Essential
PC drag flick saving – diving technique				Progression	Progression	Essential
PC saving decision making				Progression	Progression	Essential
2. Movement skills	20%	20%	10%	5%	5%	5%
B & C – Balance and coordination, FS – Foot speed, S – Speed, M – Movement Skills, P – Proprioception¹, MOB - Mobility						
Fun Warm up games i.e TAG (M)	Essential	Essential				
Hopping and skipping. Statues game hold balance (B&C)	Essential	Essential				
Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS)	Essential	Essential				
High Knees, arms pumping, run as fast as possible in straight lines (S)	Essential	Essential				
Low movement, monkey run – running in low positions without falling over	Essential	Essential				
Promote mobility lunging, crawling to move hips and lower back through range (MOB)	Essential	Essential				
Fun warm up games i.e. TAG. Respond to coaches instructions (M)			Essential			
Core agility, dodge ball, tag rugby activity (B&C)			Essential			
Start fast – stop fast. Giving targets to stop in. Change direction (M)			Essential			
Balance and awareness. Single foot double foot hopping and holding (B&C)			Essential			
High knees, arms pumping run as fast as possible in straight lines – concentrate on			Essential	Essential	Essential	Essential

mechanics (S)						
Getting into low position with head and chest high e.g. hurdle walk unders (MOB)			Progression	Progression	Progression	Progression
Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB)			Progression	Progression	Progression	Progression
Learn and practice in an isolated closed environment. Learn and repeat the SKILL without pressure (M)				Essential	Essential	
Stopping and starting – making sure centre of gravity is inside foot in direction of movement (M)				Essential	Essential	
Hopping, skipping balances with eyes closed (P)				Essential	Essential	
Execution of target foot skills / foot work patterns in closed setting / controlled environment DRILL then SKILL (M)						Essential
Some transfer of foot skills to unanticipated environments. Reacting to commands and signals (M)						Essential
Balance, control and efficiency in most movement patterns – Getting in the right body positions (M, B & C)						Essential
Anticipation and recognition of stimulus to move with speed of feet movements (FS)						Progression
Resistance to fatigue in closed skill environment. Getting SKILL right in the drill when tiring. Drill until fatigued (M)						Progression
3. Small unit play	0%	0%	20%	30%	30%	25%
Opposed ball carrying 1v1			Essential	Essential	Essential	Essential
Defending in 1v1			Essential	Essential	Essential	Essential
2v1 small unit play (attack and defence)			Essential	Essential	Essential	Essential
2v2 (attack and defence)				Progression	Progression	Essential
Circle entry						Progression
4. Game play	20%	20%	15%	20%	20%	25%
“Game reading” and decision making			Essential	Essential	Essential	Essential
Working with defenders 1v1, 2v1 and 2v2				Essential	Essential	Essential
5. Set plays	0%	0%	5%	5%	5%	10%
PCD GK skills			Progression	Essential	Essential	Essential
Penalty Stroke Saving			Progression	Essential	Essential	Essential
6. Tactics	0%	0%	As part of set plays, small unit play and game principles			

¹ Proprioception is a critical component of balance. It refers to the body's ability to sense movement within joints and joint position, enabling us to know where our limbs are in space without having to look. Proprioception underlies everyday movements, and is especially important for complicated sporting movements that require precise coordination. When a joint or other body part is injured, one's ability to properly coordinate muscular efforts is inhibited and body-spatial perceptions are altered. Such skewed perceptions limit the ability of a patient to perform therapeutic flexibility, strength and endurance exercises correctly, increasing the risk for incomplete rehabilitation and chronic pain or other problems. Therefore, reestablishing proprioception is critical to a functional rehabilitation program.

Under-8 – ten week coaching programme for goalkeepers

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	60%	20%	0%	20%	0%	0%
Aims & Objectives	<p>The main objective is the overall development of the athlete's physical capacities and fundamental movement skills. The key points are:</p> <ul style="list-style-type: none"> • Introduction to the core skills of hockey and game play in a FUN and safe environment. • Speed, power and endurance are developed using FUN games. • Appropriate and correct running, jumping and throwing techniques are taught using the ABC's of athletics. • Introduction to the simple rules and ethics of hockey. • Strength training with exercises which use the child's own body weight; medicine ball and Swiss ball exercises. • Develop the athlete's: <ul style="list-style-type: none"> ○ ABC's (Agility, Balance, Coordination and Speed). ○ RJT (Running, Jumping, Throwing). ○ KGBs (Kinesthetics¹, Gliding, Buoyancy, Striking with a body part). ○ CKs (Catching, Kicking, Striking with an implement). 					
Week 1	<ul style="list-style-type: none"> • Saving and clearing 	<ul style="list-style-type: none"> • Fun Warm up games i.e TAG (M) • Hopping and skipping. Statues game hold balance (B&C) • Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS) • High Knees, arms pumping, run as fast as possible in straight lines (S) • Low movement, monkey run – running in low positions without falling over • Promote mobility 				
Week 2	<ul style="list-style-type: none"> • Kicking with both feet 					
Week 3	<ul style="list-style-type: none"> • Hand saves 					
Week 4	<ul style="list-style-type: none"> • Positioning 					
Week 5	<ul style="list-style-type: none"> • Saving and clearing 					
Week 6	<ul style="list-style-type: none"> • Kicking with both feet <p>Progression:</p> <ul style="list-style-type: none"> • Accurate kicking with both feet 					
Week 7	<ul style="list-style-type: none"> • Hand saves <p>Progression:</p> <ul style="list-style-type: none"> • Hand saving and clearing in the air and on turf 					

Week 8	<ul style="list-style-type: none"> Positioning <p>Progression:</p> <ul style="list-style-type: none"> Closing down an attacker 	lunging, crawling to move hips and lower back through range (MOB)				
Week 9	<ul style="list-style-type: none"> Saving and clearing Kicking with both feet Hand saves <p>Progression:</p> <ul style="list-style-type: none"> Accurate kicking with both feet Hand saving and clearing in the air and on turf 					
Week 10	<ul style="list-style-type: none"> Positioning <p>Progression:</p> <ul style="list-style-type: none"> Closing down an attacker Communication skills 					
Evaluation	<ul style="list-style-type: none"> Completion of player feedback forms at Christmas and at end of season 					

¹ Kinesthetics is the sensation of position, movement, tension, etc. of parts of the body, perceived through nerve-end organs in muscles, tendons, and joints. It is a learning style in which learning takes place by the student actually carrying out a physical activity, rather than listening to a lecture or merely watching a demonstration. It is also referred to as tactile learning.

Under-10 – ten week coaching programme for goalkeepers

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	60%	20%	0%	20%	0%	0%
Aims & Objectives	<p>The main objective is the overall development of the athlete’s physical capacities and fundamental movement skills. The key points are:</p> <ul style="list-style-type: none"> • Introduction to the core skills of hockey and game play in a FUN and safe environment. • Speed, power and endurance are developed using FUN games. • Appropriate and correct running, jumping and throwing techniques are taught using the ABC’s of athletics. • Introduction to the simple rules and ethics of hockey. • Strength training with exercises which use the child’s own body weight; medicine ball and Swiss ball exercises. • Develop the athlete’s: <ul style="list-style-type: none"> ○ ABC’s (Agility, Balance, Coordination and Speed). ○ RJT (Running, Jumping, Throwing). ○ KGBs (Kinesthetics¹, Gliding, Buoyancy, Striking with a body part). ○ CKs (Catching, Kicking, Striking with an implement). 					
Week 1	<ul style="list-style-type: none"> • Saving and clearing 	<ul style="list-style-type: none"> • Fun Warm up games i.e TAG (M) • Hopping and skipping. Statues game hold balance (B&C) • Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS) • High Knees, arms pumping, run as fast as possible in straight lines (S) • Low movement, monkey run – running in low positions without falling over • Promote mobility lunging, crawling to move hips and lower 				
Week 2	<ul style="list-style-type: none"> • Kicking with both feet • Accurate kicking with both feet 					
Week 3	<ul style="list-style-type: none"> • Hand saves • Hand saving and clearing in the air and on turf 					
Week 4	<ul style="list-style-type: none"> • Positioning • Communication skills 					
Week 5	<ul style="list-style-type: none"> • Closing down an attacker 					
Week 6	<ul style="list-style-type: none"> • Saving and clearing <p>Progression:</p> <ul style="list-style-type: none"> • Diving to save in open play 					
Week 7	<ul style="list-style-type: none"> • Kicking with both feet • Accurate kicking with 					

	both feet	back through range (MOB)				
Week 8	<ul style="list-style-type: none"> • Hand saves • Hand saving and clearing in the air and on turf <p>Progression:</p> <ul style="list-style-type: none"> • Saving with right hand and stick 					
Week 9	<ul style="list-style-type: none"> • Positioning • Communication skills <p>Advanced:</p> <ul style="list-style-type: none"> • Positioning and narrowing the angle 					
Week 10	<ul style="list-style-type: none"> • Closing down an attacker <p>Advanced:</p> <ul style="list-style-type: none"> • Smothering an attacker 					
Evaluation	<ul style="list-style-type: none"> • Completion of player feedback forms at Christmas and at end of season 					

¹ Kinesthetics is the sensation of position, movement, tension, etc. of parts of the body, perceived through nerve-end organs in muscles, tendons, and joints. It is a learning style in which learning takes place by the student actually carrying out a physical activity, rather than listening to a lecture or merely watching a demonstration. It is also referred to as tactile learning.

Under-12 – ten week coaching programme for goalkeepers

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	50%	10%	20%	15%	5%	As part of set plays, small unit play and game principles
Aims & Objectives	<p>The main objective is to learn all fundamental sports skills. The key points are:</p> <ul style="list-style-type: none"> • Further develop the core skills of hockey and game play in a FUN and safe environment. • Further develop fundamental movement skills. • Learn general overall sports skills. • Continue to develop strength with medicine ball, Swiss ball and own body-weight exercises as well as hopping-bounding exercises. • Continue to develop endurance with games and relays. • Introduce basic flexibility exercises. • Continue to develop speed with specific activities during the warm-up, such as agility, quickness and change of direction. • Develop knowledge of warm up, cool down, stretching, hydration, nutrition, recovery, relaxation and focusing. 					
Week 1	<ul style="list-style-type: none"> • Saving and clearing 	<ul style="list-style-type: none"> • Fun warm up games i.e. TAG. Respond to coaches instructions (M) • Core agility, dodge ball, tag rugby activity (B&C) • Start fast – stop fast. Giving targets to stop in. Change direction (M) • Balance and awareness. Single foot double foot hopping and holding (B&C) • High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S) 	<ul style="list-style-type: none"> • Opposed ball carrying 1v1 • Defending in 1v1 • 2v1 small unit play (attack and defence) 	<ul style="list-style-type: none"> • “Game reading” and decision making 	Progression: <ul style="list-style-type: none"> • PCD GK skills • Penalty Stroke Saving 	
Week 2	<ul style="list-style-type: none"> • Kicking with both feet • Accurate kicking with both feet 					
Week 3	<ul style="list-style-type: none"> • Hand saves • Hand saving and clearing in the air and on turf 					
Week 4	<ul style="list-style-type: none"> • Positioning • Communication skills 					
Week 5	<ul style="list-style-type: none"> • Closing down an attacker 					
Week 6	<ul style="list-style-type: none"> • Saving and clearing • Diving to save in open play <p>Progression:</p> <ul style="list-style-type: none"> • Save/clear straight shots • Save/clear wide 					

	shots	<p>Progression:</p> <ul style="list-style-type: none"> Getting into low position with head and chest high e.g. hurdle walk unders (MOB) Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB) 				
Week 7	<ul style="list-style-type: none"> Kicking with both feet Accurate kicking with both feet 					
Week 8	<ul style="list-style-type: none"> Hand saves Hand saving and clearing in the air and on turf Saving with right hand and stick 					
Week 9	<ul style="list-style-type: none"> Positioning Communication skills 					
Week 10	<ul style="list-style-type: none"> Closing down an attacker <p>Advanced:</p> <ul style="list-style-type: none"> Ability to smother on both sides of the body 					
Evaluation	<ul style="list-style-type: none"> Completion of player feedback forms at Christmas and at end of season Stix Awards at end of season 					

Under-14/Under-16 – ten week coaching programme for goalkeepers

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	40%	5%	30%	20%	5%	As part of set plays, small unit play and game principles
Aims & Objectives	<p>The main objective is the overall development of the athlete’s physical capacities (focus on aerobic conditioning) and fundamental movement skills. The key points are:</p> <ul style="list-style-type: none"> • Further develop speed and hockey skills. • Develop the aerobic base - after the onset of PHV¹ • Develop knowledge of how and when to stretch, how to optimise nutrition and hydration, mental preparation, how and when to taper and peak. • Establish pre-competition, competition and post competition routines. • The strength training window for boys begins 12 to 18 months after PHV. • There are two windows of opportunity to strength training for girls: <ul style="list-style-type: none"> ○ Window one is immediately after PHV. ○ Window two begins with the onset of menarche (the first menstrual period). • Special emphasis is also required for flexibility training due to the sudden growth of bones, tendons, ligaments and muscles. <p>¹ PHV is a measure of the maximum rate of growth in stature during a growth spurt. The age of maximum velocity of growth is called the age at PHV. PHV is directly linked to the Development Age of athletes.</p>					
Week 1	<ul style="list-style-type: none"> • Saving and clearing 	<ul style="list-style-type: none"> • High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S) • Learn and practice in an isolated closed environment. Learn and repeat the SKILL without pressure (M) • Stopping and starting – making sure centre of gravity is inside foot in direction of movement (M) • Hopping, skipping balances with eyes closed (P) 	<ul style="list-style-type: none"> • Opposed ball carrying 1v1 • Defending in 1v1 • 2v1 small unit play (attack and defence) <p>Progression:</p> <ul style="list-style-type: none"> • 2v2 (attack and defence) 	<ul style="list-style-type: none"> • “Game reading” and decision making • Working with defenders 1v1, 2v1 and 2v2 	<ul style="list-style-type: none"> • PCD GK skills • Penalty Stroke Saving 	
Week 2	<ul style="list-style-type: none"> • Kicking with both feet • Accurate kicking with both feet 					
Week 3	<ul style="list-style-type: none"> • Hand saves • Hand saving and clearing in the air and on turf 					
Week 4	<ul style="list-style-type: none"> • Positioning • Communication skills 					
Week 5	<ul style="list-style-type: none"> • Closing down an attacker 					
Week 6	<ul style="list-style-type: none"> • Saving and clearing • Diving to save in open play • Diving technique left and right 					

	<ul style="list-style-type: none"> Save/clear straight shots Save/clear wide shots <p>Progression:</p> <ul style="list-style-type: none"> Going down to defend a PC hit shot PC drag flick saving – diving technique 	<p>Progression:</p> <ul style="list-style-type: none"> Getting into low position with head and chest high e.g. hurdle walk unders (MOB) Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB) 				
Week 7	<ul style="list-style-type: none"> Kicking with both feet Accurate kicking with both feet 					
Week 8	<ul style="list-style-type: none"> Hand saves Hand saving and clearing in the air and on turf Saving with right hand and stick 					
Week 9	<ul style="list-style-type: none"> Positioning Communication skills Decision making in “5 yard box” <p>Progression:</p> <ul style="list-style-type: none"> PC saving decision making 					
Week 10	<ul style="list-style-type: none"> Closing down an attacker Ability to smother on both sides of the body 					
Evaluation	<ul style="list-style-type: none"> Completion of player feedback forms at Christmas and at end of season Stix Awards (for Under-14) at end of season 					

Under-18 – ten week coaching programme for goalkeepers

Session	Core Skills	Movement Skills	Small Unit Play	Game Play	Set Plays	Tactics
	35%	5%	25%	25%	10%	As part of set plays, small unit play and game principles
Aims & Objectives						
Week 1	<ul style="list-style-type: none"> • Saving and clearing 	<ul style="list-style-type: none"> • High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S) • Execution of target foot skills / foot work patterns in closed setting / controlled environment DRILL then SKILL (M) • Some transfer of foot skills to unanticipated environments. Reacting to commands and signals (M) • Balance, control and efficiency in most movement patterns – Getting in the right body positions (M, B & C) <p>Progression:</p> <ul style="list-style-type: none"> • Getting into low position with head and chest high e.g. 	<ul style="list-style-type: none"> • Opposed ball carrying 1v1 • Defending in 1v1 • 2v1 small unit play (attack and defence) • 2v2 (attack and defence) <p>Progression:</p> <ul style="list-style-type: none"> • Circle entry 	<ul style="list-style-type: none"> • “Game reading” and decision making • Working with defenders 1v1, 2v1 and 2v2 	<ul style="list-style-type: none"> • PCD GK skills • Penalty Stroke Saving 	
Week 2	<ul style="list-style-type: none"> • Kicking with both feet • Accurate kicking with both feet 					
Week 3	<ul style="list-style-type: none"> • Hand saves • Hand saving and clearing in the air and on turf 					
Week 4	<ul style="list-style-type: none"> • Positioning • Communication skills 					
Week 5	<ul style="list-style-type: none"> • Closing down an attacker 					
Week 6	<ul style="list-style-type: none"> • Saving and clearing • Diving to save in open play • Diving technique left and right • Save/clear straight shots • Save/clear wide shots • Going down to defend a PC hit shot • PC drag flick saving – diving technique 					
Week 7	<ul style="list-style-type: none"> • Kicking with both feet • Accurate kicking with both feet 					

Week 8	<ul style="list-style-type: none"> • Hand saves • Hand saving and clearing in the air and on turf • Saving with right hand and stick 	<p>hurdle walk unders (MOB)</p> <ul style="list-style-type: none"> • Making sure lower back and shoulders are kept in sage positions in low movements – moving from hip not back (MOB) • Anticipation and recognition of stimulus to move with speed of feet movements (FS) • Resistance to fatigue in closed skill environment. Getting SKILL right in the drill when tiring. Drill until fatigued (M) 				
Week 9	<ul style="list-style-type: none"> • Positioning • Communication skills • Decision making in “5 yard box” • PC saving decision making 					
Week 10	<ul style="list-style-type: none"> • Closing down an attacker • Ability to smother on both sides of the body 					
Evaluation	<ul style="list-style-type: none"> • Completion of player feedback forms at Christmas and at end of season 					