

**Royston Hockey Club 2009 /10 Season  
Training Syllabus Juniors (Female 12-17yrs / Male 13-17yrs)**

<b>LTAD (Long Term Athlete Development) Phase</b>	<b>Train to Train/Compete</b>
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**Percentage of time that should be allocated to the relevant LTAD phase**

Core Skills	40%
Movement Skills	5%
Small Unit Play	30%
Game Play	20%
Set Plays	5%
Tactics	Incorporated

**Core Skills requirements for Outfield Players**

Unopposed ball carrying
Static pushing
Static hitting
Static open stick receiving
Open stick block tackle
Static slap hit pass
Moving push pass
Moving hit pass
Reverse stick receiving
Receiving open stick on the move
Moving slap hit
Pushing, hitting and slapping to goal
Jab tackling
Split grip reverse stick pass
Defensive intercept
Lifted push
Receiving reverse stick on the move
Reverse stick push on the move
Receiving lifted ball
Reverse stick tackling
Reverse stick hitting
Aerials
3D Skills
Wider goal-scoring skills
Other tackling techniques

**Core Skills requirements for Goalkeepers**

Saving and clearing
Kicking with both feet
Hand saves
Positioning around the goal
Communication skills
Closing down an attacker
Accurate kicking with both feet
Hand saving/clearing in air and on turf
Saving with right hand and stick
Diving to save in open play
Smothering an attacker
Positioning and narrowing the angle
Save / clear straight shots
Save / clear wide shots
Using right hand and stick to save
Ability to smother on both sides of the body
Diving technique left and right
Decision making in '5 yard box'
Going down to defend a penalty corner hit shot
Penalty corner drag flick saving / diving techniques
Penalty corner saving decision making

**Movement for Outfield Players****Warm up, Light Dynamics****Running, Turning, Stopping****Movement for Goalkeepers****Warm up, Light Dynamics, Static stretches****Running, Turning, Stopping, footwork, speed and agility****Specific GK Pliometric exercises****Small Unit Play for Outfield Players****Opposed ball carrying 1v1****Defending in 1v1 situations****2v1 Small unit play (attack and defence)****Small Unit Play for Goalkeepers****"Game reading" and Decision Making****Game Play / Set pieces for Outfield Players / Goalkeepers****All previous essential skills PLUS****Penalty corner Attack and Defence****Notes:****Phase 2 - Learning to train**

This phase is appropriate for boys aged 9 to 13 years and girls aged 8 to 12 years. The main objective should be to learn all fundamental sports skills.

**Colour Legend****It is ESSENTIAL that skills in this colour are covered****Skills in this colour are possible progressions over the season****Skills in this colour are for the elite performers only**