

## Royston Hockey Club 2009 /10 Season Training Syllabus Juniors (Aged 5 - 6 years)

<b>LTAD (Long Term Athlete Development) Phase</b>	<b>FUNdamentals 5-6</b>
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### Percentage of time that should be allocated to the relevant LTAD phase

Core Skills	60%
Movement Skills	20%
Small Unit Play	0%
Game Play	20%
Set Plays	0%
Tactics	0%

### 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

### 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

### Movement for Outfield Players

Warm up, Light Dynamics
Running, Turning, Stopping

### Movement for Goalkeepers

Warm up, Light Dynamics, Static stretches
Running, Turning, Stopping

### Game Play for Outfield Players / Goalkeepers

Small sided games
Small areas; Games for FUN

### Notes:

#### Phase 1 - FUNdamentals

This phase is appropriate for boys aged 6 to 9 and girls aged 5 to 8. The main objective should be the overall development of the athletes physical capacities and fundamental movement skills.

#### Colour Legend

It is ESSENTIAL that skills in this colour are covered
Skills in this colour are possible progressions over the season