

## Royston Hockey Club 2009 /10 Season Training Syllabus Juniors (Aged 7 - 9 years)

<b>LTAD (Long Term Athlete Development) Phase</b>	<b>FUNdamentals 7-9</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
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
Reverse stick push on the move

### 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

### 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

Skills in this colour are for the elite performers only