

**Royston Hockey Club 2009 /10 Season
Training Syllabus Juniors (Female 8-12yrs / Male 9-13yrs)**

LTAD (Long Term Athlete Development) Phase	Learning to Train
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Percentage of time that should be allocated to the relevant LTAD phase

Core Skills	50%
Movement Skills	10%
Small Unit Play	20%
Game Play	15%
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

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

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

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 for Outfield Players / Goalkeepers

All previous essential skills PLUS

Mini Hockey

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