

UNDER 13s

ATHLETE SUCCESS PROFILE



Technically skilled



Tactically smart



Mentally prepared and skilled



Striving for personal excellence on and off the pitch



High physical capacity and robustness

Hockey NSW players should aspire to develop the following areas

Field Players

- Able to receive stationary and in motion on both sides of body
- Mobile passing that is accurate, at different distances and with strength
- Receive under pressure
- Dispossession; Understand body position and foot work. Create pressure, stay in the contest, channelling
- Elimination; forward vision, engage defender
- Marking; P2P (player2player) and zonal, IFIT
- High completion rate appropriate to age group

Goal Keepers

- Set position; understand the principles
- Foot work to get in best position
- 1st phase foot saves; single step, both sides
- 1st phase hand saves; both sides
- Inside foot kick with clearance
- Sliding and diving; understanding the technique and when to use
- Agile – foot work and ability to get up off the ground
- 1v1 shoot outs; understand rules and technique
- Understand set plays; Penalty corners focus

- Understand communication on the field (verbal/non-verbal)
- Learning to apply the rules of the game
- Understand the structure of hockey
- Connecting with others on the field prior to pass/ receive
- Be able to play and/or understand various playing positions

- Able to handle and perform in competitive situations
- Committed to personal and team success
- Learn self-awareness and self-reflection skills
- Understand decision making and its impact on others
- Growth mindset and highly coachable
- Goal setting and able to deal with setbacks
- Find enjoyment in what you do and have balance away from hockey

- Display and encourage Hockey NSW PRIDE values; Professional, Resilient, Integrity, Diversity, Excellence
- Build confidence to ask and accept feedback
- Strive for personal best
- Make a contribution that benefits others; team orientated, respectful, grateful, helpful
- Wellbeing; know how to look after yourself
- Down to earth; level headed and grounded
- Share experiences with family and community
- Respecting and gratitude to players, parents and officials
- Social media balance, integrity, content and timing – self regulation

- Quality preparation
- Develop your work ethic that helps create a consistent performance
- Understand the importance of recovery and injury prevention
- Develop movement patterns and core strength
- Understand hydration and nutrition requirements
- Strive for personal best
- Positive work ethic
- Fun training environment
- Multiple sport experiences/ activity
- Game related fitness
- Recovery and injury understanding/awareness

Aligned to Hockey Australia 'Big 5'