



# Syllabus Outline



The Single System Syllabus Outline is intended as a guide to show any hockey coach coaching at any level within the sport what the focus should be for that age group and sets out a framework to provide a consistent approach to the delivery of the game across the country.

## What do the colours mean?

It is **ESSENTIAL** that skills in this colour are covered

Skills in this colour are possible progressions

Skills in this colour are for elite performers only

## What do the acronyms mean?

**LTAD** Long Term Athlete Development • **JDC** Junior Development Centre • **JAC** Junior Academy Centre • **JRPC** Junior Regional Performance Centre • **HiPAC** High Performance Assessment Camp (for 15-17 year-olds)  
**SRPC** Senior Regional Performance Camp (for over 18s) • **NPC** National Performance Centre • **NAGS** National Age Group Squads

| Age                               | 5-6 years        | 7-9 years        | Male: 9-12<br>Female 8-11  | Male 12-16<br>Female 11-15  | Male 16-18<br>Female 15-17                               | Male 18+<br>Female 17+                                      |
|-----------------------------------|------------------|------------------|--|---|--|---|
| Where to Access the Single System | Club, School     | Club, School     | Club, School, JDC  | Club, School, JDC, JAC, JRPC, HiPAC, National Squads  | School/college, senior club, JRPC, SRPC, National Squads | College/University, Senior club, SRPC, NPC, National Squads |
| LTAD Phase                        | FUNDamentals 5-6 | FUNDamentals 7-9 | Learning to Train  | Train to Train  | Train to Compete   | Train to Win  |
| Age at which hockey is taken up:  |                  |                  | If hockey is picked up in this age range, go back to fundamentals 7-9. Achieve Learning to Train by 11 female, 12 male | If hockey is picked up in this stage, go back to Learning to Train. Learning to train, Train to Train and Train to compete should be covered by 17 female, 18 male. |  |   |
| Curriculum Key Stage              | KS1              | KS2              | KS2/3  | KS3/4   | Further Education  | Higher Education  |
| Type of Game                      | Generic          | Quicksticks      | Quicksticks/Mini Hockey  | Mini/Full   | Full   | Full  |

## Percentage of time which should be allocated to the relevant LTAD Phases

|                                   | 5-6 years  | 7-9 years  | Male: 9-12<br>Female 8-11  | Male 12-16<br>Female 11-15   | Male 16-18<br>Female 15-17   | Male 18+<br>Female 17+   |
|-----------------------------------|--|--|--|--|--|--|
| Core Skills                       | 60%  | 60%  | 50%  | 40%  | 35%  | 25%  |
| Movement Skills                   | 20%  | 20%  | 10%  | 5%   | 5%   | 5%   |
| Small Unit Play                   | 0%   | 0%   | 20%  | 30%  | 25%  | 30%  |
| Game Play                         | 20%  | 20%  | 15%  | 20%  | 25%  | 30%  |
| Set Plays                         | 0%   | 0%   | 5%   | 5%   | 10%  | 10%  |
| Tactics                           | 0%   | 0%   | As part of set plays, small unit play and game principles  | As part of set plays, small unit play and game principles  | As part of set plays, small unit play and game principles                  | As part of set plays, small unit play and game principles                  |
| Resources available for each unit | <ul style="list-style-type: none"> <li>Hockey Clubs</li> <li>Multi Skills Festivals</li> <li>Quicksticks delivery</li> <li>Multiskills clubs</li> <li>Existing material – e.g. Core Skills DVD, GK DVD</li> <li>Horst Wein CD</li> </ul> | <ul style="list-style-type: none"> <li>Hockey Clubs</li> <li>Multi Skills Festivals</li> <li>Quicksticks delivery</li> <li>Multiskills clubs</li> <li>Existing material – e.g. Core Skills DVD, GK DVD</li> <li>Horst Wein CD</li> </ul> | <ul style="list-style-type: none"> <li>Hockey Clubs</li> <li>Multiskills clubs</li> <li>Existing material – e.g. Core Skills DVD, GK DVD</li> <li>Horst Wein CD</li> </ul> | <ul style="list-style-type: none"> <li>Existing material, plus materials to be produced by EH PCG</li> </ul> | <ul style="list-style-type: none"> <li>To be produced by EH PCG</li> </ul> | <ul style="list-style-type: none"> <li>To be produced by EH PCG</li> </ul> |

## Core Skills for Outfield Players

|                             | 5-6 years                                | 7-9 years                                | Male: 9-12<br>Female 8-11                | Male 12-16<br>Female 11-15               | Male 16-18<br>Female 15-17               | Male 18+<br>Female 17+        |
|-----------------------------|--|--|--|--|--|-------------------------------|
| Unopposed ball carrying     | All previous essential skills PLUS       | All previous essential skills |
| Static pushing              | Previous age group possible progressions |                               |
| Static hitting              | Reverse stick receiving                  | Split grip reverse pass                  | Reverse stick hitting                    |  |  |                               |
| Static Open Stick Receiving | Receiving open stick on the move         | Defensive Intercept                      | Aerials                                  |  |  |                               |
| Open stick block tackle     | Moving Slap                              | Lifted push                              | 3D skills                                |  |  |                               |
| Static slapping             | Pushing, hitting & slapping to goal      | Receiving reverse stick on the move      | Wider goal-scoring skills                |  |  |                               |
| Moving push                 | Jab tackling                             | Reverse stick push on the move           | Other tackling techniques                |  |  |                               |
| Moving hit                  | Split grip reverse pass                  | Receiving lifted ball                    |  |  |  |                               |
|                             | Defensive Intercept                      | Reverse stick tackling                   |  |  |  |                               |
|                             | Reverse stick push on the move           | Reverse stick hitting                    |  |  |  |                               |
|                             |  | Aerials                                  |  |  |  |                               |

## Core Skills for Goalkeepers

|   | 5-6 years                                | 7-9 years                                | Male: 9-12<br>Female 8-11                | Male 12-16<br>Female 11-15               | Male 16-18<br>Female 15-17               | Male 18+<br>Female 17+        |
|---|--|--|--|--|--|-------------------------------|
| Saving and Clearing                         | All previous essential skills PLUS       | All previous essential skills |
| Kicking with both feet                      | Previous age group possible progressions |                               |
| Hand Saves                                  | Saving with right hand and stick         | Smothering an attacker                   | Ability to smother on both sides of body |  |  |                               |
| Positioning                                 | Diving to save in open play              | Positioning and Narrowing the angle      | Diving technique left and right          |  |  |                               |
| Communication Skills                        | Smothering an attacker                   | Save/Clear straight shots                | Decision Making in "5 yard box"          |  |  |                               |
| Closing Down An Attacker                    | Positioning and Narrowing the angle      | Save/Clear wide shots                    | Going Down to defend a PC hit shot       |  |  |                               |
| Accurate Kicking With Both Feet             |  | Using right hand and stick to save       | PC Drag Flick Saving- diving technique   |  |  |                               |
| Hand Saving and Clearing in air and on turf |  | Ability to smother on both sides of body | PC Saving Decision Making                |  |  |                               |

## Movement for Outfield Players

In partnership with the English Institute of Sport, further information on this area will be available from January 2009  
(the time you spend on warm-ups should be included in the percentage of time which should be spent on this area for each age group)

|                            | 5-6 years                     | 7-9 years | Male: 9-12<br>Female 8-11 | Male 12-16<br>Female 11-15 | Male 16-18<br>Female 15-17 | Male 18+<br>Female 17+ |
|----------------------------|-------------------------------|-----------|---------------------------|----------------------------|----------------------------|------------------------|
| Running, turning, stopping | All previous essential skills |           |                           |                            |                            |                        |

## Movement for Goalkeepers

|                            | 5-6 years                     | 7-9 years                          | Male: 9-12<br>Female 8-11        | Male 12-16<br>Female 11-15               | Male 16-18<br>Female 15-17         | Male 18+<br>Female 17+        |
|----------------------------|-------------------------------|------------------------------------|----------------------------------|--|------------------------------------|-------------------------------|
| Running, turning, stopping | All previous essential skills | All previous essential skills PLUS | All previous essential skills    | All previous essential skills PLUS       | All previous essential skills PLUS | All previous essential skills |
|                            |                               | Footwork, speed and agility        | Specific GK pliometric exercises | Previous age group possible progressions |                                    |                               |

## Small Unit Play for Outfield Players

|  | 5-6 years                     | 7-9 years                                | Male: 9-12<br>Female 8-11                | Male 12-16<br>Female 11-15 | Male 16-18<br>Female 15-17 | Male 18+<br>Female 17+ |
|--|-------------------------------|--|--|----------------------------|----------------------------|------------------------|
| Opposed ball carrying 1v1                | All previous essential skills | All previous essential skills PLUS       | All previous essential skills PLUS       |                            |                            |                        |
| Defending in 1v1                         | 2v2 (attack and defence)      | Previous age group possible progressions | Previous age group possible progressions |                            |                            |                        |
| 2v1 small unit play (attack and defence) | Circle entry                  | Small units linking to other units       |  |                            |                            |                        |

## Small Unit Play for Goalkeepers

|                                  | 5-6 years                            | 7-9 years                     | Male: 9-12<br>Female 8-11     | Male 12-16<br>Female 11-15 | Male 16-18<br>Female 15-17 | Male 18+<br>Female 17+ |
|----------------------------------|--------------------------------------|-------------------------------|-------------------------------|----------------------------|----------------------------|------------------------|
| "Game Reading" & Decision Making | All previous essential skills PLUS   | All previous essential skills | All previous essential skills |                            |                            |                        |
|                                  | Working with Defenders 1v1, 2v1, 2v2 |                               |                               |                            |                            |                        |

## Game Play for Outfield Players

|                             | 5-6 years                     | 7-9 years                          | Male: 9-12<br>Female 8-11 | Male 12-16<br>Female 11-15           | Male 16-18<br>Female 15-17               | Male 18+<br>Female 17+ |
|-----------------------------|-------------------------------|------------------------------------|---------------------------|--------------------------------------|--|------------------------|
| Small-sided games           | All previous essential skills | All previous essential skills PLUS | Small sided games         | Small sided games                    | Small sided games                        | Small sided games      |
| Small areas; games for fun. |                               | Mini hockey                        | Full-pitch 11v11          | Full-pitch 11v11                     | Full-pitch 11v11                         | Full-pitch 11v11       |
|                             |                               |                                    |                           | Pressing                             | Previous age group possible progressions |                        |
|                             |                               |                                    |                           | Outletting                           | Playing for & against 10                 |                        |
|                             |                               |                                    |                           | Attacking & Defending in Final Third |  |                        |

## Set Plays for Outfield Players

|                              | 5-6 years        | 7-9 years        | Male: 9-12<br>Female 8-11 | Male 12-16<br>Female 11-15 | Male 16-18<br>Female 15-17 | Male 18+<br>Female 17+ |
|------------------------------|------------------|------------------|---------------------------|----------------------------|----------------------------|------------------------|
| Individual PCA attack skills | PCA & PCD skills | PCA & PCD skills | PCA & PCD skills          |                            |                            |                        |
| Penalty Stroke               | Penalty stroke   | Penalty stroke   | Penalty stroke            |                            |                            |                        |

## Set Plays for Goalkeepers

|                       | 5-6 years                                | 7-9 years                     | Male: 9-12<br>Female 8-11     | Male 12-16<br>Female 11-15 | Male 16-18<br>Female 15-17 | Male 18+<br>Female 17+ |
|-----------------------|--|-------------------------------|-------------------------------|----------------------------|----------------------------|------------------------|
| PCD GK Skills         | Previous age group possible progressions | All previous essential skills | All previous essential skills |                            |                            |                        |
| Penalty Stroke Saving |  |                               |                               |                            |                            |                        |

## An explanation of some of the terms

### What does LTAD mean?

LTAD stands for Long Term Athlete Development. In simple terms, LTAD is a sports development model intended to produce a long-term approach to maximising individual's potential and lifelong involvement in sport. The model promotes the tailoring of a child's sport development programme to suit their stage of physical growth and maturation, as well as psychological and social development. Appropriate training activities in children's formative years are essential to coincide with accelerated periods of learning and adaptation.

### 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 athlete's physical capacities and fundamental movement skills.

### Phase 2 – Learning to train

This phase is appropriate for boys aged 9 to 12 and girls aged 8 to 11. The main objective should be to learn all fundamental sports skills.

### Phase 3 – Training to train

This phase is appropriate for boys aged 12 to 16 and girls aged 11 to 15. The main objective should be the overall development of the athlete's physical capacities (focus on aerobic conditioning) and fundamental movement skills.

### Phase 4 – Training to compete

This phase is appropriate for boys aged 16 to 18 and girls aged 15 to 17. The main objective should be to optimise fitness preparation, sport/ event specific skills and performance.

### Phase 5 – Training to win

This phase is appropriate for boys aged 18+ and girls aged 17+. The main objective should be to maximize fitness preparation and sport/event specific skills as well as performance.

For more information on the Single System Syllabus, including a fuller explanation of each of the LTAD Phases, please visit

[www.EnglandHockey.co.uk/singlesystemsllabus](http://www.EnglandHockey.co.uk/singlesystemsllabus)