

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
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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 Female 8-11	Male 12-16 Female 11-15	Male 16-18 Female 15-17	Male 18+ 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

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	› Hockey Clubs › Multi Skills Festivals › Quicksticks delivery › Multiskills clubs › Existing material – e.g. Core Skills DVD, GK DVD › Horst Wein CD	› Hockey Clubs › Multi Skills Festivals › Quicksticks delivery › Multiskills clubs › Existing material – e.g. Core Skills DVD, GK DVD › Horst Wein CD	› Hockey Clubs › Multiskills clubs › Existing material – e.g. Core Skills DVD, GK DVD › Horst Wein CD	› Existing material, plus materials to be produced by EH PCG	› To be produced by EH PCG	› To be produced by EH PCG

LTAD Phases	Core Skills for Outfield Players					
	Unopposed ball carrying	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills
	Static pushing	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	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					
	Saving and Clearing	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills
	Kicking with both feet	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	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)					
	Running, turning, stopping	All previous essential skills				
	Movement for Goalkeepers					
	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
			Footwork, speed and agility	Specific GK pliometric exercises	Previous age group possible progressions	
	Small Unit Play for Outfield Players					
			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					
			"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					
	Small-sided games	All previous essential skills	All previous essential skills PLUS	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
					Pressing	Previous age group possible progressions
					Outletting	Playing for & against 10
					Attacking & Defending in Final Third	
	Set Plays for Outfield Players					
			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					
			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/singlesystemsyllabus](http://www.englandhockey.co.uk/singlesystemsyllabus)