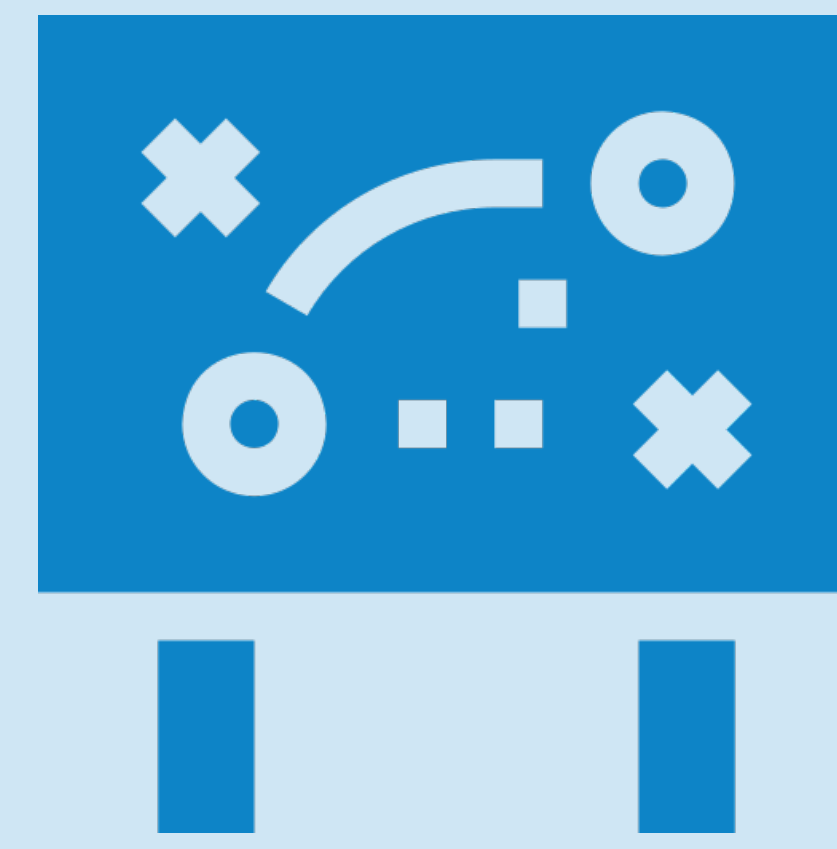


UNDER 21s

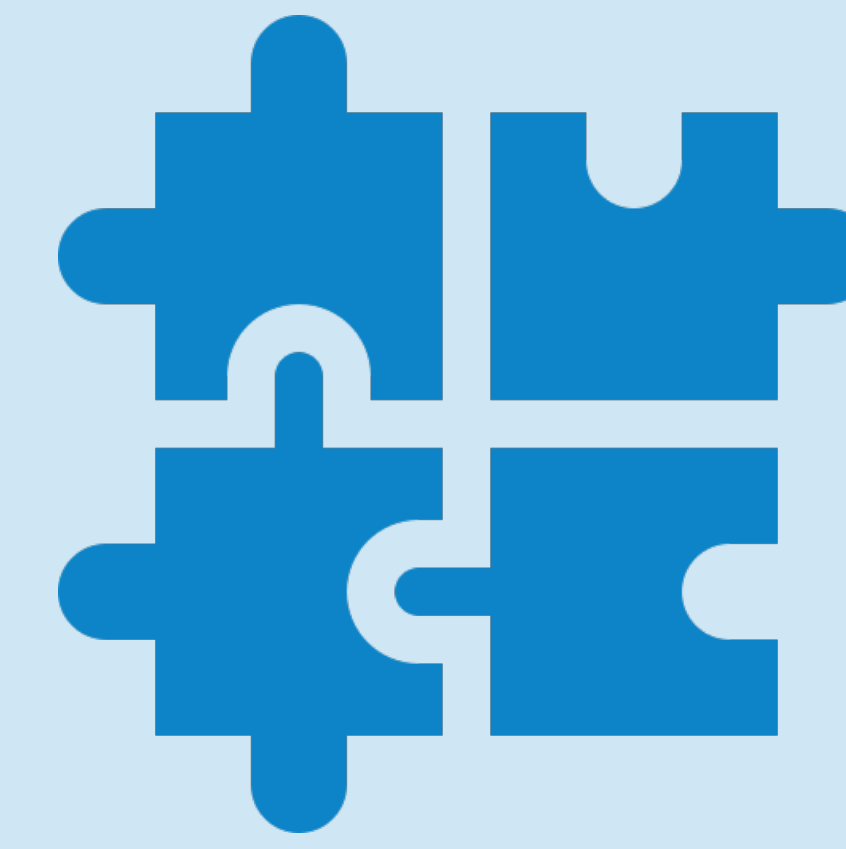
ATHLETE SUCCESS PROFILE



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

- First touch; controls the ball and positioned for next action in one movement
- Accurate passes with a wide array of distribution skills
- Clean tackles
- High completion rate
- Bilaterally balanced: possess the ability to execute skills on both sides of the body at a high standard
- High standard of finishing skills

Goal Keepers

- Set position; balanced and appropriate
- 2nd and 3rd phase foot and hand saves
- Sliding and diving; situational decision making
- Agile: foot work and ability to get up off the ground effectively and quickly
- 1v1 shoot outs: apply rules and technique
- Lead set plays
- Resilience and positivity under in pressure situations

- Effectively communicates on the field (verbal/non-verbal)
- Strategic intelligence
- Adept to implement and combat multiple playing styles and structures
- Conceptually competent; in both attack and defence
- Risk managers; Can control and identify risk on and off the ball
- Using rules to advantage team outcomes

- Confident to perform
- Composed under pressure
- Psychologically flexible and use psychological performance strategies and coping skills
- Determined, dedicated and mentally tough
- Clear and quick thinkers
- Self-aware and self-regulate
- Growth mindset and highly coachable
- Goal setting and ability to deal with setbacks (ag: non selection, injuries)
- Enjoyment in what you do and have the ability to switch off

- Role model and call out the Hockey NSW PRIDE values; Professional, Resilient, Integrity, Diversity, Excellence
- Excellent two-way communications skills
- Inc confidence to drive conversations feedback
- Strive for personal best
- Make contributions that benefits others; team orientated, respectful, grateful, helpful
- Wellbeing; know how to look after yourself
- PRIDE in performance and outcomes
- Education, work, social and athletic balance
- Self-regulation: social media, appropriate behaviour
- Share experiences effectively with family and community
- Contribution to the community; give back to your sport

- High level aerobic endurance and efficiency
- Relative and maximal strength
- Quality preparation and training capacity: physically capable of managing the rigors of training
- Developed a work ethic that helps create a consistent performance
- Understand the importance of recovery and injury prevention
- Understand and apply hydration and nutrition requirements
- Field players: Developed functional movements, core strength, speed and endurance inc. speed over 10 and 40m
- GKs: strength, agility and speed focus

Aligned to Hockey Australia 'Big 5'