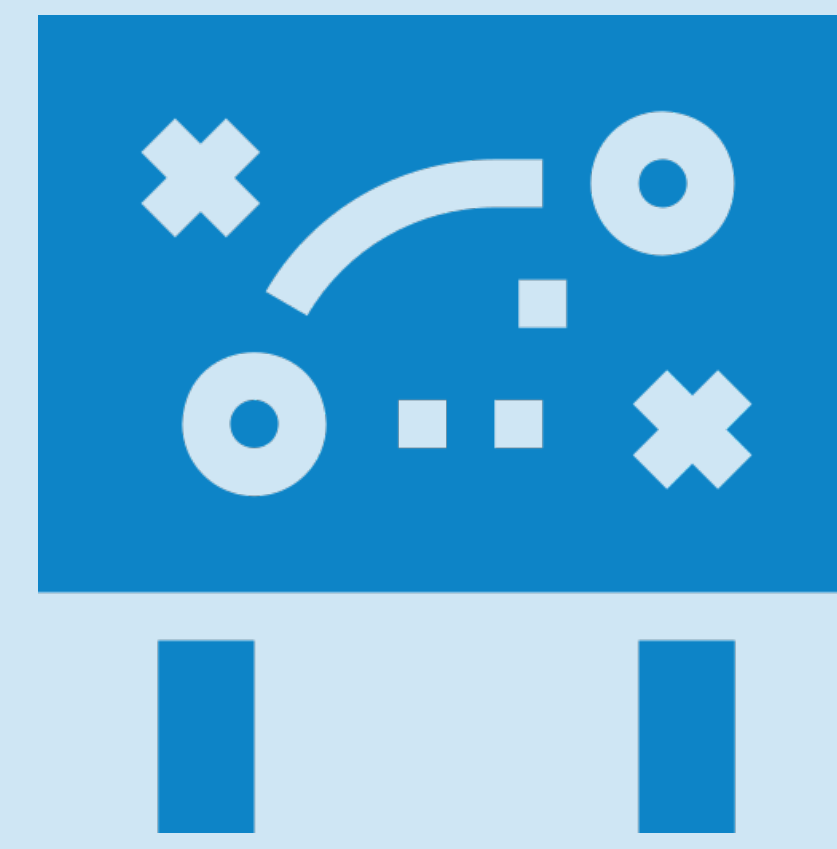


UNDER 18s

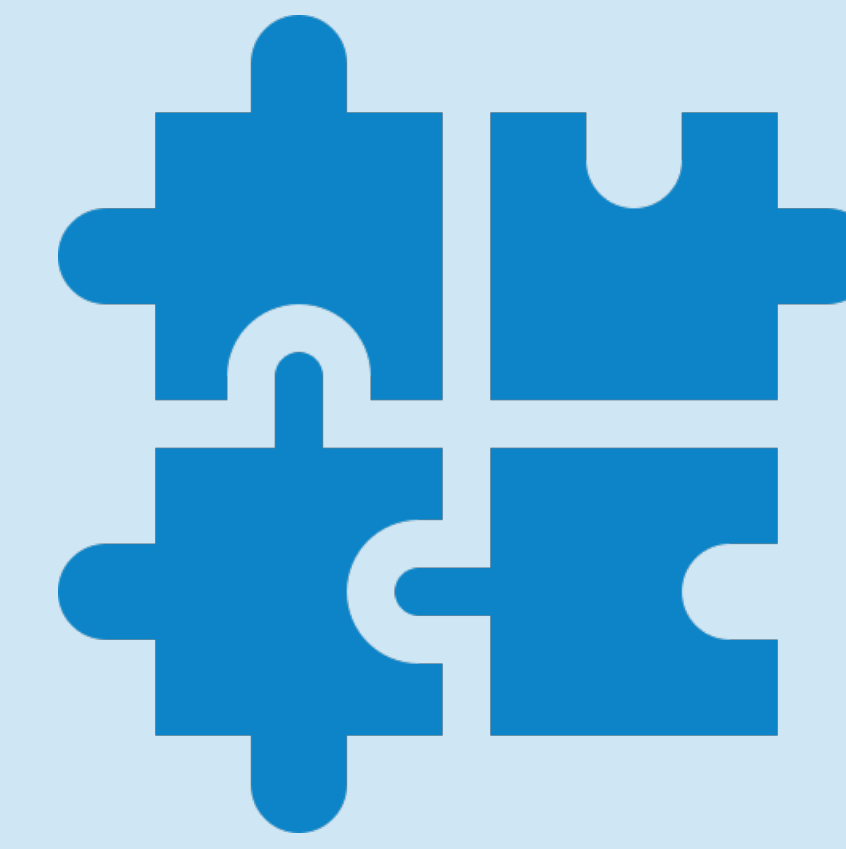
ATHLETE SUCCESS PROFILE



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 on both sides of body; Mobile, open, SOB, foot work, leading
- Have a variety of passing techniques that are accurate and effective
- Receive under pressure in limited space and management of space
- Dispossession: line pressure, win contests to gain possession, body position
- Elimination: vision, engage defender, create 2v1, 3v2, create space for pass
- Defensive options: P2P (player 2player) and zonal, out letting, IFIT
- High completion rate appropriate to age group
- Positive outcomes in attack and defensive circles

Goal Keepers

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

- Effectively communicate on the field (verbal/non-verbal)
- Understands strategic ways of play: what's best for the team
- Positional and structural adaptability
- Understand what we do has consequences for the team and when to take appropriate risks
- Using rules to advantage team outcomes

- Able to handle and perform in competitive situations
- Committed and determined to personal and team success
- Develop self-awareness and self-reflection skills
- Able to make a decision and understand its impact on others
- Recognise and deal with pressure: use toolkit
- Holistic growth and application on and off the field
- Growth mindset and highly coachable
- Set goals and have flexibility to deal with the uncontrollable
- Find enjoyment in what you do and have balance away from hockey

- Role model the Hockey NSW PRIDE values; Professional, Resilient, Integrity, Diversity, Excellence
- 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, social and athletic balance
- Self-regulation: social media, appropriate behaviour
- Share experiences effectively with family and community

- Quality preparation
- 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: Develop functional movements, core strength, speed and endurance
- GKs: strength, agility and speed focus

Aligned to Hockey Australia 'Big 5'