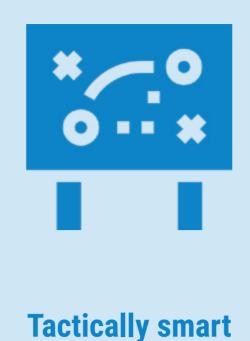
## UNDER 13s

# ATHLETE SUCCESS PROFILE



### **Technically skilled**



## 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**

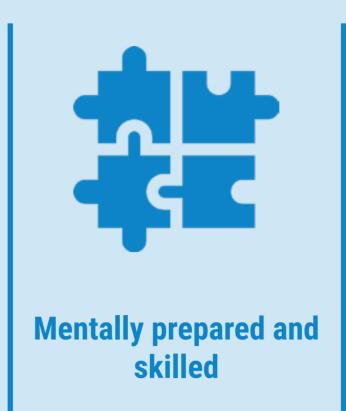
- Set position; understand the principles
- Foot work to get in best position
- 1st phase foot saves; single step, both sides
- 1st phase hand saves; both sides
- Inside foot kick with clearance
- Sliding and diving; understanding the technique and when to use
- Agile foot work and ability to get up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

- Understand communication on the field (verbal/nonverbal)
- 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

Hockey Australia 'Big 5'

**Aligned to** 







Striving for personal excellence on and off the pitch



#### High physical capacity and robustness

- 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