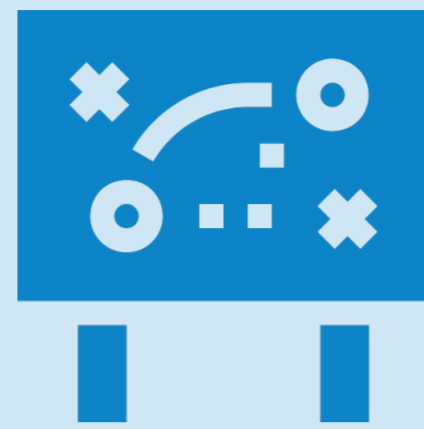


# UNDER 15s

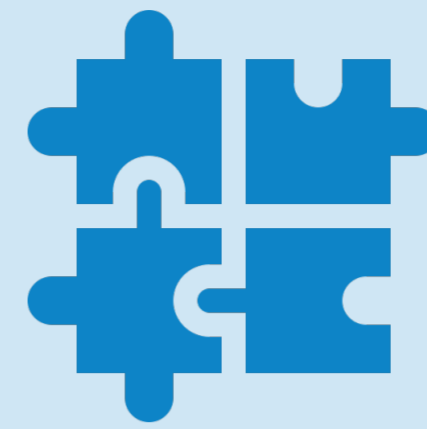
## ATHLETE SUCCESS PROFILE



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

- Mobile open receive both sides of body
- Mobile passing that is accurate, with purpose and at speed
- Receive under pressure in limited space
- Dispossession; create line pressure, win 1v1 contests, stay in the contest, channelling
- Elimination; vision, engage defender, create 2v1
- Marking; P2P (player2player) and zonal, IFIT
- High completion rate appropriate to age group

#### Goal Keepers

- Set position; understand the principles
- 2nd phase foot saves
- 2nd phase hand saves
- Sliding and diving; understanding the technique and when to use
- Agile – foot work and ability to get up off the ground effectively
- 1v1 shoot outs; understand rules and technique
- Understand set plays focusing on penalty corners

- Confidence to communicate on the field (verbal/non-verbal)
- Understand different ways of play
- Pre-scan and use vision to create time for yourself
- Understand and apply the rules of the game
- Be able to play and/or understand various playing positions

- Able to handle and perform in competitive situations
- Committed and determined 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
- Set goals and have flexibility to deal with the uncontrollable
- Find enjoyment in what you do and have balance away from hockey

- Display and encourage Hockey NSW PRIDE values; Professional, Resilient, Integrity, Diversity, Excellence
- Able to listen, 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
- Embrace differences and be aware of privilege
- Share experiences effectively with family and community

- 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 and apply hydration and nutrition requirements
- Strive for personal best

Aligned to Hockey Australia 'Big 5'