



# PLAYER DEVELOPMENT AT THE TRAIN TO COMPETE STAGE

(GIRLS & BOYS AGE 16-19 +/- YEARS)

## MAIN OBJECTIVE

Optimise the engine and learn to compete.

This stage is about the development of athletes as young adults. Focus of this stage is optimising fitness preparation and sport/individual/position-specific skills as well as performance. However, it is important to note that players must fully develop their Train to Train skills and physical preparation before starting Train to Compete skills and activities. Some players in this stage will begin to prepare for high performance competition while others will continue to participate at a more recreational level thereby entering the Hockey for Life stage.

### GENERAL SPORT DEVELOPMENT



- Select 1 sport, or at most, 2 complementary sports in which to specialise.
- 40:60 percent training-to-competition ration. Devote 40% of available time to the development of technical/tactical skills and improving fitness & 60% to competition-specific training/competitions.

### GENERAL FITNESS SKILLS



- Emphasise preparation based on individual strengths & weaknesses.
- Individually tailor fitness programs, recovery programs, psychological & technical development.
- Strong core/flexibility program to prevent injury.
- Optimise recovery & regeneration programs - periodize recovery.

### MENTAL & COGNITIVE DEVELOPMENT



- Brain has reached adult size but continues to mature neurologically for several more years.
- Critical thinking is well developed.
- Continue to develop logical thought & deductive reasoning.
- Personal responsibility and involvement in decision-making.

### EMOTIONAL DEVELOPMENT



- Searching for a stable, balanced self-image. Peer group influence is still powerful.
- Key time for youth to "find themselves" within sport and they should be granted the change to explore and experiment in sport.
- Activities/interactions with opposite sex are important.

### ETHICAL & SOCIAL SKILLS



- Learn to perform basic and sport-specific skills under variety of competitive conditions.
- Commitment to training at high intensity.
- Key concepts:
  - Goal-setting.
  - Self-awareness
  - Sport-life-balance skills.
  - On and off-field strategies to maximize teamwork.

## COACHING TIPS

- **Players should get as many touches on the ball as possible** - Better opportunity to develop their skills.
- **Focus on the core technical skill application** - Training and games.
- **Don't under value asking OPEN or LEADING questions** - Player feedback will guide the level of instruction.
- **Ensure equal playing time to develop all players.**
- **Positive reinforcement** - Give positive feedback at all times.
- **Create a challenging environment** - Time challenges or mini competitions.
- **Use all teaching tools** - Verbal, Visual & Feeling.
- **"Secret Plan" for every exercise or game** - Create excitement and interest.
- **SHOW & GO** - Don't talk for too long. Demonstrate and let players "feel" the exercise.

## DESIRED GENERAL OUTCOMES

### Youth:

- Understand routine practices of recovery, regeneration and nutritional needs to meet activity levels.
- Understand how to perform basic and sport-specific skills under a variety of competitive conditions.
- May learn how to train year-round but with appropriate recovery / periodization.

### Parents understand:

- Their involvement in sport changes as youth are more independent & likely train without them. Their role is to seek the best training situation for their child and support the training guidelines prescribed by coaches.
- Players are not pushed to over-train/over-compete or injury and burnout can result.