



PLAYER PATHWAYS GUIDE

WEST VANCOUVER FIELD HOCKEY CLUB
JANUARY 2021

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1. INTRODUCTION

Sport can be confusing – there are acronyms everywhere, different organizations offering different programs, and a plethora of information out there.

But it needn't be.

We want to ensure that everyone who is part of our club understands our programs and how we fit into the field hockey landscape. More importantly, we also want to ensure that you understand our club's philosophy and values, and what we are trying to achieve through our many activities.

So, this Player Pathway guide is for all our players – for the youngest U6 player just starting out, for the developing player, and for those who are playing competitively and recreationally at all ages. Inside this guide you will find all the information you need about our club and the different programs and pathways you can take through it.

Our aim is that you use this as a handy reference to

- ✓ Learn more our different programs
- ✓ Consider the different pathways that you might take through our club
- ✓ Make decisions about what programs are most suitable for you
- ✓ Understand how our programs complement and lead to others offered outside the club
- ✓ Learn the values and philosophy that our club has toward sport

You will see that we have pathways through our club starting from the U6 “FUNdamentals” stage and ending with the “Active for Life” stage as players get older. We are committed to offering year-round programming to all types of players - social or recreational, elite or high performance, and those players who wish to travel.

Whatever your journey, welcome to West Vancouver Field Hockey Club!



2. CLUB OVERVIEW

2.1 What are we about?

Mission Statement

We take pride in being a community sport organization that provides our members with both sport and life skills. When we think about what we get out of playing sport, it is often more than just technical skills – it is “teamwork”, “communication”, “winning and losing”, “how to be a good sport”. These values are life lessons that we learn from the field and translate into our daily lives.



Our mission statement summarizes this up:

“To provide opportunities to all members of our community to develop lifelong skills as field hockey players, coaches, and umpires in an atmosphere that fosters enjoyment of sport, sportsmanship, teamwork, and the pursuit of personal excellence”

Club Philosophy

We are committed to providing a fun, friendly and family environment for the local field hockey community. The club provides player-centred programming options for all ages from U6 kids to recreational mens and womens players, and everything in-between. We believe that all programming should be inclusive and allow athletes to fulfill their own potential while enjoying doing so. This can be summed up in these 4 principles that underlie our programs:

Long-Term Athlete Development – *we will ensure that the activities that our players engage in are appropriate for their age and stage of development*

Player-centred – *we will provide programming that recognizes that physical, mental, cognitive and emotional development varies according to a player’s age and stage of development*

Promotes key values - *we will ensure that our club is inclusive, welcoming, fun, fair and safe, placing priority on long-term success*

Encourages lifelong activity and wellness – *whether our players want to continue with field hockey, try another of our programs, or take a break and come back at a later time, we will provide opportunities for them to stay active at any age*

Player Development

We believe in a holistic approach to player development: we want to encourage our members to take advantage of pathways that we have within our club, and between our club and other organisations. Some of the ways we do this include:

- Creating links between our junior and senior players through playing opportunities, coaching, and role modelling
- Providing clear pathways to programs provided by Field Hockey BC and Field Hockey Canada
- Fostering a cycle of involvement within our club through volunteering, coaching & umpiring
- Encouraging education and learning through club courses, seminars and external learning opportunities
- Establishing partnerships with other sport organisations to share best practice and develop joint programming

As you read through this guide you will learn in more detail how we are bringing our mission statement and philosophy to life.

2.2 How is the club run?

In 2015 we embarked on a process of reorganization and integration to bring together 4 discrete divisions (Womens, Mens, Juniors & Adanacs) into “one club”. Permanent staff were also recruited to run club operations. This process has been successful and has resulted in increased collaboration, coordinated programming, and centralized management and administration.

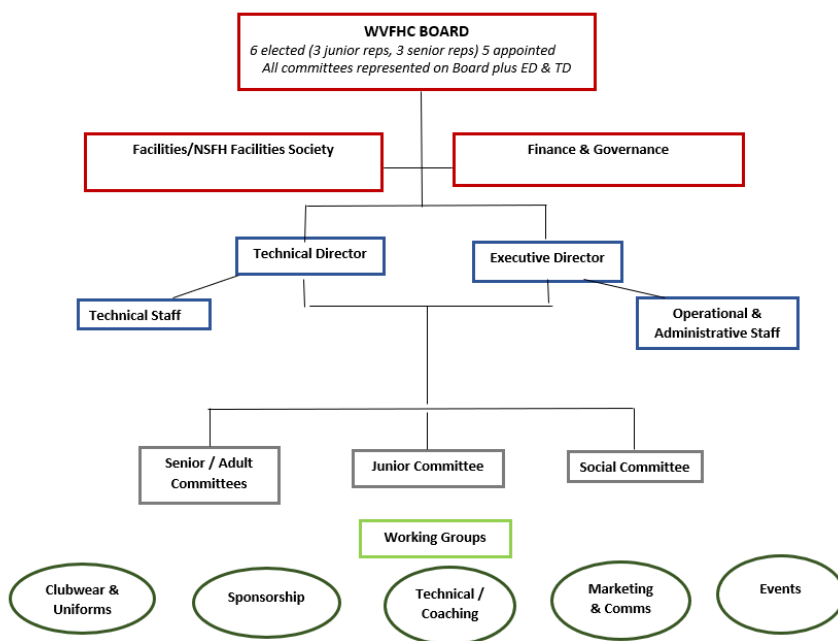


Fig 1. WVFHC organizational chart

We have a robust governance structure that

- ✓ Streamlines structure to minimize bureaucracy and overload of volunteer time
- ✓ Defines clear roles and responsibilities to enable decision making
- ✓ Entrusts operational running to management
- ✓ Shifts Board and Committees to a more strategic and advisory role

We welcome the involvement and input of our members in all areas of club operations and governance.

If you can spare us some time, we can find you a role! Visit “Volunteering” on wvfhc.com or email info@wvfhc.com for more information.

3. LONG TERM ATHLETE DEVELOPMENT & HOCKEY FOR LIFE

Underpinning all our player pathways and programs is Long-Term Athlete Development and the promotion of hockey for life. Both of these have become buzzwords thrown around a lot in sport – but what do they actually mean?

3.1 What is Sport for Life & Long-term Athlete Development?

Sport for Life is the name given to a movement to improve the quality of sport and physical activity in Canada. At a national level, the Sport for Life framework brings sport, education and health together and addresses sport and physical activity from policy to program delivery.

A central component of the Sport for Life movement is Long-Term Athlete Development (LTAD). Experts have identified 7 stages of development, each with its own physical, mental, emotional and cognitive traits. This model provides the basis for the optimal training and competition we need at each life stage to enjoy sport the most and perform our best. The multi-stage training, competition and recovery pathway is used by sport organisations to guide an individual's experience in sport from birth through adulthood.

3.2 Why do we need Long-Term Athlete Development?



We know that being active is central to a healthy life. Quality sport and physical activity enable the development of healthy individuals, who, in turn, can make positive contributions to society. But there are some concerning trends in today’s society:

- Declining participation in recreational sport and physical activity
- Rise in lifestyle diseases, including obesity, heart disease and diabetes
- Social pressures around winning, performance and specialisation which create a “no fun” sport environment for our kids and contribute towards burnout and drop out
- Poor physical literacy and skill development due to a mismatch between our child’s stage of development and the skills and activities that are offered to them

Sport for Life and Long-Term Athlete Development is about providing age appropriate skills development, training and competition so that we can keep kids in sport for longer and encourage them to be active for life.

Fig 2a. The stages of Long-Term Athlete Development (Sport for Life Canada)

3.3 What are we doing to promote Sport for Life?

Programming

Field Hockey Canada has developed a “Long Term Hockey Development” framework that provides a guide to appropriate training and support for each of these 7 stages. WVFHC aligns our programming to this framework - by ensuring that our programs are age-appropriate and focused on the individual, we will encourage players to achieve lifelong wellness and be active for life. Throughout this guide, you will see how our player pathways and programs fit into Long-Term Athlete Development and support our members to enjoy sport for life.

Communication & Education

Central to supporting Sport for Life is communication and education. In 2018, WVFHC launched a project with Sport for Life Canada to explore different ways to communicate to our members about our values, long term athlete development and staying active for life. Feedback from parents, players and coaches was overwhelmingly positive.

From this project we have developed a communication and education framework for all our sport programs. We believe that players and parents deserve clear communication about our approach, philosophy and the skills that will be acquired every time they participate in our programs.

PARENTS & PARENTS	TIME FRAME	COACHES
Social Media & Website Promotion to encourage subscription	Registration to one month from Program start	Social Media & Website Promotion to encourage subscription
		Coaching Corner Newsletters for experienced and returning coaches (email)
Program Newsletter (via email)	One month from Program start	Coaching Corner Newsletter for new & U6-U8 coaches (via email)
		"Welcome to Program" info incorporated into existing coaching clinics, coaches meeting & Team Handbook
Player Development Matrix with general LTAD & specific sport skills (infographic via email & website)	2-3 weeks from Program start	Player Development Matrix with general LTAD & specific sport skills (infographic via email & website)
Social Media campaign starts	1-2 weeks from Program start	Social Media campaign starts
Welcome letter & Code of Conduct (printed & distributed via coaches)	1st Session of Program	
"My Player Pathway" - player challenges & parent info (sent 3-4 times via email and website)	During Program	
Skill Posters & Code of Conduct Signs at fields		Skill Posters & Code of Conduct Signs at fields
Social media campaign		Social media campaign
1-2 seminars on key topics		
Team Progress Card	End of Program	Team Progress Card
Program evaluation survey		Program evaluation survey



Fig 2b. Member communications at WVFHC

4. WVFHC PATHWAYS

4.1 An Overview of our Player Pathways & Long-Term Athlete Development

We have implemented a long-term strategic plan to actively engage our members in all stages of the Long-Term Athlete Development model (LTAD). Young players will enter the club in the “FUNdamentals” stage and we will strive to keep players in our various programming opportunities until players reach the “Active for Life” stage towards the end of their playing career. We are committed to providing all types of players - social or recreational, elite or high performance and those players who wish to travel - with year-round programming.

Our player pathways incorporate all developmental stages and ensure that players no longer need to look outside of our club for improved programming.

Club Programming	Provincial / National	Ages	LTAD Stage
Mens & Womens Leagues Recreational programs Summer Drop-in	FHC Masters	Enter at any age	Active for Life
Mens & Womens Leagues High Performance	FHC MNT & WNT FHC SDS FHC JDS FHBC Provincial	Male 19+ Female 18+	Training to Win
Mens & Womens Leagues High Performance High Performance Development Spring League Fall Skills & Games Winter Indoor Touring - Adanacs/Wolves Camps	FHC JDS FHBC Provincial FHBC Regional	Male 16-23 Female 15-23	Training to Compete
Mens & Womens Leagues High Performance High Performance Development Spring League Fall Skills & Games Winter Indoor Touring - Adanacs/Wolves Camps	FHBC Provincial FHBC Regional	Male 12-16 Female 12-15	Training to Train
High Performance Development Spring League Fall Skills & Games Winter Indoor Camps	FHBC Regional	Male 9-12 Female 8-11	Learning to Train
Spring League Fall Skills & Games Winter Indoor Camps		Male 6-9 Female 6-8	Fundamentals

Fig 3. WVFHC Player Pathway with year-round programming options.

4.2 I'm female – what are my options?

There are typically three types of players – Social, Competitive (or high performance), or players looking to travel. The diagram below explains how junior players can follow pathways into our women's division. Details about each program can be found further on in this guide.

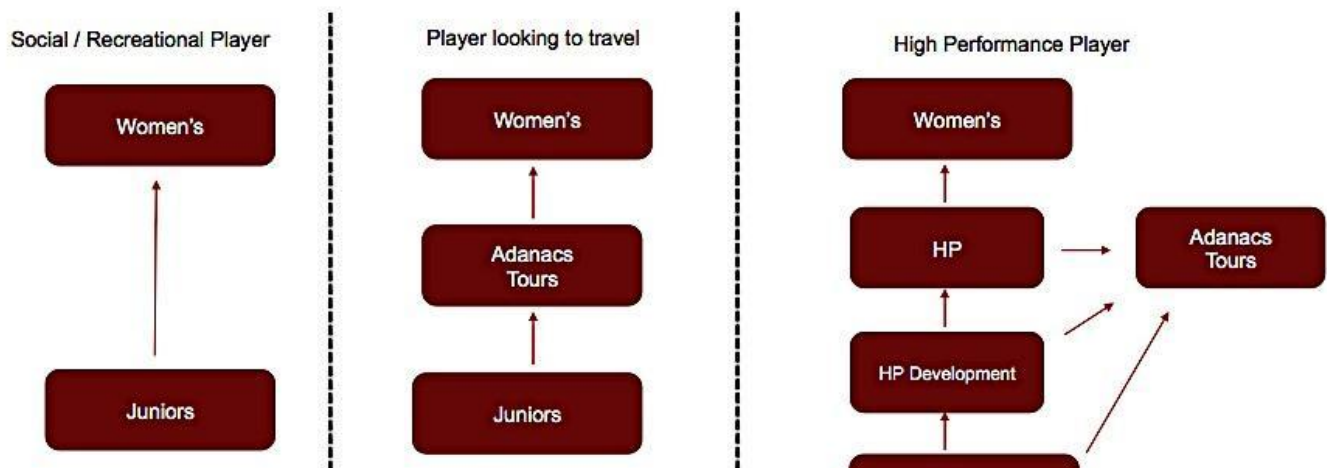


Fig. 4 WVFHC Girls / Womens internal player pathways

Outside of WVFHC there are various other organizations and opportunities for programming. These include the WVSD & NVSD School Academy, as well as the regional and provincial programming run by Field Hockey BC (FHBC). Through the provincial pathway players may be selected to represent Field Hockey Canada (FHC) in their junior or senior programs. The diagram below shows how players may move between our programs and those provided by other organizations.

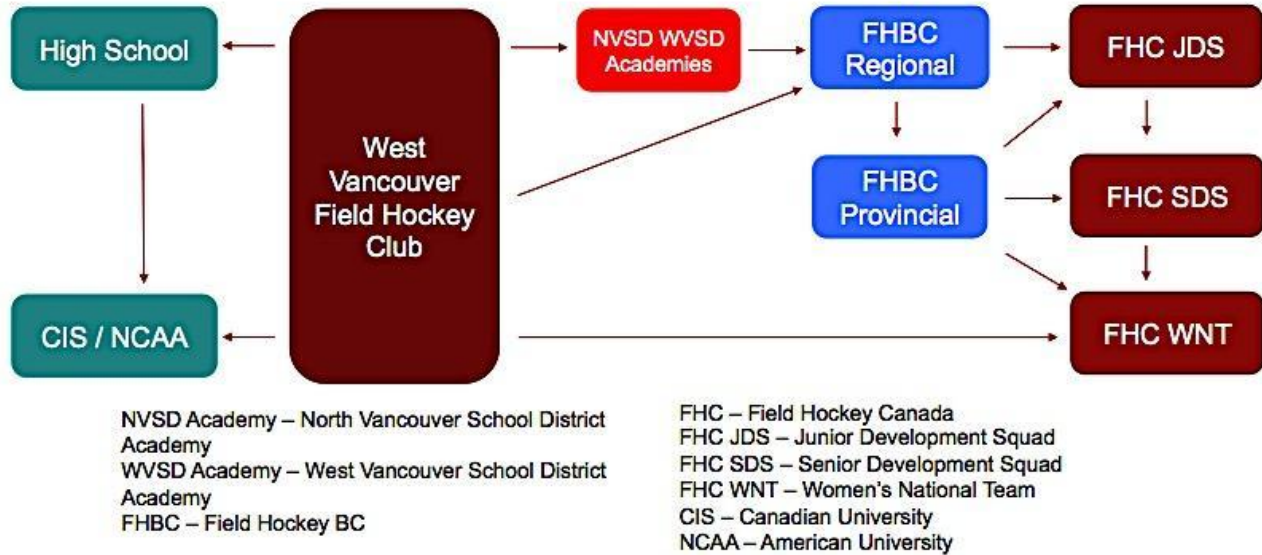


Fig 5. WVFHC Girls / Womens external player pathways

We are committed to enabling our members to move between our programs and those of our partners. Below is an example of year-round field hockey opportunities for our female players through club and partner programming.

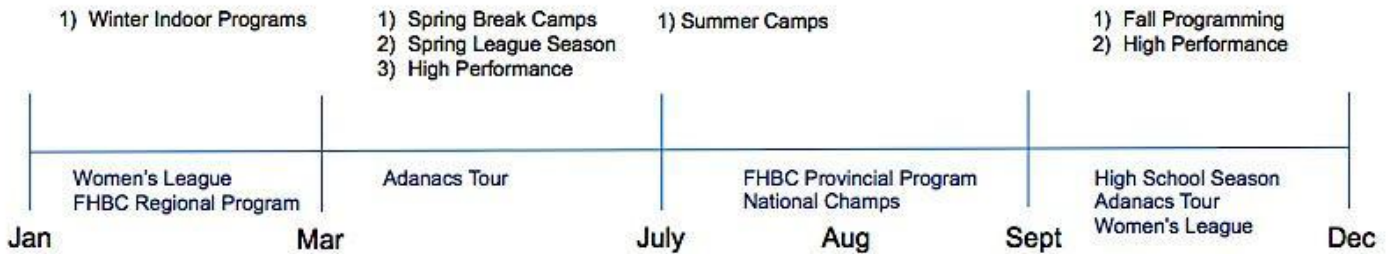


Fig 6. WVFHC Girls Player Pathway – Annual cycle



4.2 I'm male – what are my options?

There are typically three types of players – Social, Competitive (or high performance), or players looking to travel. The diagram below explains how junior players can follow pathways into our women's division. Details about each program can be found further on in this guide.

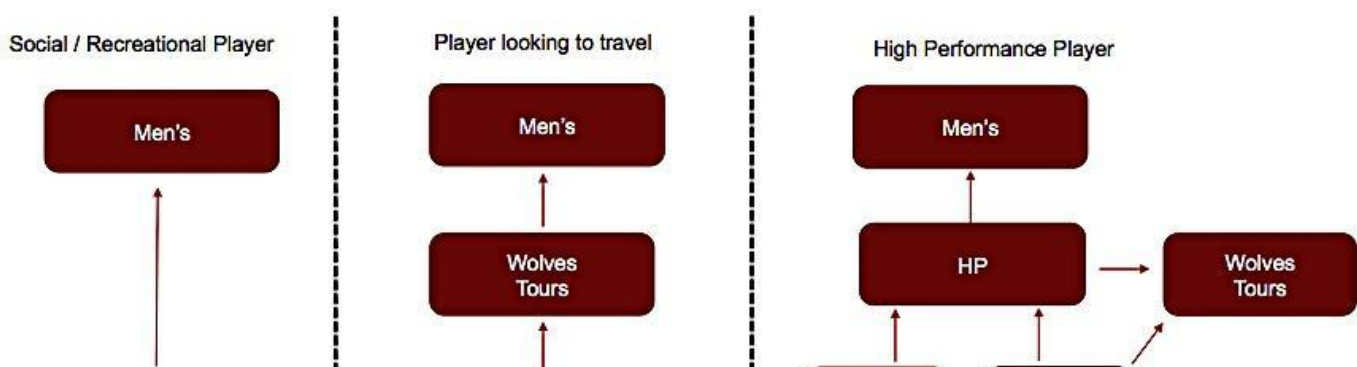


Fig 7. WVFHC Mens / Boys internal player pathway

Outside of WVFHC there are various other organizations and opportunities. These include the WVSD & NVSD School Academy, as well as the regional and provincial programming run by Field Hockey BC (FHBC). Through the provincial pathway players may be selected to represent Field Hockey Canada (FHC) in their junior or senior programs. The diagram below shows how players may move between our programs and those provided by other organizations.

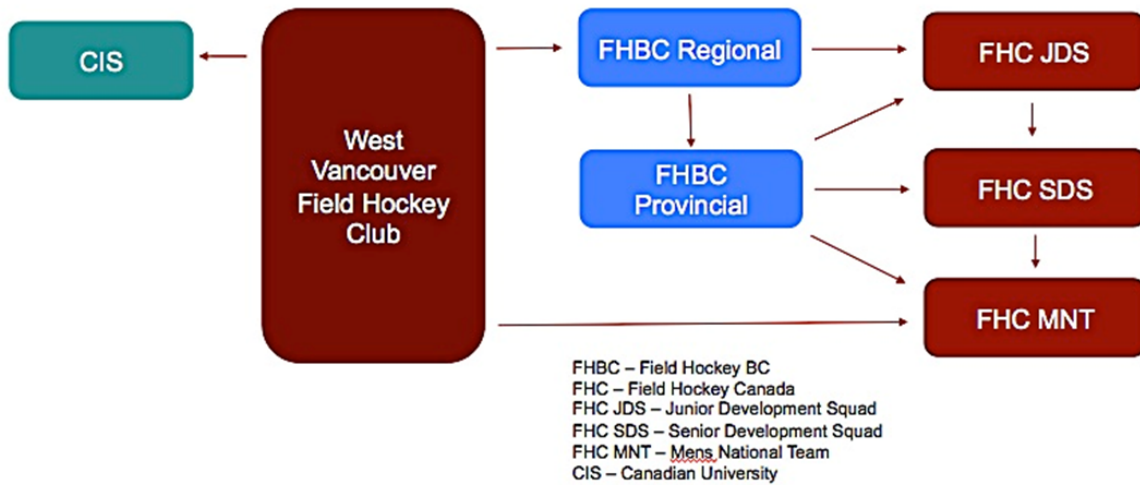


Fig 8. WVFHC Mens / Boys external player pathway

We are committed to enabling our members to move between our programs and those of our partners. Below is an example of year-round field hockey opportunities for our male players through club and partner programming.

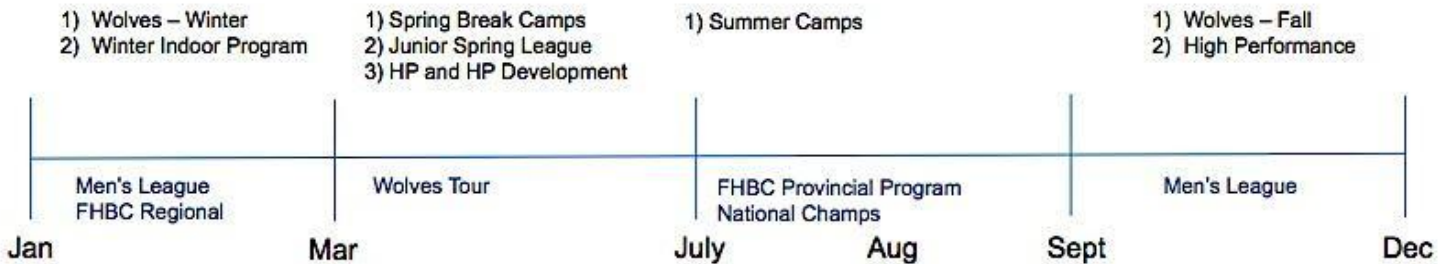


Fig 9. WVFHC Boys player pathway – Annual cycle



5 JUNIOR PROGRAMMING

OUR PHILOSOPHY

Our Junior Program provides structured coaching and games to children aged between six and eighteen years. We provide the largest field hockey program in BC - In 2017-2018, the Junior Program served over 1,600 children. Most of our members are residents of the North Shore, but we welcome players from anywhere!

Spring League is our largest Junior program. It is run from April-June and delivers up to 40 hours of coached activities to our youth members over a period of twelve weeks. In addition, we offer year-round programming with our Junior fall and winter programs, high performance and camps. With the introduction of Hockey 5s we now offer all 3 global formats to our members – outdoor,

indoor and 5s. This section includes an overview of all our Junior programs. Our philosophy for Junior programming is based on these values:

Long-Term Athlete Development – *we will ensure that the activities that our players engage in are appropriate for their age and stage of development*

Player-centered – *we will provide programming that recognizes that physical, mental, cognitive and emotional development varies according to a player’s age and stage of development*

Promotes key values - *we will ensure that our club is inclusive, welcoming, fun, fair and safe, placing priority on long-term success*

Encourages lifelong activity and wellness – *whether our players want to continue with field hockey, try another of our programs, or take a break and come back at a later time, we will provide opportunities for them to stay active at any age*

All our Junior programs are structured to align with Long-Term Athlete Development. We have developed Player Development Matrices that we provide to coaches to ensure that they take account of the field hockey skills and physical, emotional, social and cognitive factors appropriate to each age group. See Appendix A for our matrices.

PARTNERSHIPS

We have strong ties with the following organizations to develop programming and foster player pathways for our junior players:

- Greater Vancouver Junior Field Hockey League – for Spring League games
- School District of North Vancouver and West Vancouver – Field Hockey Academies
- Field Hockey BC – regional and provincial programs
- Field Hockey Canada – junior development programs
- North shore sport organizations (eg West Vancouver Football Club, North Shore Girls Soccer) – to coordinate scheduling and offer multi-sport programs

SPRING LEAGUE

Season:	April – June
Age groups & LTAD stage	U6 – U18 Boys and Girls FUNdamentals to Learn to Compete

Program Description

Spring League is the main field hockey season for our junior players. We welcome new players in all age groups. Our teams practice and play on fields across the North Shore. In most age groups, players have 1 practice and 1 game each week. In the youngest age groups these may be combined into one weekly session.

Our goals for Spring League are to:

- Have fun!!
- Foster friendship and belonging
- Learn and develop field hockey skills
- Build self-confidence and leadership
- Promote sportsmanship
- Instill a life-long passion for sport



Our main focus for the Spring League season is creating a fun environment where playing with friends can be enjoyed year after year. To that end we create teams in a non-tryout, non-evaluation program. Players can remain with the same team from U6 to U18, strengthening their sense of belonging and teamwork every year.

Why don't we tier our players for Spring League teams?

WVFHC is proud to offer Spring League as a non-tiered program allowing kids to play for the sheer fun and love of the game.

Why? Research shows that youth participation in sport is on the decline. A growing body of opinion is that we (i.e. parents and sport organizations) are creating a culture which focuses on high sporting achievement at an ever-earlier age. Many sports and clubs start tiering players from an early age, using try outs or evaluations to place players in teams according to their ability. The joy of “playing” is being eroded from sport, and as a result, for many kids, it just isn't fun anymore or they don't feel “good enough” to continue.

Playing on a team offers the chance to contribute to something bigger than yourself, to learn how to work with others, to experience success and failure together, to take calculated risks

and experience the consequences, and to learn the values of sportsmanship. We also offer other complementary Spring programs - such as High Performance and High Performance Development - where players can develop their further develop their skills and play more competitively.

High Performance (HP)

Season: Spring April – June
Fall September - November

Age groups & LTAD stage U13 - U18 Boys and Girls
Train to Train & Learn to Compete

Program Description

Our HP Program is targeted at our most ambitious, committed and highly motivated players who would like to take their game to the next level. It allows players to experience an international style of coaching and training as they work on match-related skills in a high intensity environment. Sessions are designed to improve players core technical and tactical skills. We prepare our players so that they meet, or exceed, the requirements and expectations of future CIS and NCAA Coaches.

Individuals are selected through a try-out process. Each age group (U13/U15/U18) will be limited to 24 players. We are looking for players who have a sound technical base and are committed to continuous improvement and excellence. Program features include:



- 90-120 minutes weekly practice led by professional coaches.
- Strength and Conditioning sessions (Spring session)
- Selection for HP programming is by try-out only
- Coach to player ratio 1:8
- Opportunity to train and play in a HP team at Club Championships and in the India Club Tournaments. The tournaments are only included for Spring HP programming.
- Guest coaching sessions with Canadian National Team Players
- Use of latest technologies including Smartgoals & video analysis

High Performance Development (HP DEV)

Season: Spring April – June
Fall September - November

Age groups & LTAD stage

U11 - U15 Boys and Girls
Learn to Train & Train to Train

Program Description

The High Performance Development Program is designed for players who would like to add additional skills development and a competitive element to their game. Program features include:

- 60 minutes weekly HP DEV practices led by professional coaches
- Coach to player ratio of 1:12
- Opportunity to try out for the High-Performance teams
- Opportunity to train and play in a HP DEV team at Club Championships (Spring only).

WINTER INDOOR

Season: January – March

Age groups & LTAD stage U6 – U18 Boys and Girls
FUNdamentals to Learn to Compete Train to Train

Program Description

Indoor field hockey is hugely popular throughout the top-leagues across the world, including powerhouse outdoor nations such as the Netherlands, Germany, Belgium, England and Spain. It is not just “by chance” that these European nations play indoor field hockey, and also dominate the outdoor game. The technical precision, tactical awareness, and speed of indoor field hockey pays huge dividends once a player returns to the outdoor game. Unlike the outdoor version of the game, indoor rules do not allow the ball to be lifted off the ground, or traditional hitting or slapping of the ball. Instead, players must rely on their technical precision, speed and aerobic strength. Program features and benefits include:

- 60-90 minute weekly practice
- Program is led by professional club coaches
- The smaller field improves decision making and technical ability
- Warm and dry training environment in the cold winter months
- Music to create an energetic and fun space for athletes to excel



FALL SKILLS AND HOCKEY 5's

Season:

September – December

Age groups & LTAD stage

Boys U6 – U11 (U12 -U15 Boys attend Wolves – see page 18)

Girls U6 – U15

FUNDamentals to Train to Train



Program Description

In our Fall program players attend one skills session and one game session per week. This combination is designed to teach skills and then provide game-time to allow players to test their skills against their peers in a match environment. Since 2018 we have offered Fall Hockey 5s, an explosive short format played with boards on pitches that are half or quarter size. The format is fast, furious and attractive to young players because of its speed and skill development. Hockey 5's is the format used in the Youth Olympics and the fast-paced games creates an exciting and technically demanding game. Program features include:

- 60-75 minute weekly practice and weekend games
- Program is led by professional club coaches
- Hockey 5's games give a new dimension to training, forcing technical precision, speed and aerobic strength
- The Hockey 5's field has boards around the field. This creates good special awareness and the use of angles and rebounds to eliminate defenders.

CAMPS

Season: Spring Break (March)
Summer (July – August)

Age groups & LTAD stage Boys & Girls Kindergarten – Grade 12
FUNdamentals to Learn to Compete

Program Description

The club offers a wide range of athlete-based camps. These range from fun and social camps to higher level game-play and skill specialty camps. Professional club coaches run all camps. Camps range from 1 day to 4 days in duration. We strive to create an environment where players are given the opportunity to learn and excel in a fun, fast-paced and safe manner.

WOLVES PROGRAM

Season: Fall September – December
Winter January - March

Age groups & LTAD stage Boys U11-U18
Learn to Train to Learn to Compete

Program Description

Wolves is a skills development program to improve the quality of boys' field hockey on the North Shore. We guarantee an excellent level of coaching by making use of National players, as well as Provincial or National program coaches. Coaches provide a role model for athletes and the players are exposed to current international playing trends and styles.

The Wolves program plays a vital role in a player's technical and tactical development. All



training sessions are based on the Men's National Team core concepts and principles. These sessions will give players the skills and techniques to excel in Spring League, Men's league and FHBC Provincial programs, as well as an ideal opportunity to be identified into the Junior National program. Selected Wolves players will be afforded the opportunity to tour to the Cal Cup Tournament and play games versus local and international teams.

Program features include:

- 60 minutes weekly practice and small games
- Great coaching from current and ex-MNT players and supported by professional club coaches
- Up to date techniques and skills that are used at international level
- Opportunity to pay discounted fees for the Men's League - Wolves players over the age of 14 are eligible to play Men's League and can access a discounted rate for the season.
- Opportunity to travel to tournaments



ADANACS (TOURING)

Season: Fall Tour November
Spring Tour March-May

Age groups & LTAD stage Girls Grade 8- 12
Train to Train to Learn to Compete

Program Description

WVFC Adanacs is our girls touring team that is named in tribute to Ross Rutledge, a former national team player and WVFC coach who first introduced club players to the USAFH Festival.

Adanacs tours offer our members the opportunity to travel to the USA or internationally to experience the unique hockey culture abroad and make lifelong friends. Tours may also offer players the opportunity to be scouted by CIS or NCAA coaches.



Our tours vary year-to-year and are selected to fall within our club's philosophy and guiding principles, as well as to give our players the best tour experience possible.

In the past our touring teams have participated in USAFH Festival, Disney Field Hockey Showcase, Cal Cup, Shooting Stars and the Club India Tournament.

Players are selected from a try-out evaluation. All tours are run on a non-profit basis. We are fully committed to supporting the participation of all individuals and flexible payment options are available.

6 WOMENS PROGRAMMING

OUR PHILOSOPHY

We have a thriving and growing Women's division that offers programming to female players age 14 years and over. Our main program is Women's League which runs from September to March each year. However, we also offer a continuum of recreational to competitive play on a year-round basis through our popular Hockey Fit, Women's Recreational and summer drop-in program. We support the introduction of new players at any age. If you are starting field hockey, returning to play or looking for a competitive challenge, we have a team or program that can meet your needs.

We have created strong pathways between the Junior and Women's divisions, allowing players to transition between programs and stay within our club as they get older. Both younger and older players benefit from the experience that they get playing together on a women's team. We have also forged closer links with the Men's division through social activities, shared resources, and programs such as the summer drop-ins that encourage men and women to play together.

PARTNERSHIPS

We have strong ties with the following organizations to develop programming and foster player pathways for our women players:

- Vancouver Women's Field Hockey Association – for league games
- Field Hockey BC – regional and provincial programs
- Field Hockey Canada – women's development programs, national team and masters programs



WOMENS LEAGUE

Season: September to March

Age groups & LTAD stage Females age 14+
Train to Train to Active for Life

Program Description

We traditionally have 7-9 teams registered in Vancouver Women’s Field Hockey League which means that we have something for everyone – if you are starting field hockey, returning to play or looking for a competitive challenge, we have a team that can meet your needs.

Teams are selected through an evaluation process held before the start of the season. Each team has 1 practice and 1 game each week. All teams are coached by professional coaches. Outlined below are the guidelines and expectations for our teams at each level of the league.

Premier	<ul style="list-style-type: none">● High performance - high skill level, fitness and commitment (Field Hockey is #1 sports priority)● Core of experienced adult players plus other players that meet skill requirements● 1 practice per week including a fitness session● Players must attend at least 80% of practices and games● Minimum Age requirement at least Grade 11
Division 1	<ul style="list-style-type: none">● High skill level, fitness and commitment (Field hockey is #1 sports priority)● Core of experienced adult players plus other players that meet skill requirements● 1 practice a week● Players should attend at least 80% of practices/games or they will not be considered for the Premier team● Minimum Age requirement at least Grade 10
Division 2	<ul style="list-style-type: none">● High skill level, fitness and commitment.● 1 practice a week.● Players should attend at least 75% of practices/games or they will not be considered for movement to a higher division.● Minimum Age requirement at least Grade 10 (exceptional young players may be considered on an individual basis).
Division 3	<ul style="list-style-type: none">● More emphasis on social aspect but still competitive● 1 practice a week● All players must attend at least 70% of games/practices or they will not be considered for movement to a higher division

	<ul style="list-style-type: none"> ● Minimum Age requirement Grade 9 (younger players considered on a case by case basis)
<p>Division 4 & 5</p>	<ul style="list-style-type: none"> ● More emphasis on social aspect, but still competitive ● 1 practice a week ● Players must attend at least 70% of games/practices or they will not be considered for movement to a higher division ● Minimum Age Requirement Grade 9 (younger players may be considered on a case by case basis)
<p>Division 6</p>	<ul style="list-style-type: none"> ● Primarily social - players should attend at least 70% of games/practices if they wish to eventually move up to a higher division ● 1 practice a week ● Minimum Age requirement Grade 9 ● Skill level - basic skills required (not beginner)



WOMENS RECREATIONAL PROGRAM

Season: Fall September – November
Winter January - March

Age groups & LTAD stage Open to all ages and abilities
Train to Train to Active for Life

Program Description

This program will refresh your skills and rule knowledge - and it is perfect for women who would like to begin playing hockey or return to it after a break. It is a great way to learn new skills and can be an entry point into our social women's league teams.

The program runs in a Fall and Winter session for 60 minutes once a week in the evening.

HOCKEY FIT

Season: Spring April – June
Fall September - November

Age groups & LTAD stage Open to all ages and abilities
Train to Train to Active for Life

Program Description

Hockey Fit is a program for Women’s players who are looking to maintain or improve their fitness and field hockey skills. Sessions are catered for both beginner and intermediate players and there is always a game element included in each session. It is a great program to meet fellow social hockey players on the North Shore. The program runs for 60 minutes once a week on a midweek morning.



7 MENS PROGRAMMING

OUR PHILOSOPHY

We have a strong Men's division that offers programming to male players over the age of 14 years. Our main program is Men's League which runs from September to March each year. We support the introduction of new players at any age. If you are starting field hockey, returning to play or looking for a competitive challenge, we have a team or program that can meet your needs.

We have created strong pathways between the Junior and Men's divisions, allowing players to transition between programs and stay within our club as they get older. Both younger and older players benefit from the experience that they get playing together on a men's team. We have also forged closer links with the Women's division through social activities, shared resources and programs such as the summer drop-ins that encourage men and women to play together.

PARTNERSHIPS

We have strong ties with the following organizations to develop programming and foster player pathways for our men's players:

- Vancouver Men's Field Hockey League – for league games
- Field Hockey BC – regional and provincial programs
- Field Hockey Canada – men's development programs, national team and masters programs

Our Club is the proud "Home of the Men's National Team" through a partnership with Field Hockey Canada. In exchange for turf time to train at Rutledge, we benefit from coaching, education and support from the men's national team for our club activities. This provides role models for our members and creates a cycle of involvement within the club and our partners.



MENS LEAGUE

Season:	September - April
Age groups & LTAD stage	Males 14 years and older Train to Train to Train to Compete



Program Description

Our Men's teams have a long tradition of fielding top squads and producing quality players who represent University, Provincial and National Teams. With players aged 14 and up, we integrate all levels of skill from elite to social, and focus on creating the most enjoyable playing experience for all.

Traditionally we enter 4 (or 5) teams into the Vancouver Men's Field Hockey League:

- West Van A - Premier Division (elite)
- West Van B - Division 1 (competitive)
- West Van C - Division 2 (competitive)
- West Van D (& E) - Recreational Division (social)

Teams are selected through an evaluation process held before the start of the season. Each team has 1 practice and 1 game each week. All teams are coached by professional coaches.

8 GOALKEEPING DEVELOPMENT

Season:	Spring April – June Fall September - November
Age groups & LTAD stage	Spring U11 – U18 Boys and Girls Fall Open to all ages Learn to Train to Train to Compete

Program Description

WVFC values its goalkeepers and has a proud history in producing high quality players for men and women’s teams. We are committed to offering additional training for goalkeepers throughout the year and these sessions are tailored to include up-to-date skills and techniques. Highly trained and experienced club coaches run all sessions.

Our Spring program is offered free of charge to all WVFC Spring League goalkeepers. Weekly sessions of 60 minutes are offered 3-4 times per week. The nature of the training sessions allows goalkeepers to socialize and learn from other goalkeepers in the club. This sense of community brings these key team players much closer and motivates them to excel.

In the Fall we offer programming for all junior and senior club goalkeepers. These sessions are tailored into the High-Performance program and the Men’s and Women’s League training schedules. Training is offered in a small group format or within their respective league teams training.



9 TECHNICAL REVIEW & CONTINUAL IMPROVEMENT

We recognize that as the needs of our members evolve so should our programming and pathways. We are committed to continual review and improvement of our programs through the following means:

- ✓ Player surveys
- ✓ Feedback from program coaches
- ✓ An in-depth evaluation form integrating feedback, financial and other operational factors to provide a formal assessment of each program
- ✓ Regular review and discussion by the relevant committees – Juniors, Mens or Womens

This process enables us to form critical communication links with parent, coaches and players. Using this feedback, we can evolve and improve our programs to meet member needs.

Players, parents and coaches are encouraged to provide us with feedback at any time by emailing info@wvfhc.com



10 KEY CONTACTS

www.wvfhc.com

For more information and to register for any of our programs

Follow us on Facebook, Instagram & Twitter – we go by “wvfhc”

General enquiries - info@wvfhc.com

Coaching enquiries - coaching@wvfhc.com

Umpiring enquiries - wwumpires@wvfhc.com

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APPENDIX A – WVFHC PLAYER DEVELOPMENT MATRICES



PLAYER DEVELOPMENT AT THE FUNDAMENTALS STAGE

(GIRLS AGE 6-8 YEARS, BOYS AGE 6-8 YEARS)

MAIN OBJECTIVE

Learn all fundamental movement skills and build overall movement skills

This stage focuses on learning fundamental movement skills and building overall motor skills. Fundamental movement skills are the building blocks of success in sport and life-long enjoyment of physical activity. Children who develop them are more likely to engage in activity as children and later as adults. It is important that all children master fundamental movement skills before more sport-specific skills are introduced at end of stage.

GENERAL SPORT DEVELOPMENT



- Important to encourage participation in wide variety of activities.
- May participate 1-2 times a week in preferred sport, so long as there is participation in many other sports / activities.

GENERAL FITNESS SKILLS



- Agility*
- Balance*
- Coordination*
- Speed* - 1st "window" of speed training.

*Key period of development

MENTAL & COGNITIVE DEVELOPMENT



- Short attention span.
- Developing memory.
- Limited reasoning ability.
- Action-oriented.
- Enjoy repetition of activities.
- Improve abilities through experience.

EMOTIONAL DEVELOPMENT



- Like to be centre of attention.
- Self-concept is developing through experience and comments from others.
- Influence of peers becomes a strong driving force.
- Begin to understand the need for rules and structure.

ETHICAL & SOCIAL SKILLS



- Introduce simple rules and ethics of sport:
- Effort.
 - Try it all! (positions, skills, sports).
 - Respect: body, others, equipment, facility.
 - Fun and friendship.
 - Cooperation and 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 skills** - Build the foundation before you build the house.
- **Avoid long lines** - Split the group up if need be or increase the rotations in drills to keep players activated and engaged.
- **Don't undervalue asking OPEN or LEADING questions** - Player feedback can help guide the level of instruction.
- **Positive reinforcement** - Give positive feedback at all times.
- **SHOW & GO** - Don't talk for too long. Demonstrate and let players "feel" the exercise.
- **Create a challenging environment** - Time challenges or mini competitions.

DESIRED GENERAL OUTCOMES

Children:

- Feel confident and motivated to participate in physical activities.
- Understand how to lead a healthy lifestyle. (Eat healthy, drink mostly water, get your heart going!)
- Develop Fundamental Movement Skills.

Parents understand:

- All children develop physical skills at their own rate
- All children progress through the same stages
- Foundation skills are the gateway to active living
- Children develop their attitude about physical activity at this stage and it is highly correlated to their adult lifestyle.



Field Hockey Skills at the FUNdamentals Stage *(Spring League: Girls U6-U8, Boys U6-U8)* ²⁹

In this stage children need to participate in a variety of activities that develop basic field hockey skills. All activities are fun-based. The focus should be on creating self-esteem by reinforcing individual effort and not keeping score. We will be sending you weekly practice plans that introduce and consolidate these skills throughout the Spring League program.

	Category	U6	U7	U8
Running with Ball (ball position)	Dribbling			
Change of direction	Dribbling			
Change of pace	Dribbling			
Indian Dribble	Dribbling			
Forehand Push Pass	Passing			
Forehand Snap Pass (on the run)	Passing			
Reverse Stick Upright Pass	Passing			
Forehand: Push / Flick	Goal scoring			
Forehand: Closed Receiving	Receiving			
Forehand & Reverse Stick: Open Receiving	Receiving			
Footwork	Winning the ball			
Forehand & Reverse Stick: Two handed block tackle	Winning the ball			
Angles	GK			
3 on 3	Game Play			
Creating small space	Attacking concepts			
Triangle Play	Attacking concepts			
Self pass	Set Plays			

5 “FunStix” Principles of Hockey

- Ball movement and control
- Passing and receiving
- Scoring
- Winning the ball from opponents
- Mini and modified games

All skills should be trained in stationary and dynamic positions.

Technical: Particular emphasis should be on the use of the reverse side of the stick & turning the stick over. This is a motor skill requiring introduction at this early age.

Tactical: The push pass is the most important skill in this stage and is a key building block to the introduction of other skills.

Focus on fun games that promote teamwork and exploration of spatial awareness.



PLAYER DEVELOPMENT AT THE LEARN TO TRAIN STAGE

(GIRLS AGE 8-11 YEARS, BOYS AGE 9-12 YEARS)

MAIN OBJECTIVE

Learn overall sports skills

This is one of the most important periods of sports skills development for children - it is a sensitive period of accelerated adaptation to skill learning. At this stage children are developmentally ready to learn and acquire the general sports skills that are the cornerstones of all athletic development. As building blocks to this, children need to further develop all fundamental movement skills and be taught fundamental sports skills.

GENERAL SPORT DEVELOPMENT



- Although child may have developed a preference for one sport, for full development they need to engage in at least 2-3 different sports in year.
- Provide developmentally appropriate competitions.
- Encourage unstructured free play.

GENERAL FITNESS SKILLS



- Agility*
- Balance*
- Coordination*
- Speed* - 1st "window" of speed training.
- Flexibility*
- Endurance*
- Intro to strength development.

*Key period of development

ETHICAL & SOCIAL SKILLS



- Learn to compete vs win.
- Learn to win/lose gracefully.
- Develop leadership skills.
- Develop friendships.
- Introduce concepts:
 - Personal best / goal setting
 - Continuous Improvement
 - Fair play - spirit of the rules
 - Ethic over outcome
 - Sportsmanship

EMOTIONAL DEVELOPMENT



- Developing self-concept.
- Feel secure with routine and structure in training.
- Begin judging their behavior and that of others.
- Start recognizing differences in abilities and so risk that they will drop out if they judge themselves as inferior in skill.

MENTAL & COGNITIVE DEVELOPMENT



- Awareness of moods.
- Decision making.
- Ethical development.
- Goal setting (personal best)
- Personal responsibility.
- Team work.
- Gain greater understanding of how world works.
- Comprehends direct instructions but may have trouble perceiving abstract statements.

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

Children:

- Feel confident and motivated to participate in physical activities.
- Understand how to lead a healthy lifestyle (Eat healthy, drink mostly water, get your heart going!)
- Develop Fundamental Movement Skills.

Parents understand:



- Children should learn all positions & skills.
- Children should learn FSS in multiple sports throughout the year.
- Children with multi-sport backgrounds are more likely to lead active lifestyles after puberty.
- Children are introduced to competition at this stage but should still play and practice 70% of the time and only compete 30%.



Field Hockey Skills at the Learn to Train Stage *(Spring League: Girls U9-U12, Boys U10-U12)*

This is the most important stage for the development of field hockey specific skills as it is a period of accelerated learning of coordination and fine motor control. Attention should be placed on building the player's foundation of movement skills and hockey basics. Spring League is a 10-week program - we will be sending you weekly practice plans that introduce and consolidate some of these skills.

A. Technical Skills	U9	U10	U11	U12
Running with Ball (ball position)	Yellow	Yellow	Orange	Orange
Change of direction	Yellow	Yellow	Orange	Orange
Change of pace	Yellow	Yellow	Orange	Orange
Indian Dribble	Yellow	Yellow	Orange	Orange
Forehand Push Pass	Yellow	Yellow	Orange	Orange
Forehand Snap Pass (on the run)	Yellow	Yellow	Orange	Orange
Reverse Stick Upright Pass	Yellow	Yellow	Orange	Orange
Forehand: Push / Flick	Yellow	Yellow	Orange	Orange
Forehand: Closed Receiving	Yellow	Yellow	Orange	Orange
Forehand & Reverse Stick: Open Receiving	Yellow	Yellow	Orange	Orange
Footwork	Yellow	Yellow	Orange	Orange
Forehand & Reverse Stick: Two handed block tackle	Yellow	Yellow	Orange	Orange
Forehand & Reverse Stick: One Handed Running			Yellow	Yellow
Forehand: Draw/Dummy to Right			Yellow	Yellow
Reverse Stick: Draw/Dummy to Left			Yellow	Yellow
Forward Lift (Job)			Yellow	Yellow
Forehand: One Touch & Deflections			Yellow	Yellow
Forehand: Lifted Pass			Yellow	Yellow
Forehand: Sweep			Yellow	Yellow
Reverse Stick: Sweep			Yellow	Yellow

Key	
	Skills that are being introduced
	Skills that have been learned but need to be consolidated

Forehand: Upright Hit / Chip / Choke Hit				
Forehand: Hand apart hit / slap (ball in the air)				
Lifted Passes (bouncing ball)				
Forehand & Reverse Stick: One handed block tackle				
Jab/Poke Tackle				
Forehand: Upright Tackle				

B. Tactical Skills	U9	U10	U11	U12
3 on 3				
Creating small space				
Triangle Play				
Self pass				
5 on 5				
Front man marking				
Goal side marking				
Transfer Play				
Counter Attack				
4 in the back				
Attack inside 25				
16's				
Free Hits inside the 25 Offence				
Attacking 25 Free Hit				



PLAYER DEVELOPMENT AT THE TRAIN TO TRAIN STAGE

(GIRLS AGE 11-15 YEARS, BOYS AGE 12-16 YEARS)

MAIN OBJECTIVE

Build an aerobic base, develop speed and strength towards the end of the stage, and further develop and consolidate sport-specific skills.

The Train to Train stage begins when a child's major growth spurt begins which makes it an important window for the physiological development of players. This is a sensitive period of accelerated adaptation to aerobic, speed and strength development. **WARNING:** Take care that youth are not pushed to over-train or over-compete as this is the stage when many young athletes quit their sport due to burnout or excessive pressure.

GENERAL SPORT DEVELOPMENT



- May start to focus on 2 sports based on desire & sport-specific potential.
- Major focus of training / competition is applying skills, strategies & tactics learned in training.
- 60:40 percent training -to-competition ratio (40 includes competition - specific training and actual competition).

GENERAL FITNESS SKILLS



- Aerobic* - optimal trainability begins with onset of growth spurt.
- Speed*
- Strength*
- Encourage flexibility training to avoid stress.
- Further develop recovery & regeneration programs.
- Develop techniques to taper and peak.

*Key period of development

MENTAL & COGNITIVE DEVELOPMENT



- Abstract thinking becomes more firmly established.
- Much emphasis on self-identity with participants eager to perfect skills.
- Deductive reasoning and systematic planning emerges.
- This stage is critical to fully understanding the rules of sport and the consequences of one's actions.

EMOTIONAL DEVELOPMENT



- Tremendous influence on behavior from peer group.
- Tension between adults and adolescents.
- Need opportunity to explore own ideas of self & how they fit in.
- Pressure from coaches / parents to play a certain role can cause confusion.
- Capable of co-operating & accepting some responsibility.

ETHICAL & SOCIAL SKILLS



- Learn to cope with physical & mental challenges of competition.
- Integrating basic mental preparation skills into training.
- Playing fair matters as competition increases.
- Key concepts:
 - Personal best / goal-setting.
 - Continuous Improvement.
 - Reinforce sportsmanship & fair play.

COACHING TIPS

- **Players should get as many touches on the ball as possible** - Better opportunity to develop their skills.
- **Focus on the technical skill application** - Training and games.
- **Don't under value asking OPEN or LEADING questions** - Player feedback will guide the level of instruction.
- **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 how to make informed lifestyle and nutrition choices.
- Understand that they need to respect their bodies by not using banned substances.
- Learn the importance of positive self-talk and mental imagery in overcoming anxiety and creating confidence in performance.

Parents understand:

- Their involvement in sport changes as youth are more independent & likely train without them. Their role becomes more advisory & support.
- Players are not pushed to over-train/over-compete or injury and burnout can result.
- Youth might start to focus on 2 sports based on their desire and potential but it's still too early for a high degree of specialisation.



Field Hockey Skills at the Train to Train Stage *(Spring League: Girls U13-U16, Boys U14-U16)*

The major focus of this stage is on the consolidation and implementation of the basic skills of field hockey in a competitive arena. Advanced technical and tactical skills are introduced within game specific environment. Spring League is a 10-week program - we will be sending you weekly practice plans that introduce and consolidate some of these skills.

A. Technical Skills	U13	U14	U15	U16
Running with Ball (ball position)	Red	Red	Dark Red	Dark Red
Change of direction	Red	Red	Dark Red	Dark Red
Change of pace	Red	Red	Dark Red	Dark Red
Indian Dribble	Red	Red	Dark Red	Dark Red
Forehand & Reverse Stick: One Handed Running	Orange	Orange	Orange	Orange
Lifted Dribble	Yellow	Orange	Orange	Orange
Forehand: Draw/Dummy to Right	Orange	Orange	Orange	Orange
Reverse Stick: Draw/Dummy to Left	Orange	Orange	Orange	Orange
Forward Lift (Jab)	Orange	Orange	Orange	Orange
Lifted Draw to Right	Yellow	Yellow	Yellow	Yellow
Lifted Draw to Left	Yellow	Yellow	Yellow	Yellow
Forehand Push Pass	Red	Red	Dark Red	Dark Red
Forehand Snap Pass (on the run)	Red	Red	Dark Red	Dark Red
Reverse Stick Upright Pass	Red	Red	Dark Red	Dark Red
Forehand: One Touch & Deflections	Orange	Orange	Orange	Orange
Forehand: Lifted Pass	Orange	Orange	Orange	Orange
Forehand: Sweep	Orange	Orange	Orange	Orange
Reverse Stick: Sweep	Orange	Orange	Orange	Orange

Key

- Skills that are being introduced
- Skills that have been learned but need to be consolidated
- Skills that are being refined
- Skills that are mastered

Confused about any of these skills?

Visit the WVFC YouTube channel to see demonstrations of key skills & techniques

<http://bit.ly/2pRUKzJ>

A. Technical Skills	U1 3	U14	U15	U16		U13	U14	U15	U16
Forehand: Upright Hit					Penalty Corner: Pullout				
Reverse Stick: Low Hit					Penalty Corner: Stick Stop				
Reverse Stick: Upright Hit					Penalty Corner: Hit				
Scoop					Penalty Corner: Defensive Roles				
Forehand: Push / Flick					Penalty Corner: Tipping				
Forehand: Upright Hit / Chip / Choke Hit					Penalty Corner: Drag Flick				
Forehand: Hand apart hit / slap (ball in the air)					Penalty Stroke				
Punch Shot					Angles				
Reverse Stick: Sweep					Hop and pop				
Reverse Stick: Hit (Toma Hawk)					Push and pull				
Tipping					Inside Block Save				
Forehand: Closed Receiving					Glove/Save (high shots)				
Forehand & Reverse Stick: Open Receiving					Stick Save (high shots)				
Lifted Passes (bouncing ball)					Diving				
Forehand: Slip to Right					Sliding				
Reverse Stick: Slip to Left									
High Ball Receptions (Scoops)									
Footwork									
Forehand & Reverse Stick: Two handed block tackle									
Forehand & Reverse Stick: One handed block tackle									
Jab/Poke Tackle									
Forehand: Upright Tackle									
Interception - Forehand & Reverse Stick:									
Reverse Stick: Upright Tackle									
Forehand & Reverse Stick: Shave Tackle									

B. Tactical Skills	U13	U14	U15	U16		U13	U14	U15	U16
3 on 3					4 in the back				
5 on 5					Attack inside 25				
7 on 7					Circle Play				
11 on 11					Guard Play				
Creating small space					3 in the back				
Marking Ball side					Overload				
Marking Help side					Attack vs Full Press				
Front man marking					Attack vs Half Court				
Goal side marking					Attack vs 3/4 Press				
Circle Defence					Aerial game				
Full Court Man to Man					Self pass				
Cutting the Field					16's				
Half Court					Free Hits inside the 25 Offence				
Dynamic Press					Attacking 25 Free Hit				
Static Press					Defending Attacking 25 Free Hit				
Zone Defence					PC Defence				
Playing with a Sweeper					PC Offence				
Delaying and Channeling					Penalty Corner Counter Attack				
Counter Control					Penalty Corner Counter Defence				
Triangle Play					Penalty Stroke				
Transfer Play									
Counter Attack									



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 ratio. 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.



Field Hockey Skills at the Train to Compete Stage *(Spring League: Girls U16-U18, Boys U18)*

At this stage, specific field hockey skills are integrated and generally at a high proficiency level for both attacking and defending. The focus shifts to consistency in execution of these skills and training under pressure. Spring League is a 10-week program - we will be sending you weekly practice plans that introduce and consolidate some of these skills.

A. Technical Skills	U17	U18
Running with Ball (ball position)	Mastered	Mastered
Change of direction	Mastered	Mastered
Change of pace	Mastered	Mastered
Indian Dribble	Mastered	Mastered
Forehand & Reverse Stick: One Handed Running	Refined	Refined
Lifted Dribble	Refined	Refined
Forehand: Draw/Dummy to Right	Refined	Refined
Reverse Stick: Draw/Dummy to Left	Refined	Refined
Forward Lift (Jab)	Refined	Refined
Lifted Draw to Right	Learned	Learned
Lifted Draw to Left	Learned	Learned
Forehand Push Pass	Mastered	Mastered
Forehand Snap Pass (on the run)	Mastered	Mastered
Reverse Stick Upright Pass	Mastered	Mastered
Forehand: One Touch & Deflections	Refined	Refined
Forehand: Lifted Pass	Refined	Refined
Forehand: Sweep	Refined	Refined
Reverse Stick: Sweep	Refined	Refined
Forehand: Upright Hit	Refined	Refined

Key	
	Skills that have been learned but need to be consolidated
	Skills that are being refined
	Skills that are mastered

Confused about any of these skills?

Visit the WVFHC YouTube channel to see demonstrations of key skills & techniques

<http://bit.ly/2pRUKzJ>

A. Technical Skills	U17	U18		U17	U18
Reverse Stick: Low Hit			Interception - Forehand & Reverse Stick:		
Reverse Stick: Upright Hit			Reverse Stick: Upright Tackle		
Scoop			Forehand & Reverse Stick: Shave Tackle		
Forehand: Push / Flick			Penalty Corner: Pullout		
Forehand: Upright Hit / Chip / Choke Hit			Penalty Corner: Stick Stop		
Forehand: Hand apart hit / slap (ball in the air)			Penalty Corner: Hit		
Punch Shot			Penalty Corner: Defensive Roles		
Reverse Stick: Sweep			Penalty Corner: Tipping		
Reverse Stick: Hit (Toma Hawk)			Penalty Corner: Drag Flick		
Tipping			Penalty Stroke		
Forehand: Closed Receiving			Angles		
Forehand & Reverse Stick: Open Receiving			Hop and pop		
Lifted Passes (bouncing ball)			Push and pull		
Forehand: Slip to Right			Inside Block Save		
Reverse Stick: Slip to Left			Glove/Save (high shots)		
High Ball Receptions (Scoops)			Stick Save (high shots)		
Footwork			Diving		
Forehand & Reverse Stick: Two handed block tackle			Sliding		
Forehand & Reverse Stick: One handed block tackle					
Jab/Poke Tackle					
Forehand: Upright Tackle					

B. Tactical Skills	U17	U18		U17	U18
3 on 3			Counter Attack		
5 on 5			4 in the back		
7 on 7			Attack inside 25		
11 on 11			Circle Play		
Creating small space			Guard Play		
Marking Ball side			3 in the back		
Marking Help side			Overload		
Front man marking			Attack vs Full Press		
Goal side marking			Attack vs Half Court		
Circle Defence			Attack vs 3/4 Press		
Full Court Man to Man			Aerial game		
Cutting the Field			Self pass		
Half Court			16's		
Dynamic Press			Free Hits inside the 25 Offence		
Static Press			Attacking 25 Free Hit		
Zone Defence			Defending Attacking 25 Free Hit		
Playing with a Sweeper			PC Defence		
Delaying and Channeling			PC Offence		
Counter Control			Penalty Corner Counter Attack		
Regaining			Penalty Corner Counter Defence		
Triangle Play			Penalty Stroke		
Transfer Play					