

Components skill/tactical	Compete well in summer league	Fitness testing, passing and receiving. High intensity small sided games. Tackle variations and shooting. PC attack & defence (find positions)	Attacking plays. Defensive plays. Prep games and fitness testing. PC attack & defence variations.	Channels. Depth. Width. Getting ahead (attacking plays) Turnover.	Half and 3/4 press. Full Court press. How to set up and how to break down. (wb 22nd-Indoor training start)	Indoor passing & tackles. 2v1 indoor. Indoor tactics. Out letting from 16s. Any issues discovered in early season.	Indoor press. Outdoor passing and moving Indoor match play. Outdoor attacking leads and revise outdoor basic skills and PC.	PC, LC, Free hits. Attacking with width depth and height. Leading. Summary of attacking play.	PC, LC, Free hits. 4v3 and creating PC, Attack v defence (turnover)	Physical activities will be encouraged (active rest)	Physical activities will be encouraged (active rest)	Physical activities will be encouraged (active rest)
Components fitness	Athlete Dependant	Team run. Staged running drills (7±2 mins) team run. Will look to get base fitness levels for all players and start to create a fitness log of where players are and where they want to be	Sprint work, Plyometrics, Dynamics, coordination. Develop running patterns and create an understanding why dynamics are important.	Sprint work, Plyometrics, Dynamics.	Team run. Staged running drills (7±2 mins) team run 2.	Short sprints and indoor training will develop Cardio as well as explosive power.	Team run. Staged running drills (7±2 mins) team run 3. This will be final testing date.	Sprint work, Plyometrics, Dynamics.	Will look to conserve players and ensure injuries do not start to occur so will ensure fitness is maintained through practice.	Athlete Dependant	Athlete Dependant	Athlete Dependant
Goals	Look forward to starting the new season!	Set a base target score in fitness tests for the season a head.	Win at least 2 of 3 pre season matches	win first round of cup and first 4 league games	Win 2nd round of cup. Have team feel like cohesive unit.	25 points by xmas. Feel confident in indoor basics.	Compete well in indoor comp	Become more effective going forwards.	Win league	Reflect on the season and see if pre season goals were met by all.	Enjoy Rest Period	Enjoy Rest Period

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Annual plan - Mens Section Roms

Month	Macro 1										Macro 2																				
	July					August					September					October					November					December					
	6/29/2009	7/6/2009	7/13/2009	7/20/2009	7/27/2009	8/2/2009	8/9/2009	8/16/2009	8/23/2009	8/30/2009	9/6/2009	9/13/2009	9/20/2009	9/27/2009	10/4/2009	10/11/2009	10/18/2009	10/25/2009	11/1/2009	11/8/2009	11/15/2009	11/22/2009	11/29/2009	12/6/2009	12/13/2009	12/20/2009	12/27/2009	1/3/2010			
Weeks (date- Week beginning)																															
Training phases Macro	Pre-season (SPP)					Pre-season (SPP)					Pre-season (SPP)					Early-Season (CP)					Early-Season (CP)					Early-Season (Indoor SPP)					Lat
Meso	Golf, Swimming cycling or any other leisure activities					Match play and Prep-games back to basics, aerials etc.					Creating 2v1/3v2 D & A, changing channel					Attacking play with leads					Outdoor press, Defensive plays,					Indoor formations and plays					Inc
Competition	Summer league matches					Pre-season					Pre-season					League					League Cup					League Indoor training					Lea
Intensity 1-5	2	2	2	2	2	3	4	5	5	4	3	4	3	4	3	3	4	5	4	3	3	4	3	2	3	4	4	5			
Peaking																															
Testing							x													x											
Goalkeeper Clinic										A		A		L		M		L		M		L		M							
JDC											x	x	x		x			x													
JAC																															
JRPC-Tier 1	x	x			x					x	x	c		c																	
JRPC-Tier 2															x		x	x													
Components skill/tactical	Compete well in summer league					Fitness testing, passing and receiving. High intensity small sided games. Tackle variations and shooting. PC attack & defence (find positions)					Attacking plays. Defensive plays. Prep games and fitness testing. PC attack & defence variations.					Channels. Depth. Width. Getting ahead (attacking plays) Turnover.					Half and 3/4 press. Full Court press. How to set up and how to break down.					Indoor passing & tackles. 2v1 indoor. Indoor tactics. Out letting from 16s. Any issues discovered in early season.					Inc

Components fitness	Athlete Dependant	Team run. Staged running drills (7±2 mins) team run. Will look to get base fitness levels for all players and start to create a fitness log of where players are and where they want to be	Sprint work, Plyometrics, Dynamics, coordination. Develop running patterns and create an understanding for why dynamics are important.	Sprint work, Plyometrics, Dynamics.	Team run. Staged running drills (7±2 mins) team run 2.	Short sprints and indoor training will develop Cardio as well as explosive power.	T ru (te Tl fir
Goals	Look forward to starting the new season!	Set a base target score in fitness tests for the season a head.	Win at least 2 of 3 pre season matches	win first round of cup and first 4 league games	Win 2nd round of cup. Have team feel like cohesive unit.	25 points by xmas. Feel confident in indoor basics.	Co i
Psychological	Feel prepared to start CP and have reduced anxiety for the season. Start to work on visualisation. Ensure good link with team.		Good signs of team cohesion, Good arousal levels and high motivation. Visualisation should now be refined and used when required.			Confidence in b for indoor corr Enjoy Xmasbre; that they want t hockey after th	

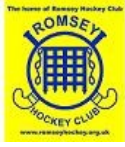
Ice Hockey Club

Macro 3												Macro 4													
January			February			March			April			May			June										
1/10/2010	1/17/2010	1/24/2010	1/31/2010	2/7/2010	2/14/2010	2/21/2010	2/28/2010	3/7/2010	3/14/2010	3/21/2010	3/28/2010	4/4/2010	4/11/2010	4/18/2010	4/25/2010	5/9/2010	5/16/2010	5/23/2010	5/30/2010	6/6/2010	6/13/2010	6/20/2010	6/27/2010		
Pre-season (CP)			Late-season (CP)			Late-season (CP)			End of season (RP)			Rest (RP)			Pre-season (GPP)										
Indoor match play & outdoor passing and shooting			Attacking play			Match play and set plays			Final league games/cup. Post season round up and rest			Golf, Swimming, cycling or any other leisure activities			Golf, Swimming, cycling or any other leisure activities										
League Indoor competition			League Cup			League Cup			REST			Summer League Matches			Summer League Matches										
5	3	3	4	4	3	4	5	4	3	3	3	2	2	1	1	2	2	2	2	2	2	2	2	2	5
		p					mp																		
x																					x				
A	L		M		L	M		A																	
																							x		
Indoor press. Outdoor passing and moving floor match play. Outdoor attacking leads and revise indoor basic skills and PC.			PC, LC, Free hits. Attacking with width and depth and height. Leading. Summary of attacking play.			PC, LC, Free hits. 4v3 and creating PC, Attack v defence (turnover)			Physical activities will be encouraged (active rest)			Physical activities will be encouraged (active rest)			Physical activities will be encouraged (active rest)										

<p>Team run. Staged training drills (7±2 mins) Team run 3. This will be final testing date.</p>	<p>Sprint work, Plyometrics, Dynamics.</p>	<p>Will look to conserve players and ensure injuries do not start to occur so will ensure fitness is maintained through practice.</p>	<p>Athlete Dependant</p>	<p>Athlete Dependant</p>	<p>Athlete Dependant</p>
<p>Compete well in indoor comp</p>	<p>Become more effective going forwards.</p>	<p>Win league</p>	<p>Reflect on the season and see if pre season goals were met by all.</p>	<p>Enjoy Rest Period</p>	<p>Enjoy Rest Period</p>
<p>Being ready for competition. Relax and feel good to return to the break!</p>	<p>Maintaining motivation at this stage of the season will be key along with continual reinforcement of enjoyment mixed with commitment to seeing out the season.</p>	<p>Psychologically rest, however, importance of self analysis will be important. Players should also start to work on their own personal psychological goals for the next season</p>			

What it means?

Main blocks of training cycle



CP=Competition period
GPP=General Preparatory Period
SPP=Specific Preparatory Period RP=Rest
Period

This is the broad topic to be covered each month

What competitions are taking place

The intensity within each activity over the session

When the team should be at its best

When advised testing should be

M=Men, L=Ladies, A=All

Junior development Centre

Junior academy Centre

Junior regional performance centre

Components to be covered within the month in terms of tactical and skill based

Components to be covered within the month in terms of fitness/ based

Goal of team to be met

Psychological aspects of training/competition to be worked on.

Annual plan - Junior Section Ro

It is vital that for the Junior they have fun and can co

Month	Macro 1										Macro 2																			
	July					August					September					October					November					Decemb				
	Weeks (date- Week beginning)																													
	6/29/2009	7/6/2009	7/13/2009	7/20/2009	7/27/2009	8/2/2009	8/9/2009	8/16/2009	8/23/2009	8/30/2009	9/6/2009	9/13/2009	9/20/2009	9/27/2009	10/4/2009	10/11/2009	10/18/2009	10/25/2009	11/1/2009	11/8/2009	11/15/2009	11/22/2009	11/29/2009	12/6/2009	12/13/2009	12/20/2009				
Training phases Macro	Pre-season (SPP)					Pre-season (SPP)					Pre-season (SPP)					Early-Season (CP)					Early-Season (CP)					Early-Season (Indoor SPP)				
Meso	Cricket, football, athletics, Swimming, cycling or any other sport					RHC Summer Camp and any other sports					Back to basics (core skills)					Defending skills and moving off the ball.					Set plays and attacking skills, back to indoor basics.					Indoor plays an Rules				
Competition	Summer League Matches for U14/U16 to introduce them to Senior section.					Pre-season					Pre-season					League					League Cup Intro to indoor					League Indo training				
Intensity 1-5	2	2	2	2	2	3	4	5	5	4	3	4	3	4	3	3	4	5	4	3	3	4	3	2	3	4				
Peaking																														
Testing							x													x										
Goalkeeper Clinic								A	L			M		L		M		L		M		L			M					
JNR GK Clinic								A			A		G	A	B		A		B		G		A	A						
JDC											x	x	x		x			x												
JAC																														
JRPC-Tier 1	x	x			x			x			x	c		c																
JRPC-Tier 2															x		x	x												

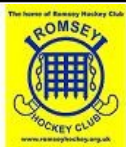
Components skill/tactical	Playing sport over the summer to ensure that they have improved co-ordination skills etc.	Have fun at summer camp and feel excited about playing hockey at Romsey HC	Introduce standardised warm up. Learn how to pass, move with the ball on the open and reverse. Introduce new 3 core skills a week and revise all at the end of Meso Cycle.	Look at D&A in 2v1/3v2. Introduce running off the ball (netball hockey). Intro to aerials/3D skills. Hitting/ receiving on the move.	Shooting skills and tactics to be worked on and perfect short corners (attack & Defence) reinforce terminology. Transfer of play (switching).	Indoor passing & tackles. Indoor rules.
Components fitness	Playing sport over the summer to ensure that they have improved co-ordination skills etc.	Summer camp to introduce SAQ and what hockey needs in terms of physical skills.	Learn how to change direction, accelerate/ stop in fun competitive games. (Callum giles cone work)	core strength and balance with use of wobble boards and weights (light)	Introduce ladders into games and warm up to promote fast feet and co-ordination.	Re-enforce low body position. warm up games a will help when playing indoor.
Goals	Look forward to starting the new season!	Introduce new members to the club through summer camp and drum up excitement for new season.	Standardised warm up known and core skills becoming more developed.	ALL juniors competent at moving push pass, sweep and hit and receiving the ball open and reverse. Starting to learn 3D skills and Aerials.	Terminology starting to become common phrases and core skills becoming more natural. Confidence in shooting and following up the shot.	Continue drive for new members this point the season through playing indoors a not out!
Psychological	Feel prepared to start CP and have reduced anxiety for the season. Ensure good link with team.			Good signs of team cohesion, Good arousal levels and high motivation. Visualisation could be introduced to U16s/ talented U14s		Confidence for indoor. Enjoy Xmas that they hockey

	Indoor skills revised and get used to playing outdoors again. Look at passing and shooting again. Open and reverse skills to be reinforced.	Short corner skills revised and how to make runs off the ball (netball hockey) and then passing and receiving on the move (refined)	9v9 matches with introduction of minis to the U12 group and introduce players in U14/16 to senior squad for summer league. NB: Core skills must still be worked on.	Introduce all to local sports groups that run over the summer to ensure that all are playing sport over the summer and enhancing the community.	Playing sport over the summer to ensure that they have improved co-ordination skills etc.	Playing sport over the summer to ensure that they have improved co-ordination skills etc.
ce y in p s p ;	re-visit change of direction, acceleration/deceleration as well as core strength skills inc' low hurdles	lots of work on keeping eyes up when moving so introduce tennis balls/golf balls/reaction balls into games as well	Continue to develop more technical SAQ and dynamic to the group as well as developing running patterns further.	SAQ with lots of games and transferable skills. Introduce EH warm up to U14 group.	Playing sport over the summer to ensure that they have improved co-ordination skills etc.	Playing sport over the summer to ensure that they have improved co-ordination skills etc.
e r at in on 1 ;	Small unit game skills such as 3v2, 4v3 and 5v4 to have shown real improvement and consistency in applying to game. Also shooting effectiveness to have improved.	Short corner attack skills becoming well rehearsed and more efficient. Scoring at least 1/3 of match short corners.	All players still feel excited about the season and their hockey. All junior teams to be top 3 in league.	ALL juniors to have had an enjoyable season with number at a high at the end of the season.	Enjoy Rest Period	Enjoy Rest Period
ce in being ready ior competition. asbreak and feel want to return to after the break!	Maintaining motivation at this stage of the season will be key along with continual reinforcement of enjoyment mixed with commitment to seeing out the season.		Psychologically rest, however, importance of self analysis should be mentioned to more able juniors to give them practice at this.			

What it means?

to coaching pack.

Main blocks of training cycle



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B=Boys, G=Girls, A=All

Junior development Centre

Junior academy Centre

Junior regional performance centre

Components to be covered within the month in terms of tactical and skill based

Components to be covered within the month in terms of fitness/ based

Goal of team/juniors to be met

Psychological aspects of training/competition to be worked on.

Annual plan - Mini's Section Roms

It is vital that for the minis they have fun and can learn

		Macro 1										Macro 2																			
Month	July					August					September					October					November					December					
Weeks (date- Week beginning)	6/29/2009	7/6/2009	7/13/2009	7/20/2009	7/27/2009	8/2/2009	8/9/2009	8/16/2009	8/23/2009	8/30/2009	9/6/2009	9/13/2009	9/20/2009	9/27/2009	10/4/2009	10/11/2009	10/18/2009	10/25/2009	11/1/2009	11/8/2009	11/15/2009	11/22/2009	11/29/2009	12/6/2009	12/13/2009	12/20/2009	12/27/2009	1/3/2010			
Training phases Macro	Pre-season (SPP)					Pre-season (SPP)					Pre-season (SPP)					Early-Season (CP)					Early-Season (CP)					Early-Season (Indoor SPP)					Lat
Meso	Cricket, football, athletics, Swimming, cycling or any other sport					RHC Summer Camp and any other sports					Back to basics (core skills)					Defending skills and moving off the ball.					Set plays and attacking skills					Intro to indoor and how it is different to outdoor.					Inc pa s
Competition																															
Peaking											mp																				
JNR GK Clinic			A	G		B		G			A		G	A	B		A		B		G	A	A								
JDC											x	x	x		x			x													
JAC																															
Components skill/tactical	Playing sport over the summer to ensure that they have improved co-ordination skills etc.					Have fun at summer camp and feel excited about playing hockey at Romsey HC					Learn how to pass, move with the ball on the open and reverse. Introduce new 2 core skills a week and revise all at the end of each Meso Cycle.					Look at tackling as a whole and 1v1 and possibly 2v1 if deemed suitable. Introduce running off the ball (netball hockey)					Learn what different positions on the pitch do and introduce short corners (attack only). Start to introduce some terminology to minis but only when/where applicable					Indoor passing & tackles. Indoor rules.					In re g (aga pa s ag ar sl re

Components fitness	Playing sport over the summer to ensure that they have improved co-ordination skills etc.	Summer camp to introduce SAQ and what hockey needs in terms of physical skills.	Learn how to change direction, accelerate/stop in fun competitive games	core strength such and lunging, hopping, bounding and being able to control those movements.	Introduce ladders into games and warm up to promote fast feet and co-ordination.	Re-enforce low body position in warm up games as will help when playing indoor.	c c acc de a coi ski
Goals	Look forward to starting the new season!	Introduce new members to the club through summer camp and drum up excitement for new season.	Minis making new friends and have fun with SAQ style games and core skills.	ALL minis competent at stationary push pass, sweep and hit and receiving the ball.	Terminology starting to become common phrases and core skills becoming more natural	Continue drive for new members at this point in the season through playing indoors and not out!	Mi ha on g: su 4v in : coi

ey Hockey Club

Learn and apply the core skills. Please refer to the curriculum for more details.

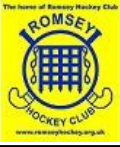
Macro 3												Macro 4												
January				February				March				April				May				June				
1/10/2010	1/17/2010	1/24/2010		1/31/2010	2/7/2010	2/14/2010	2/21/2010	2/28/2010	3/7/2010	3/14/2010	3/21/2010	3/28/2010	4/4/2010	4/11/2010	4/18/2010	4/25/2010	5/9/2010	5/16/2010	5/23/2010	5/30/2010	6/6/2010	6/13/2010	6/20/2010	6/27/2010
Pre-season (CP)				Late-season (CP)				Late-season (CP)				End of season (RP)				Rest (RP)				Pre-season (GPP)				
Indoor match play & outdoor passing and shooting				Match play and set plays				Larger games and intro to U12s				Final tournament games. Big end of year social and club day.				Cricket, football, athletics, Swimming, cycling or any other sport				Cricket, football, athletics, Swimming, cycling or any other sport				
A		B		A	G		A																	
Indoor skills revised and used to playing outdoors gain. Look at passing and shooting gain. Open id reverse skills to be reinforced.				Short corner skills revised and how to make runs off the ball (netball hockey) and then passing and receiving on the move (refined)				Introduce larger sided games (9v9) and introduce players leaving minis to U12s to ensure a smooth transition. NB: Core skills must still be worked on.				Introduce all to local sports groups that run over the summer to ensure that all are playing sport over the summer and enhancing the community.				Playing sport over the summer to ensure that they have improved co-ordination skills etc.				Playing sport over the summer to ensure that they have improved co-ordination skills etc.				

re-visit change of direction, acceleration/deceleration as well as core strength drills inc' low hurdles	lots of work on keeping eyes up when moving so introduce tennis balls/quicksticks balls into games as well	Begin to introduce a standardised warm up (to be introduced at U12s) so they know what to expect when then move up. Cont' with SAQ through out.	Cont' with standardised warm up and combine SAQ with lots of games and transferable skills.	Playing sport over the summer to ensure that they have improved co-ordination skills etc.	Playing sport over the summer to ensure that they have improved co-ordination skills etc.
minis start to have a grasp of small unit game skills such as 3v2, 4v3 and 5v4 through door. Also shooting confidence to be high	Short corner attack skills showing signs of improvement. Minis looking to want to score gain short corners in games.	Minis wanting to move up to U12 and develop skills further and start to feel passionate about hockey.	ALL minis to have had an enjoyable season with number at a high at the end of the season.	Enjoy Rest Period	Enjoy Rest Period

What it means?

Coaching pack.

Main blocks of training cycle



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SPP=Specific Preparatory Period RP=Rest
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Junior development Centre

Junior academy Centre

Components to be covered within the month in terms of tactical and skill based

Components to be covered within the month in terms of fitness/ based

Goal of team/minis to be met