

## Annual plan - Ladies Section Romsey Hc

	Macro 1					Macro 2					Micro																						
Month	July		August		September	October		November		December	January	February																					
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	1/10/2010	1/17/2010	1/24/2010	1/31/2010	2/7/2010
Training phases Macro	Pre-season (SPP)		Pre-season (SPP)		Pre-season (SPP)	Early-Season (CP)		Early-Season (CP)		Early-Season (Indoor SPP)	Late-season (CP)	Late-season (CP)																					
Meso	Golf, Swimming, cycling or any other leisure activities		Match play and Prep-games back to basics, aerials etc. Set plays.		Creating 2v1/3v2 D & A, changing channel	Attacking play with leads		Outdoor press, Defensive plays,		Indoor formations and plays	Indoor match play & outdoor passing and shooting	Attacking plays																					
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 hi Attacking with depth. Leagues. Summer of attacking plays																					



## Annual plan - Ladies Section Romsey Hc

	Macro 1					Macro 2					Micro																						
Month	July		August		September	October		November		December	January	February																					
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	1/10/2010	1/17/2010	1/24/2010	1/31/2010	2/7/2010
Training phases Macro	Pre-season (SPP)		Pre-season (SPP)		Pre-season (SPP)	Early-Season (CP)		Early-Season (CP)		Early-Season (Indoor SPP)	Late-season (CP)	Late-season (CP)																					
Meso	Golf, Swimming, cycling or any other leisure activities		Match play and Prep-games back to basics, aerials etc. Set plays.		Creating 2v1/3v2 D & A, changing channel	Attacking play with leads		Outdoor press, Defensive plays,		Indoor formations and plays	Indoor match play & outdoor passing and shooting	Attacking plays																					
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 hi Attacking with depth. Leagues. Summer of attacking plays																					



# Annual plan - Junior Section Romsey HC

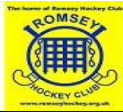
It is vital that for the Junior they have fun and can consistently

Month	Macro 1					Macro 2					February																					
	July		August			September			October			November		December		January																
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	1/10/2010	1/17/2010	1/24/2010	1/31/2010
Training phases Macro	Pre-season (SPP)		Pre-season (SPP)			Pre-season (SPP)			Early-Season (CP)		Early-Season (CP)		Early-Season (Indoor SPP)		Late-season (CP)																	
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 and Rules		Indoor match play & outdoor passing and shooting																	
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 standardise d 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.		Indoor skills revised and get used to playing outdoors again. Look at passing and shooting again. Open and reverse skills to be reinforced.																	

# Hockey Club

What it means?

**perform the core skills. Please refer to coaching pack.**

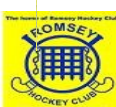
Macro 3			Macro 4					Main blocks of training cycle												
February		March			April		May		June											
2/7/2010	2/14/2010	2/21/2010	2/28/2010	3/7/2010	3/14/2010	3/21/2010	3/28/2010	4/4/2010	4/11/2010	4/18/2010	4/25/2010	5/2/2010	5/9/2010	5/16/2010	5/23/2010	5/30/2010	6/6/2010	6/13/2010	6/20/2010	6/27/2010
Late-season (CP)		Late-season (CP)			End of season (RP)		Rest (RP)		Pre-season (GPP)		 <p>CP=Competition period GPP=General Preparatory Period SPP=Specific Preparatory Period RP=Rest Period</p>									
Match play and set plays		Minis to be brought up to U12s and select U14 / all U16 to be introduced to Senior section in prep for next season.			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		This is the broad topic to be covered each month									
Short corner skills (revised and how to take 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.		Components to be covered within the month in terms of tactical and skill based									

# Annual plan - Mini's Section Romsey HC

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

	Macro 1					Macro 2					Macro 3																						
Month	July		August		September	October		November		December	January	February																					
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	1/10/2010	1/17/2010	1/24/2010	1/31/2010	2/7/2010
Training phases Macro	Pre-season (SPP)		Pre-season (SPP)		Pre-season (SPP)	Early-Season (CP)		Early-Season (CP)		Early-Season (Indoor SPP)	Late-season (CP)	Late-season (CP)																					
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.	Indoor match play & outdoor passing and shooting	Match and play																					
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.	Indoor skills revised and get used to playing outdoors again. Look at passing and shooting again. Open and reverse skills to be reinforced.	Short corners revise how to make off the net (netball hockey) and passing and receiving on the pitch (referee)																					

## Apply the core skills. Please refer to coaching pack

Macro 3		Macro 4					Main blocks of training cycle
February	March		April		May	June	
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 5/2/2010	5/9/2010 5/16/2010 5/23/2010 5/30/2010	6/6/2010 6/13/2010 6/20/2010 6/27/2010			
Competition Period	Late-season (CP)	End of season (RP)	Rest (RP)	Pre-season (GPP)	CP=Competition period GPP=General Preparatory Period SPP=Specific Preparatory Period RP=Rest Period		
1 play set days	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	This is the broad topic to be covered each month		
Portner skills and development (runs, ball, key) then sing and giving the (ve ned)	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.	Components to be covered within the month in terms of tactical and skill based		