HOOKED FOR LIFE – DETAILED PHASE GUIDE

The Goal of the **Hooked for Life** model is to recruit, capture, develop and retain players for life whilst maximizing their potential. The model is player centred with a view to providing a pathway in which a fun and enjoyable game is delivered through quality coaching. The model is developed around phases with age only as a guide. A player's phase will be determined by their physical maturity, the level at which they play and when they enter the sport. Although the diagram is linear in its presentation it is recognized that many areas overlap across phases. This overview has been developed to provide an easy to understand pathway for player development and to demonstrate what the player, coaching and game should look like at each phase for all to see and understand. The model takes a bottom up approach. Starting at Phase 1, if we get every subsequent phase right, we are more likely to hold onto our players.

		1. FUN	2. UNDERSTANDING	3. DEVELOPING	4. EXCELING	5. PERFORMANCE	6. ELITE
CORE DETAILS	Phase						
	Overview	Introduce fundamental movement skills (ABCs) with & without a stick using fun games and activities. Emphasis on fun.	Introduction of hockey specific skills along with further development of the ABCs. Emphasis on fun.	Technical areas developed increasing pressure & decision making with a focus on improving speed & vision. Player pathway splits at this phase with a recreational stream and a performance stream.	Players start to specialize in this phase whilst further developing game decision making. Greater emphasis is placed upon the training environment to prepare for competition.	Preparation focuses on developing the ability to compete. Training is planned to ensure players peak for key events in the competitive programme.	Elite athletes identified with the potential to play on the world phase.
THE VISION	The Coach	ENCOURAGES PLAY	EXPLORES PLAY	EMPOWERS	FACILITATES	CHALLENGES	DEMANDS
	The Player	PLAYS	EXPLORES	DEVELOPS	SPECIALISES	PERFORMS	ACHIEVES
	The Game	**FUN 4s (U10/U9)** J3 & J4 (NI), 2nd & 3rd class (ROI) and younger	**SUPER 6s (U12/U11)** J5 & J6 (NI), 4th & 5th class (ROI)	**EXTREME 8s (U14/U13)** J7 & Form 1 (NI), 6th class & 1st year (ROI). Recreational adults (11 a-side)	11 a side	11 a side	11 a side
	Fun, Friends, Fitness, For all	**Fun, Parents, Tricks 4 Sticks**	**Fun, Parents, Tricks 4 Sticks**	**Appropriate game formats based on ability** **Playing with friends / peers** **Youth Leader/ Transition Year Programmes** **Overplaying Guidelines**	**As per Stage 3 plus:** **Pathway from school to third level or club**	**Player welfare** **Transfer of elite expertise to coaching, umpiring or volunteering**	**Elite Player Transition Programme** **Lifestyle management** **Transfer of elite expertise to coaching (assimilation courses), umpiring or volunteering**
ACCESS AND COMPETITION	Access	Club Youth Section Primary Schools	Club Youth Section Primary Schools	Club Youth Sections Secondary School Branch U14 Development Centres	Secondary School / Club interprovincial teams (U16 / U18)	Club Provincial Masters	National Teams
	Recreational Competition	Friendly U9 or U10 Blitzes Regional Festivals	Friendly local games Provincial U12 Blitzes Regional Festivals National U11 /U12 Participation event	U14-U16 Provincial leagues School leagues and competitions U13/U14 National Competition Recreational adult games	Domestic Leagues Div 2-below Irish Junior Cup/Trophy/Challenge Recreational adult games	Domestic Club Premier Leagues	Masters
	Performance or Elite Competition			Built on Rugby 7s principle Regional Development Centres 'U13/U14 national competition (Cup/Shield/Plate format)	U15 / U17 Interpros U16 & U18 European Nations	U21 Interprovincials, Irish Hockey League, Irish Senior Cup, U18 European Nations, European Club Competition	European Cup / Champions Challenge Olympic Games / World Cup
COACHING	Courses	Introductory Coaching Courses (Volunteers/Teachers)	Introductory and Level 1	Level 1 to Level 2	Level 2 Level 3 (Development)	Level 3 (High Performance) FIH Development Coaching Award	High Performance FIH HP Coaching Award
	Workshops	Phase specific Stepping Stones Course	Phase 2 Stepping Stone Course IHA	Stepping Stones Courses Youth Leader /TY program	Stepping Stones Courses Hooked Coaching Conference High Performance Course	IHA HP Workshop EHF Coaching Course	High Performance Course EHF Coaching Course
	Resources	Hooked on Games Building Blocks Hooked on Fun	Building Blocks Core Skills DVD Hooked on Games	Core Skills DVD Hooked on Games	Core Skills DVD Hooked on Games	HP Video Clips EHF / FIH Coaching resources & video	EHF / FIH Coaching resources & video National Team coaching
TRAINING	Length	45-60mins	60-75 mins	Length 75-90 mins	90-120 mins	90-120mins	120-135mins
	Game Play	40%	45%	Physical 45%	10% (inclusion of separate sessions)	5%	5%
	Movement Skills	60%	55%	Technical 40&	40%	25%	15%
	Fun	100%	100%	Tactical 5%	25%	35%	40%
				Plays 10%	25%	35%	40%
LATE STARTERS			If hockey is started at this age, players should cover the technical aspects of the Fun Phase before proceeding into this Phase.	If hockey is started at this age, players should cover the technical aspects of the Understanding Phase before proceeding into this Phase.			
TECHNICAL - OUTFIELD		**EARLY PHASE:** Movement skills the priority · Fun introductory stick and ball games · Introduce movement of the ball · Receiving the ball - forehand **LATE PHASE:** · Movement skills still a priority · Fun stick and ball games developing vision · Ball carrying to include changes of direction · Develop movement of and receiving ball in motion	As per Phase 1 plus · Develop elimination skills to include 3D concepts, minimal touches and vision · All passing and receiving techniques to be on move - forehand and reverse · Introduction of basic defending process in 1 v 1 - close down, channel, dispossess	**PRIMARY TARGETS** As per Phase 2 with a focus on · Increased pressure (and decreased space), vision, decision making **TECHNICAL AREAS:** · Overload techniques for 2 v 1 & 3 v 2 · All passing techniques at pace · Forehand/reverse & off both feet · Lifted passes – lateral and vertical · Aerial pass (overhead) · All receiving techniques at pace - Forehand & reverse · Lead runs and movement to receive ball – with vertical philosophy · Defending – Understanding of marking position and cover · Intercepting	**PRIMARY TARGETS** As per Phase 3 with a focus on delivering performance **TECHNICAL AREAS:** Phases 1-3 plus · Advanced elimination techniques with feints and 3D skills · Overload techniques for 2 v 1 & 3 v 2 · First time passing · Lead runs · Advanced defending techniques including shave/steal · Advanced goalscoring under pressure including tip ins · Position specific technical development	**PRIMARY TARGETS** As per Phase 4 with a focus on · Decision making and delivery of high standards of technical competence and lack of technical breakdown under pressure **TECHNICAL AREAS:** · Phases 1-4 plus · Advanced elimination techniques with feints and 3D skills · First time passing and scoring techniques including diving · Advanced defending techniques including diving · Advanced goalscoring under pressure and diving/improvising techniques · Position specific development	**PRIMARY TARGETS** International hockey is a rapidly changing and fast moving domain. It is the job of the National Senior Coaches to constantly review and update area with a focus on the following: · High level of technical competence performed under pressure · Training of basic and high level skills at maximal pace and intensity · Maintaining high technical skill execution whilst fatigued and under pressure
TACTICAL		· Direction of play · Awareness of space (in attack) · Restricting space (in defence)	· Basic attacking principles linked to technical areas through Conditioned Games · Basic defending principles linked to technical areas through Conditioned Games · Players work in all positional areas of the pitch	· Development of Vertical Philosophy into game play · Defending – understanding of marking position and cover · Double team defence **MID-LATE PHASE:** · Introduction of 4-3-3 philosophy (with Centre Backs) · Introduction to Outletting · Introduction to Pressing – static and moving · Movement to create space	· Development of Vertical Philosophy into game play · Outletting with Vertical philosophy and variation · Pressing high and deep · Counter attack **ADVANCED:** · Movement patterns – lateral and vertical interchange · Playing against varied defences (ie half court) · Unbalancing in attack	Continuation of phase 4 · Development of Vertical Philosophy into game play · Outletting with Vertical philosophy & variation · Movement patterns – lateral and vertical interchange · Counter attack & counter defence · Unbalancing in attack · Varying tactics within games · Applying tactics and systems	All aspects of phase 5 are still relevant at this level. The primary focus at this phase is developing the ability to respond to the opposition by changing tactics within matches. · Variation of tactics during phases of the game · Responding to opposition tactics and strategy during and between matches
SET PLAYS		None	None	· Introduction and development of a range Penalty Corner attacking skills · Penalty strokes	· Further specialization of Penalty Corner attacking skills (x2) and application with varied defensive set ups · Specialisation and delivery of a Penalty Corner Defending skills · Attacking frees circle & long corners	· Delivery of Penalty Corner attacking skills and application against defensive set ups · Delivery of defending skills with varied defensive set ups · Defending circle frees & corners	Delivered through specialist coaching and training sessions · Ability to deliver with disguise in all penalty corner attack techniques · Ability to change format (ie. Double castle) in penalty corner attack / penalty corner defence. · All players to have 2 specialist corner skills (min)
GKs		· Balance, co-ordination and footwork · Principle of let all players try (with lightweight balls) · Body position and movement · Saving and clearing with feet · Positioning in relation to ball and goal	· Balance, co-ordination and footwork in kit · Further work on body position and movement · Saving and clearing with both feet · Save and clearing with hand and stick if ready · Narrowing angle and 1 v 1	· Continuing work on Phase 1 & 2 skills (increasing pressure) · Save and clearing with hand and stick · Diving (if ready) · Smother techniques - both side (if ready) · Penalty corner defence skills including logging / penalty strokes · Communication and working with defenders	· Continuing to work on Phase 2 & 3 areas · Diving · Combination saves (footwork/balance/speed between) · Contolling 8m area and saves with other areas of body · Focus on high and low drag flick saves · Set games focused on circle entries	All previous skills plus: · Ability to reposition at speed · Controlling rebound saves · Baseline saves and working with defenders	· All previous areas worked at high intensity and whilst fatigued · Improvised saves ie. using head
PHYSICAL, MENTAL, HEALTH		**PHYSICAL:** · Basic movement literacy with fun · Agility, balance & coordination developed through games in short (< 5 seconds) bursts · Aerobic and anaerobic capacities developed through games **MENTAL:** · Having fun · Character Building · Fair Play and ethics (Sportsmanship) · Basic self awareness **HEALTH:** · Hockey to form one of a variety of sports **DELIVERED BY:** Coaches / teachers / parents	**PHYSICAL:** · Sport Specific ABCs · Aerobic endurance to growth spurt · Strength developed through body weight exercises · Flexibility **MENTAL:** · As per Phase 1 · Character Building · Responsibility · Patience · Difference between right and wrong **HEALTH:** · Hockey to form one of a variety of sports · 25% fitness through hockey · Basics of healthy nutrition & hydration **LIFESTYLE SKILLS:** · Positive Communication **DELIVERED BY:** Coaches / teachers / parents	**PHYSICAL:** · Reinforce ABCs due to challenges of puberty · Speed training · Power training after growth spurt · Body strength after menstrual cycle (girls) & growth spurt (boys) · Flexibility **MENTAL:** · Coping strategies - dealing with success and failure · Concentration · Handling competition · Decision making **HEALTH:** · Hockey becomes the main specialist sport · Nutrition – increased information on needs for athletes · Rest and active recovery **LIFESTYLE SKILLS:** · Personal Responsibility · Basic Time Management **DELIVERED BY:** Coaches, semi-specialists	**PHYSICAL:** · Speed phase priority - early phase · Anaerobic training - end of phase · Introduction of core stability and rehab · Strength using body weight (Home Conditioning) **MENTAL:** · Dealing with success and failure · Building confidence and self-motivation · Handling competition and increased pressure · Pre match strategies and routines · Target setting - short and long term · Distraction control - concentration and attention **HEALTH:** · Hockey is main sport, but complementary sports participation is encouraged · Importance of rest and recovery · Eating and drinking for sport · Injury prevention (and screening) **LIFESTYLE SKILLS:** · Coping with transition · Dealing with social pressure · Time management	**PHYSICAL:** · Periodised planning for key competitions · Introduction of free weight training techniques · Positional specific aerobic/anaerobic endurance · Speed - agility training towards competition **MENTAL:** · High intensity training culture · Self-motivation · Critical evaluation of performance · Dealing with setbacks (contingency planning) · Confidence building techniques · Develop mental and physical practice plans · Regulating skill processes with skilled performance **HEALTH:** · Managing time and life balance · Eat to match training/competition phase · Post match recovery **LIFESTYLE SKILLS:** · Lifestyle choices and decision making	**PHYSICAL:** · High level and individualised periodised plans · Weights sessions 2-3 times per week to include functional work for specialist skills · Positional specific aerobic/anaerobic endurance phased running programs · Speed/agility quickness work **MENTAL:** · Individualised mental input and strategies · The role of thinking in developing elite performance · Self monitoring of goals · 'What if' competition contigency planning strategies · Competition state and mindset **NUTRITION:** · Individualised nutrition plans · 24/7 hydration **OTHER:** · Personalised recovery strategies and flexibility plan · Video analysis **LIFESTYLE SKILLS:** · Media skills · Career transitions - life after playing

Hockey 4 Life

Hockey 4 Life can be summed up in 4 phrases:

FUN: Enjoyment of hockey whether as a player, parent, coach, umpire, volunteer, administrator or supporter

FRIENDS: Sociability through an involvement in a team sport, on or off the field

FITNESS: Health benefits associated with playing sport

FOR ALL: Opportunities to take part regardless of gender, age, sexuality, religion, ethnicity or ability

irishhockey set hooked!

Irish Hockey Association
Newstead
University College Dublin
Belfield, Dublin 4
www.hockey.ie/hookedforlife

Design & Print by Orchard Print Dublin Tel: 01 2988944