

Syllabus Outline

Goalkeepers

The Single System Syllabus Outline is intended as a guide to show any hockey coach coaching at any level within the sport what the focus should be for that age group and sets out a framework to provide a consistent approach to the delivery of the game across the country.



What do the colours mean?

It is ESSENTIAL that skills in this colour are covered

Skills in this colour are possible progressions

Skills in this colour are for elite performers only

What do the acronyms mean?

LTAD Long Term Athlete Development ● JDC Junior Development Centre ● JAC Junior Academy Centre ● JRPC Junior Regional Performance Centre ● HiPAC High Performance Assessment Camp (for 15-17 year-olds)

SRPC Senior Regional Performance Camp (for over 18s) ● NPC National Performance Centre ● NAGS National Age Group Squads

Age	5-6 years	7-9 years	Male: 9 – 12 Female: 8 - 11	Male: 12 - 16 Female: 11 - 15	Male: 16 - 18 Female: 15 - 17	Male: 18+ Female: 17+
Where to access the Single System	Club, School	Club, School	Club, School, JDC	Club, School, JDC, JAC, JRPC, HiPAC, National Squads	School/College, Senior Club, JRPC, SRPC, National Squads	College/University, Senior Club, SPRC, NPC, National Squads
	FUNDamentals 5-6	FUNDamentals 7-9	Learning to Train	Train to Train	Train to Compete	Train to Win
Age at which hockey is taken up:			If hockey is picked up in this age range, go back to FUNDamentals 7-9. Achieve Learning to Train by 11 females and 12 male	If hockey is picked up in this stage, go back to Learning to Train. Learning to Train, Train to Train and Train to Compete should be covered by 17 female and 18 male.		
Curriculum Key Stage	KS1	KS2	KS2/3	KS3/4	Further Education	Higher Education
Type of Game	Generic	Quicksticks	Quicksticks/Mini Hockey	Mini Hockey/Full Game	Full Game	Full Game
Percentage of time which should be allocated to the relevant LTAD Phases						
Core Skills	60%	60%	50%	40%	35%	25%
Movement Skills	20%	20%	10%	5%	5%	5%
Small Unit Play	0%	0%	20%	30%	25%	30%
Game Play	20%	20%	15%	20%	25%	30%
Set Plays	0%	0%	5%	5%	10%	10%
Tactics	0%	0%	As part of set plays, small unit play and game principles	As part of set plays, small unit play and game principles	As part of set plays, small unit play and game principles	As part of set plays, small unit play and game principles
Resources available for each unit	<ul style="list-style-type: none"> > Hockey Clubs > Multi Skills Festivals > Quicksticks delivery > Multiskills clubs > Existing material – e.g. Core Skills DVS, GK DVD and Foundation Skills pack > Horst Wein CD 	<ul style="list-style-type: none"> > Hockey Clubs > Multi Skills Festivals > Quicksticks delivery > Multiskills clubs > Existing material – e.g. Core Skills DVS, GK DVD and Foundation Skills pack > Horst Wein CD 	<ul style="list-style-type: none"> > Hockey Clubs > Multi Skills Festivals > Multiskills clubs > Existing material – e.g. Core Skills DVS, GK DVD and Foundation Skills pack > Horst Wein CD 	<ul style="list-style-type: none"> > Existing material, plus materials to be produced by EH PCG 	<ul style="list-style-type: none"> > To be produced by EH PCG 	<ul style="list-style-type: none"> > To be produced by EH PCG
LTAD Phases	Core Skills for Goal Keepers					
	Saving and Clearing	All previous skills PLUS	All previous skills PLUS	All previous skills PLUS	All previous skills PLUS	All previous essential skills
	Kicking with both feet	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	
	Hand saves	Saving with right hand and stick	Save/Clear straight shots	Ability to smother on both sides of body		
	Positioning	Diving to save in open play	Save/Clear wide shots	Diving technique left and right		
	Communication skills	Smothering an attacker	Using right hand and stick to save	Decision making in "5 yard box"		
	Closing down an attacker	Positioning and narrowing the angle	Ability to smother on both sides of the body	Going down to defend a PC hit shot		
	Accurate kicking with both feet			PC drag flick saving – diving technique		
	Hand saving and clearing in air and on turf			PC saving decision making		

Movement for Goal Keepers					
In partnership with the English Institute of Sport, further information on this area will be available from January 2009 (the time you spend on warm-ups should be included in the percentage of time which should be spent on this area for each age group)					
KEY					
B & C – Balance and coordination	FS – Foot speed	S - Speed	M – Movement Skills	P - Proprioception	MOB – Mobility
Fun Warm up games i.e. TAG (M)	Fun warm up games i.e. TAG (M)	Fun warm up games i.e. TAG. Respond to coaches instructions(M)	Learn and practice in an isolated closed environment. Learn and repeat the SKILL without pressure (M)	Execution of target foot skills / foot work patterns in closed setting / controlled environment DRILL then SKILL (M)	Open skill, subconscious execution of target foot skills. Performing the SKILL under pressure (M)
Hopping and skipping. Statues game hold balance (B & C)	Hopping and skipping. Statues game hold balance (B & C)	Core agility, dodge ball, tag rugby activity (B&C)	Stopping and starting – making sure centre of gravity is inside foot in direction of movement (M)	Some transfer of foot skills to unanticipated environments. Reacting to commands and signals (M)	Anticipation & explosive reactivity. Moving well and quickly (S)
Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS)	Ladder or ring work. Small fast steps on the spot. Feet off floor fast (FS)	Start fast – stop fast. Giving targets to stop in. Change direction (M)	Hopping, skipping balances with eyes closed (P)	Balance, control and efficiency in most movement patterns – Getting in the right body positions (M, B & C)	Resistance to fatigue in unanticipated open-skills. Getting the SKILL right in games when tiring (M)
High Knees, arms pumping, run as fast as possible in straight lines (S)	High Knees, arms pumping, run as fast as possible in straight lines (S)	Balance and awareness. Single foot double foot hopping and holding (B&C)	High Knees, arms pumping run as fast as possible in straight lines – concentrate on the mechanics (S)	High Knees, arms pumping run as fast as possible in straight lines – concentrate on the mechanics (S)	Ability to move at speed: left, right, forwards, backwards and diagonally using the right foot skills and control (S)
Low movement, monkey run – running in low positions without falling over	Low movement, monkey run – running in low positions without falling over	High knees, arms pumping run as fast as possible in straight lines – concentrate on mechanics (S)	Getting into low position with head and chest high e.g. hurdle walk unders (MOB)	Anticipation and recognition of stimulus to move with speed of feet movements (FS)	Getting into low position with head and chest high e.g. hurdle walk unders (MOB)
Promote mobility lunging, crawling to move hips and lower back through range (MOB)	Promote mobility lunging, crawling to move hips and lower back through range (MOB)	Getting into low position with head and chest high e.g. hurdle walk unders (MOB)	Making sure lower back and shoulders are kept in safe positions in low movements – moving from hip not back (MOB)	Resistance to fatigue in closed skill environment. Getting SKILL right in the drill when tiring. Drill until fatigued (M)	Balance, control and efficiency in all including awkward movement patterns – getting into the required position (M, B & C)
		Making sure lower back and shoulders are kept in safe positions in low movements – moving from hip not back (MOB)		Getting into low position with head and chest high e.g. hurdle walk unders (MOB)	Making sure lower back and shoulders are kept in safe positions in low movements – moving from hip not back (MOB)
				Making sure lower back and shoulders are kept in safe positions in low movements – moving from hip not back (MOB)	
Small unit play for Goal Keepers					
	Opposed ball carrying 1v1	All previous essential skills PLUS	All previous essential skills	All previous essential skills	All previous essential skills
	Defending in 1v1	2v2 (attack and defence)	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions
	2V1 small unit play (attack and defence)		Circle entry		Small units linking to other units
Game Play for Goal Keepers					
	“Game reading” and decision making	All previous essential skills PLUS	All previous essentials	All previous essentials	All previous essentials
		Working with defenders 1v1, 2v1 and 2v2			
Set Plays for Goal Keepers					
	PCD GK skills	Previous age group possible progressions	All previous essential skills	All previous essential skills	All previous essential skills
	Penalty Stroke Saving				

LTAD Phases

An explanation of some of the terms

What does LATD mean?

LATD stands for Long Term Athlete Development. In simple terms, LATD is a sports development model intended to produce a long-term approach to maximising individual's potential and lifelong involvement in sport. The model promoted the tailoring of a child's sport development programme to suit their stage of physical growth and maturation, as well as psychological and social development. Appropriate training activities in children's formative years are essential to coincide with accelerated periods of learning and adaptation

Phase 1 – FUNdamentals

This phase is appropriate for boys aged 6 to 9 and girls aged 5 to 8. The main objective should be the overall development of the athlete's physical capacities and fundamental movement skills.

Phase 2 – Learning to train

This phase is appropriate for boys aged 9 to 12 and girls aged 8 to 11. The main objective should be to learn all fundamental sports skills

Phase 3 – Train to train

This phase is appropriate for boys aged 12 to 16 and girls aged 11 to 15. The main objective should be the overall development of the athlete's physical capacities (focus on aerobic conditioning) and fundamental movement skills.

Phase 4 – Training to compete

This phase is appropriate for boys aged 16 to 18 and girls aged 15 to 17. The main objective should be to optimise fitness preparation, sport/event specific skills and performance

Phase 5 – Training to win

This phase is appropriate for boys aged 18+ and girls aged 17+. The main objective should be to maximize fitness preparation and sport/event specific skills as well as performance

For more information on the Single System Syllabus, including a fuller explanation of Long Term Athlete Development (LTAD) please visit

www.englishhockey.co.uk/singlesystemsllabus