

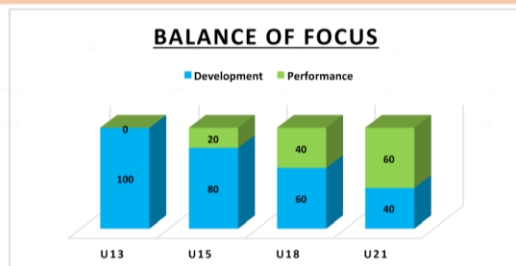


# WELLINGTON HOCKEY – Youth Athlete Guidelines



Wellington Hockey Youth Athlete Guidelines are designed in alignment with the Sport NZ Talent Plan to provide greater direction and guidance to the hockey community. It is integral that athletes, coaches, and parents alike have greater awareness of best practise in the youth development space. We value an athlete centred approach where training quality is regarded over training quantity, and the training focus meets the developmental needs of the individual. We encourage youth to participate in a wide variety of sports before considering specialisation in hockey. These guidelines are intended to be applicable for the majority of the community, there will be cases of individuality where flexibility is required or where Association systems are different, however the key principles will remain consistent.

ATHLETE AGE	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
SCHOOL YEAR	1	2	3	4	5	6	7	8	9	10	11	12	13						
SPORTS	Broad Range of Activities							Hockey + 1 other winter sport			Hockey + 1 summer sport			Specialise in Hockey					
HOCKEY CONTACTS	1 Per Week			1-2 Per Week				2-3 Per Week		3-4 Per Week			5 Per Week						
MATCHES								1 Per Week			Ideal 1, max of 2 Per Week			Max of 2 Per Week					
REST DAYS															1 Per Week			1 Per Week	
SUPPORT ACTIVITIES															2 Hours Per week		4 Hours Per Week		
TOTAL LOAD	Physically Active Every Day									8 Hours Per Week			12+ Hours Per Week						
REPRESENTATIVE								Association U11 Hubs		Association U13 Teams		Association U15 Teams		Capital U18s Team		Capital U21s/NHL Teams			
								U13 Development Programme		U15 Development Programme		Association U18 Team		Senior Nationals					
FOCUS								Enjoyment		Development			Development/Performance		Performance/Development				
PHASE	Novice			Advanced Beginner				Competent			Proficient			Expert					
PRIORITY															Representative/School		Representative		
															Club (not recommended)		Club		
	LEARN							PARTICIPATE					DEVELOP						



KEY MESSAGES
1. Engage in a wide VARIETY of sports before specialising
2. Focus on DEVELOPMENT not performance
3. QUALITY vs quantity - more does not equal better
4. BALANCE is essential - athlete centred approach