


Annual plan - Junior's Section Romsey Hockey Club

What it means?

It is vital that for the Junior they have fun and can consistently perform the core skills. Please refer to coaching pack.

Month	Macro 1					Macro 2					Macro 3					Macro 4					Main blocks of training cycle																																	
	July		August			September		October		November			December		January		February		March			April		May			June																											
Weeks (date- Week beginning)	29/06/2009	06/07/2009	13/07/2009	20/07/2009	27/07/2009	02/08/2009	09/08/2009	16/08/2009	23/08/2009	30/08/2009	06/09/2009	13/09/2009	20/09/2009	27/09/2009	04/10/2009	11/10/2009	18/10/2009	25/10/2009	01/11/2009	08/11/2009	15/11/2009	22/11/2009	29/11/2009	06/12/2009	13/12/2009	20/12/2009	27/12/2009	03/01/2010	10/01/2010	17/01/2010	24/01/2010	31/01/2010	07/02/2010	14/02/2010	21/02/2010	28/02/2010	07/03/2010	14/03/2010	21/03/2010	28/03/2010	04/04/2010	11/04/2010	18/04/2010	25/04/2010	02/05/2010	09/05/2010	16/05/2010	23/05/2010	30/05/2010	06/06/2010	13/06/2010	20/06/2010	27/06/2010	
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)		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>																										
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		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																									
Competition	Summer League Matches for U14/U16 to introduce them to Senior section.		Pre-season			Pre-season		League		League Cup Intro to indoor			League Indoor training		League Indoor Competition		League Cup		League Cup		REST		Summer League Matches for U14/U16 to introduce them to Senior section.			Summer League Matches for U14/U16 to introduce them to Senior section.		What competitions are taking place																										
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	5	3		3	4	4	3	4	5	4	3	3	2	2	1	1	2		2	2	2	2	2	2	5
Peaking Testing										mp																																							When the team should be at its best					
Goalkeeper Clinic																																																		When advised testing should be				
JNR GK Clinic																																																	M=Men, L=Ladies, A=All					
JDC																																																		B=Boys, G=Girls, A=All				
JAC																																																	Junior development Centre					
JRPC-Tier 1	x	x			x																																													Junior academy Centre				
JRPC-Tier 2																																																	Junior regional performance centre					
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		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.		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.		Components to be covered within the month in terms of tactical and skill based																										
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 in warm up games as will help when playing indoor.		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.			Components to be covered within the month in terms of fitness/ based																									
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 at this point in the season through playing indoors and not out!		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		Goal of team/juniors to be met																										
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 in being ready for indoor competition. Enjoy Xmas break and feel that they want to return to hockey 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.					Psychological aspects of training/competition to be worked on.																												

Annual plan - Mini's Section Romsey Hockey Club

What it means?

It is vital that for the minis they have fun and can learn and apply the core skills. Please refer to coaching pack.

Month	Macro 1					Macro 2					Macro 3					Macro 4					Main blocks of training cycle																																								
	July					August					September					October						November					December					January					February					March					April					May					June				
Weeks (date- Week beginning)	29/06/2009	06/07/2009	13/07/2009	20/07/2009	27/07/2009	02/08/2009	09/08/2009	16/08/2009	23/08/2009	30/08/2009	06/09/2009	13/09/2009	20/09/2009	27/09/2009	04/10/2009	11/10/2009	18/10/2009	25/10/2009	01/11/2009	08/11/2009	15/11/2009	22/11/2009	29/11/2009	06/12/2009	13/12/2009	20/12/2009	27/12/2009	03/01/2010	10/01/2010	17/01/2010	24/01/2010	31/01/2010	07/02/2010	14/02/2010	21/02/2010	28/02/2010	07/03/2010	14/03/2010	21/03/2010	28/03/2010	04/04/2010	11/04/2010	18/04/2010	25/04/2010	02/05/2010	09/05/2010	16/05/2010	23/05/2010	30/05/2010	06/06/2010	13/06/2010	20/06/2010	27/06/2010								
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)					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
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 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					This is the broad topic to be covered each month
Competition																																																								What competitions are taking place					
Peaking											mp										p										mp																				When the team should be at its best										
JNR GK Clinic			A	G		B		G			A		G	A		B		A			B		G		A	A										A		B	A	G	A																B=Boys, G=Girls, A=All				
JDC											x	x	x			x			x																																Junior development Centre										
JAC																																																			Junior academy Centre										
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 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.					Components to be covered within the month in terms of tactical and skill based
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.					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/ 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.					Components to be covered within the month in terms of fitness/ based
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!					Minis start to have a grasp on small unit game skills such as 3v2, 4v3 and 5v4 through indoor. 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					Goal of team/minis to be met

