

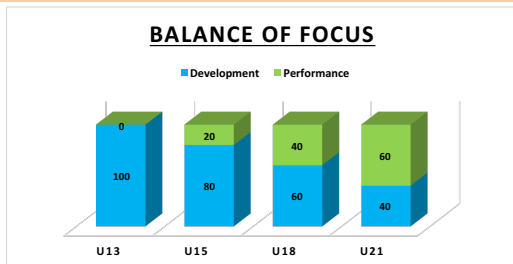


# CAPITAL HOCKEY - Youth Athlete Guidelines



Capital 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.

<b>ATHLETE AGE</b>	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
<b>SCHOOL YEAR</b>	1	2	3	4	5	6	7	8	9	10	11	12	13				
<b>SPORTS</b>	Broad Range of Activities						Hockey + 1 other winter sport			Hockey + 1 summer sport			Specialise in Hockey				
<b>HOCKEY CONTACTS</b>	1 Per Week			1-2 Per Week			2-3 Per Week			3-4 Per Week			5 Per Week				
<b>MATCHES</b>							1 Per Week			Ideal 1, max of 2 Per Week			Max of 2 Per Week				
<b>REST DAYS</b>										1 Per Week			1 Per Week				
<b>SUPPORT ACTIVITIES</b>										2 Hours Per week			4 Hours Per Week				
<b>TOTAL LOAD</b>	Physically Active Every Day									8 Hours Per Week			12+ Hours Per Week				
<b>REPRESENTATIVE</b>							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		
<b>FOCUS</b>							Enjoyment		Development		Development/Performance		Performance/Development				
<b>PHASE</b>	Novice			Advanced Beginner			Competent			Proficient			Expert				
<b>PRIORITY</b>							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