

Field Hockey Alberta High Performance Program (FHAHPP)

Season: 2018 - 2019



**Powerful, disciplined and realistic field hockey built
on a solid defence with a strong physical base**

Intro

The FHAHPP is a big step in the future international career of any young talented field hockey player. We invest in individual development and in- and off-field team skills. By participating in 4 big events during the year combined with a carefully constructed training plan we stimulate each athlete to become the best field hockey player they can be.

Planned events 2018-2019 :

- National hockey festival (Development)
- Dino's indoor tournament (Development)
- BC Regional Cup (Development)
- National championship (Performance)

The program is initially an individual development program. We stand for a strong, united Alberta with our own values and way of playing. As Field Hockey Alberta we want to play :

Powerful, disciplined and realistic field hockey, built on a solid defence with a strong physical base

The following presentation will map out the path forward for our athletes as they continue on their journey

CANADA NATIONAL DEVELOPMENT
TEAMS

Age group : 2004 - 2002

Alberta High Performance U18 competitive players
Alberta High Performance U18 development players

- Clubs
- U OF C DINOS
- High school programs

Age group : 2005 - 2007

Alberta High Performance U15
competitive players (2005&2006)

Alberta High Performance U15
development players

Local clubs

CJP

High School programs

FHA Festivals

TRAINING FUNDAMENTALS

Basic individual skills

Field Hockey
Alberta

Strong
defensive base

Tactical awareness

Discipline &
fitness



A background image showing several field hockey players in action on a field. They are wearing dark jerseys with white numbers (15 and 26 are visible) and are holding their sticks. The image is slightly blurred, suggesting movement. A dark blue semi-transparent box is overlaid on the top half of the image, containing the title and the first two sections of text.

Discipline & fitness

All Year → All Events

Discipline and Fitness are core values of Field Hockey Alberta and the FHAHPP. There is no specific point during the season where there will be extra focus on Discipline and Fitness. But these values are considered basic skills and are to be lived during the entire season.

Discipline:

The FHAHPP is the next step towards an international hockey career for a young talented field hockey player. While participating in the program (in and out of season) we think it is important to be an example to others and lead by example. As members of the FHAHPP we always try to “leave the jersey in a better place”

Fitness :

Fitness is a non-field hockey specific skill every player can work on during the entire year. Hockey-Fitness will be an important part of the FHAPP. During season and off-season the personal fitness will be encouraged and, if needed, extra fitness programs will be provided by the FHAHPP.

Basic individual skills

August – November → National Hockey Festival Florida

During the period August – November the focus will be on improving individual basic skills. Players focus on their personal (technical) ability and individual development will be a primary focus. Basic skill as displayed below:

In-game

- 1-1 attacking
- 2-1 attacking

Training

- Push-pass while running
- Passing sideways while running
- Sweep
- Hitting the ball (while running)
- Scoop (15m girls & 23m boys)
- Basic BH skills
- Closed & open receiving
- Basic control over the ball
- 1-1 D
- 2-1 D

U15

In-game

- 1-1 attacking
- 1-1 defensive
- 2-1 attacking
- 2-1 defensive
- Passing while running
- Sweep (Pass)
- Passing sideways while running

Training

- Scoop (23m girls & 30m boys)
- Basic BH skills
- Closed & open receiving
- Basic control over the ball
- 1-1 A and D
- 2-1 A and D
- Individual SC skills

U18

Train to Train vs. Train to compete

Discipline & Fitness

Strong defensive base

January – February → Dinos indoor tournament & Canadian Indoor Classics

During the period January – February the focus will be on creating a strong defensive base. Players work on individual and small team (tactical) defensive skills. NBP (No Ball possession) skills and awareness are a primary focus. The indoor season will be used as an ideal training ground for these skills.

In Game:

- 1-1 defending
- 2-1 defending
- Recognizing player advantage / disadvantage

Training

- Move and recognize hockey spaces
- recognize difference between zone and man-to-man
- behavior in NBP is leading

U15

In-game

- Pressing / manipulating opponent
- recognize pressing / zone and man-to-man
- Behavior in NBP is leading
- Recognizing and playing player advantage / disadvantage

Training

- Recognizing game-play in training
- Training within team goals

U18

Train to Train vs. Train to compete

Discipline & Fitness

Tactical awareness

April – May → BC Regional Cup

The last development segment of the FHAHPP is tactical awareness. After working on the individual and smaller game concept it's important the players learn to use their skills in a full game situation. What game-play are we / our opponent playing and what do we / our opponent want to do with it.

In Game:

- NBP : Pressing / manipulating opponent
- NBP : recognizing game plan opponent
- BP : playing by a game plan

Training

- Training within team goals
- recognize and using zone and man-to-man defense
- Self-regulation

U15

In-game

- NBP : Pressing / manipulating opponent
- NBP : recognizing and adapt to game plan opponent
- BP : Using different game-plans

Training

- Training within team goals
- recognize and using zone and man-to-man defense
- Self-regulation

U18

Train to Train vs. Train to compete

Discipline & Fitness

Road to nationals

The final part of the FHAHPP is (the road to) Nationals May-July. During Nationals the players can get selected for the Canadian Junior Development Squad (CJDS). This final portion of the program sees the previous segments of our plan brought together. In the last 2 weeks of the FHAHPP our entire focus will be on peak performance during the nationals.

In Game :

- Basic individual skills
- Individual and team defensive base
- Individual and team tactical awareness
- Discipline & physical strength
- Game-specific skills (PC)

U15

U18

In training :

- Fine tuning individual skills
- Fine tuning individual and team defensive basics
- Raising Individual and team tactical awareness
- Perfect discipline & physical strength
- Situation specific training (PC & BS1,2,3,4)

Year calendar (CONCEPT)

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