



**New Zealand Junior Hockey Academy  
Selection Guidelines  
2009/2010**

June 2009

## 1. OBJECTIVE

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To identify athletes with the required attributes to become elite senior Black Sticks

## 2. ELIGIBILITY

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Players in the New Zealand Junior Hockey Academy programme will predominantly be between the ages of 15-18 years. There will be flexibility to allow for the inclusion of players older than 18 to be included at the discretion of Hockey New Zealand. The Squad will consist of 16 field players and 2 goalkeepers

## 3. SELECTION CRITERIA

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As hockey is a team sport and not a measured or timed event it is difficult to select athletes based solely off a skill criteria. Hockey New Zealand will identify athletes who have both high individual skill levels and have attributes that enhance the balance of the squad being selected i.e. ability to play more than one role or have specialist skills which will benefit the group. The attributes listed below will form the base on which athletes will be measured during the selection process.

### 3.1 Desired Attributes of Academy Members

#### 3.1a INDIVIDUAL

##### Physical

- High Aerobic and Anaerobic fitness levels
- Speed and agility
- Strength on and off the ball

##### Technical

- Ability to execute core skills consistently in a match environment  
Core skills:
  - Passing - Hitting: upright & sweep, push on the move
  - Tackling: forehand, reverse, jab
  - Ball carrying: close and Indian
  - Receiving: forehand and reverse with forward visionGoalkeeping Core skills:
  - Ability to block straight shots
  - PC technique
  - Positioning and goal awareness
- Ability to execute or develop advanced skills
  - Passing - reverse hitting, overheads, deception
  - Tackling - shave tackle, marking to intercept
  - Ball Carrying - open dribble and jinking, maintain possession
  - Receiving - aerial, interceptions
  - Specialist skills - PC attack, defenceGoalkeeping Advanced Skills
  - Controlled clearances
  - Ability to close down attackers

## **Tactical**

- Understanding of positional responsibilities
- Ability to read a game and react
- Composure
- Create and utilise space
- Strong decision maker
- Creative on and off the ball
- Pass selection

### **Goalkeeping**

- Lead defence
- Control of the circle

## **3.1b GROUP**

- Willingness to be part of a team and work effectively in it
- Commitment to the programme
- Versatility - fulfill multiple roles
- Desire to learn and improve