



HOCKEY VICTORIA

# ELITE SKILL DEVELOPMENT DAY

Excellence. Respect. Teamwork. Humility

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The Elite Skill Development Day provides athletes who have played at zone level (JSC) or higher with the opportunity to participate in intensive and specific skill training in small group environments. Groups will be coached by current State and Victorian Institute of Sport Coaches and Athletes, a number of whom are coaches in the Hockey Victoria Academy Program. We encourage all athletes that have played at zone level or higher to attend these days.

The Elite Skill Development Day provides a great opportunity to train with athletes of a similar age and ability whilst offering exposure to some great coaches with an opportunity to be assessed by our Athlete Identification Officers (AIOs).

The Elite Skill Development Days are run throughout the year and in conjunction with school holidays as well as leading into The Final Player Assessment Days. On each day there are a combination of skills sessions, modified games and full field match play.

Please note that The Elite Skill Development Days are also an opportunity for Athletes to gain selection to the Final Player Assessment stage for State Team selection. Some Athletes who attend these days are not necessarily there to gain selection to the Final Player Assessment stage but are there to gain some further personal development. If you are not wanting to be assessed for the possibility to gain selection to the Final Player Assessment stage, please inform the coaches on the day.

# Example of an Elite Skill Development Day



## ESDD

Passing and Receiving

Goal Scoring

Modified Match Play

**BREAK**

Team and Skill Based Drills

Match Play



\*For those athletes that are unsuccessful with selection to Final Player Assessment 1 and would like feedback from the Day, you can do so by **request only**. We ask that your request be done within 10 days post the event.

# Elite Skill Development Day Age Groups



AGE GROUP	Which age groups attend	When do registrations open each year	Which school holidays does The ESDD take place	How many players can attend
<b>U13</b>	Athlete is 13 years or under on DEC 31st the year of State Tournament NOTE: Preferably the athlete should be at least 10.5 years old	April	JUN - JUL	Approx. 60 Field Players & 6 GKs Both Girls & Boys
<b>U15</b>	Athlete is 15 years or under on DEC 31st the year of State Tournament	October	DEC - JAN	Approx. 60 Field Players & 6 GKs Both Girls & Boys
<b>U18</b>	Athlete is 18 years or under on DEC 31st the year of State Tournament	October	DEC - JAN	Approx. 60 Field Players & 6 GKs Both Girls & Boys

\*Please make sure you check with us if you are unsure as to which age group you belong to.

\*To register please head over to our registrations & nominations page.



# HOCKEY VICTORIA ATHLETES

More than just hockey players.