



National Roller Hockey Association of England Limited

Founded in 1904

Development Projects Guidelines

Aim

As the National Coaching Director for England Roller Hockey, it is my aim to raise the standard and profile of English Roller Hockey, to competitively participate in Under 17 European Championships.

Objectives

I am looking to develop players to play at Under 17 Level in the future. In order to achieve my aim I will be focusing on two main areas of development:

1. Developing basic skills

- Skating
- Ball Control
- Passing
- Shooting

2. Developing tactical skills

I will be introducing tactics into the players' game to start preparing to play in Under 17's European Championships.

Based on the objectives I will include into each project any player who I believe can develop to a standard to play at International level. This means that the numbers of players (Outfield and Goalkeepers) may vary in each project.

National Training Weekends

It is a very important part of these projects. National Training Weekend is part of National Calendar which means no competitions take place over these weekends.

National Training Weekend dates are published on the NRHA website and will usually take place on the third weekend of every month. The cost of the session is £12 for 3hrs.

The required dress code for National training is:

- White socks
- Navy Blue shorts
- White National Training T-shirt.

Roller Hockey Camps

Roller Hockey Camps are run twice a year, one in the Summer and one over the Christmas period.

The camps are usually held over a four day period at a cost of £150 plus food and accommodation where required.

Trips Abroad

Due to the lack of resources in England, as rinks are not designed to play roller hockey, I have arranged protocols with Portuguese cities that enable me to organise a minimum of two trips per year for each project, at a reasonable cost. The objective of each trip is to have 8 training sessions and 4 friendly games against Portuguese teams.

The trips are £265 (based on exchange rate of 1.1) per person which includes

- Accommodation for 5 nights, including breakfast
- 2 meals per day
- Transport from/to airport
- Coaching costs, which also includes Coaches flights and accommodation
- Miscellaneous costs, such as sports equipment bags for playing kit and sticks, medical kit, laundry of playing kit and water

Flights are not included and these will need to be booked by the players/parents once the trip dates are confirmed.

Although the projects may have several players, I will only take 8/10 Outfield players and 2 Goalkeepers per team.

Extra Sessions

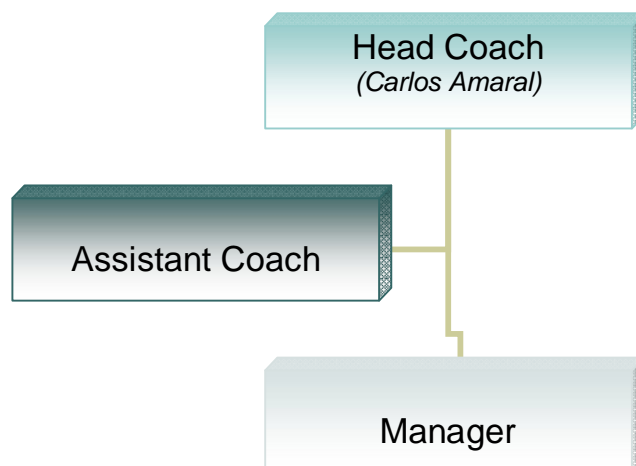
I intend to organise extra training sessions during school holidays to keep the momentum between National Training weekends.

The cost for extra sessions will include my Coaching fee of £25 per hour + fuel and the cost of the sports centre which will be divided into the players attending.

Structure

As well as National Teams, I will be ultimately in charge of the Development Projects.

However all good projects can only progress when there is a support structure in place. The initial structure is shown below; however this is subject to change depending on the progression of these projects.



Assistant Coach

I will be assisted in Development projects by other Coaches and this will also help the development of English Coaches, which is part of the National Development Plan.

Managers

The Manager's role will be mainly for trips abroad and any extra sessions. There is no requirement for the Managers to manage during National Training Weekends or Camps, as there is already a Coaching Director structure in place for these events.

The Manager's main responsibilities will be;

- Manage the players off the rink at all times.
- Follow a daily plan prepared by the Head Coach
- Support the Coaches during training and games.

Health & Fitness

As part of the plan we are also looking to develop individual player's fitness and to encourage them to look at their diet.

Clothing


To ensure these projects remain professional I would like all the players to purchase the following, which will be worn at all activities that are part of these projects:

- Development Squad Track Suit
- NRHA T-shirts - white for training and red for off the rink.
- White socks
- Blue shorts

Summary

We have enthusiastic and talented players in England that deserve to be recognised in Europe and the World.

These projects will only succeed with the determination of all the players, the support of the parents and family and the commitment of Coaches and Managers, by working together I know that we will achieve our aim.



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