



# National Roller Hockey Association of England Limited

Founded in 1904

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## Ladies Development Plan Project 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 European and World Championships.

### **Objectives**

The objective of this project is to concentrate on the development of Ladies under 14 years old to ensure they reach the standard required to join the Senior Ladies session in preparation for International competitions. The Ladies in this project will train along with the boys on Saturdays at National Training Weekend and will be put into sessions according to their ability. In order to achieve my aim I am focusing on three main areas of development:

- 1. Basic Skills**
- 2. Tactical Skills**
- 3. Health & Fitness**

### ***National Training Weekends***

It is a very important part of the Development Project. National Training Weekend is part of National Calendar which means no competitions taking 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
- Blue shorts
- White National Training T-shirt.

The t-shirt can be bought at National Training at a cost of £7. White socks are also available at £6 per pair.

### ***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 lack of resources in this country, as rinks are not designed to play roller hockey, I organise a maximum of two trips each year to Portugal (or Spain) to train and to play friendly games against Portuguese (Spanish) teams.

The trips are £230 per person, based on an exchange rate of 1.2. This may vary depending on the exchange rate. The cost of the trip 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 laundry/medical/water/additional travel/sports centre.

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

Any invitation for tournaments will be over and above the Development Project trips mentioned above.

### ***Extra Sessions***

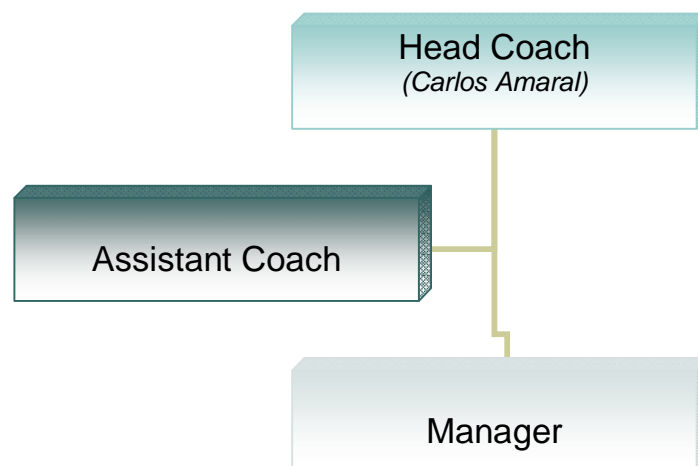
I organise extra training sessions during school holidays to keep the momentum between National Training weekends.

The cost for extra sessions will include my Coaching fee of £25 per hour + fuel and the cost of the sports centre.

### **Structure**

I will be ultimately in charge of the Ladies Development Project.

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 the project.



### **Assistant Coach**

It is always my objective to have at least one Assistant Coach in this project. This will not only help support the Development of the Project, but will also help the development of English Coaches which is part of the National Development Plan.

## **Managers**

I will be responsible for this area and will delegate accordingly for trips/tournaments abroad.

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.

## **Who I include in each project?**

This project is for all Ladies who are under 15, however it will be my decision to decide whether or not the player has reached the standard to move up to the Ladies Senior session on a Sunday.

## **Clothing**

To ensure this project remains professional I would like all the players to purchase the following, which will be worn at all events, that are part of this project:

- Track suits – Development Project tracksuits at a cost of £40
- NRHA T-shirts - white for training and red for off the rink, at a cost of £7 each
- White socks
- Blue shorts

## **Summary**

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

The Development 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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