



National Roller Hockey Association of England Limited

Founded in 1904

Project 2010 Development Plan

Aim

As the National Coaching Director for England Roller Hockey, it is my aim to raise the standard and profile of Roller Hockey, to competitively participate in 2010 European Schoolboys Championships, which will be held in England.

Objectives

I have been running this project since February 2005 and have been developing players to play at Schoolboys Level in the future. In order to achieve my aim I have been focusing on two main areas of development:

1. Developing basic skills

- Skating
- Ball Control
- Passing
- Shooting

2. Developing tactical skills

I have introduced tactics into the players game to start preparing to play in Under 17's European Championships.

National Training Weekends

It is a very important part of this 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 £10 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 £5 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 have organised a minimum of two trips each year to Portugal to train and to play friendly games against Portuguese teams. I will be continuing to do this.

The trips are £220 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

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

Extra Sessions

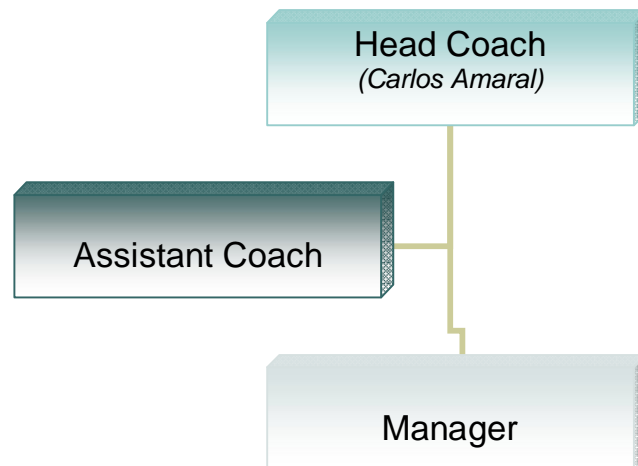
I have organised extra training sessions during school holidays to keep the momentum between National Training weekends and will also continue to do this.

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

Structure

As well as other Development Plan projects and National Teams, I will be ultimately in charge of the 2010 Development Squad.

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

I will be assisted in this project, in the main by Arthur Corr, however I may be assisted by other Coaches at times when Arthur is unavailable, 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. Kirsty Ingham has developed a Health and Fitness information pack which incorporates a 14 day food and sleep diary. As soon as this project is running we will issue this pack to all players. Once the diary is completed then Kirsty and I will be able to put together an action plan on the best way to develop individual players in this area.

Who I included in this project?

This project is available to all players born in 1994 and 1995, however as I have been working on this project for two years, I have already selected the initial Squad, which is made up of players born in 1994. Although I have selected these players to be developed as a team for 2010, there may be opportunities for other players born in these years to develop and possibly replace a player in the initial squad, if their playing ability is of a higher standard.

I reserve the right to include players in this project into another project and also players from other projects into this project.

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:

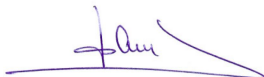
- Track suits – already purchased by players
- NRHA T-shirts - white for training and red for off the rink, at a cost of £7 each
- White socks
- Blue shorts

Summary

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

This project 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.

This project started in February 2005 and will run through to 2010.



Carlos Amaral
NRHA Coaching Director
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