



HOCKEY WALES
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Hockey
Centres

FAQ

DEVELOPING TALENTED

ATHLETES IN **WALES**

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Frequently Asked Questions

Q – What is the purpose of 360?

A – The 360 programme is part of our performance pathway and aims to develop each person who attends to be the best hockey player they can be. The themes and sessions are based around and underpinned by the GB Hockey 'Talent Development Framework'. The 360 programme will look to develop players who are highly skilled, have a 'what it takes' attitude, are effective decision makers, can self-organise and are fast and robust.

Q – I don't understand the levels within 360 and how the player pathway works?

A – Any player, with Welsh eligibility, between the ages of 13 and 18 (year 8 and above) can join 360. Most players will begin their journey at a 360 centre and will then be nominated by the coach to join a Regional Performance Centre (RPC) based on ability and their commitment to the 360 programme.

RPC's then provide the platform to be identified and nominated for a position within the National Age Group (NAG) squads, increasing contact time due to having to attend both the RPC and NAG activity.

There will always be the possibility that a player will move both up or down within the pathway, however this will be continuously communicated through feedback and development assessments.

Q - Who are the coaches at each 360 Centre?

A – Specific details of coaching staff will be sent in due course, once registrations have closed.

Q – How long are 360 registration open for?

A – Due to popularity and the increasing demand, our 360 centres don't take too long to fill, therefore we do not have a specific time frame, however we usually allow a month from the time registrations first open for our previous members, allowing them a priority window before opening up to new members.

Q – What do you offer Goalkeepers in the 360 Programme?

A – We endeavour to provide all goalkeepers with specific training delivered by our specialist coaches.

Q – Where is the competitive element?

A – Developing players to be able to compete and perform under pressure is a key part of 360, therefore the importance of competition has not been based on a two-team event where we result in a winner and a loser. The competition element is very much incorporated into the training programmes, providing players with a challenging and competitive environment.

Q – Why don't we play matches at 360 level?

A – The 360 Programmes are designed to develop, support and enhance players as individuals but also within their club and school environment.

Q – Why don't we practice skills at 360 level?

A – Players are always encouraged to expand their skill set both on and off the pitch, however there will always be a balance reached within the session design to ensure there is adequate skill development opportunities as well as opportunities to select, apply and execute skill in game like scenarios improving the players abilities to become a better decision maker and problem solver.

Q – Do I have to attend every 360 session?

A - It is expected that every player attends every 360 training session where possible. We understand there are times where players cannot attend, due to unforeseen circumstances and possible clashes with other hockey activity, which may take priority. However, early communication of any potential clash is the best way to progress and then we can advise and support as necessary. It would be true to say though that in any Pathway activity players will get out what they put in so the better the attendance is, the better opportunity there is to develop and progress and make the most from the opportunities afforded at this level. Balancing commitments at differing stages is a key component of a successful senior player so this is another skill that can be developed by young people at this level that will benefit them moving forwards

Q – I have a commitment that clashes with 360?

A – If you find yourself where you have another commitment which clashes with your 360 training then please speak to your head coach as early as possible. If the event is a hockey event then the head coach will decide if this takes priority over 360. EHL and National Cup Competitions are examples of events which may take priority over 360. Other sporting and non-sporting events are unlikely to take priority over 360. But it is always best to speak to your head coach in advance as every situation is different.

Q – Why do boys and girls train together?

A – At 360 we have mixed training groups, as maturation between boys and girls is different and varies. Having boys and girls at each centre allows for the coaches to mix groups, where appropriate, to provide stretch and challenge to all players.

Q – How do coaches group players in a session?

A – The coaches will group players in various ways, depending on the intended objective and outcome required. They will only mix genders and ages when it will benefit all players. Sometimes groups will be mixed, and others will be split boys and girls, depending on what the coaches are trying to achieve.

Q – Why are there no trials for 360?

A – Trials are a snapshot judgement on players and may not give a true judgement of their ability or character. We prefer to observe players over a number of sessions, before forming any opinions of their ability. All players will be given a fair chance to demonstrate their ability before being retained, moved up or released from 360.

Q – Why do you have a self-nomination process?

A – We have a self-nomination process so anyone aged 13-18 who wants to develop their hockey can! By having a self-nomination process, we are allowing everyone the opportunity to be part of the programme, regardless of school, club or location.

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