

## DEVELOPMENT LEVELS EXPLAINED

Levels	Activities
1	<p>Teaching the basics</p> <ul style="list-style-type: none"> <li>• Basic Skating <i>Turns, Cross Legs, Sprint, Power Leg,</i></li> <li>• Individual Technique <i>Ball Control, pass and shots</i></li> <li>• How to play the game</li> </ul>
	<p>This level is for teaching basic skating and roller hockey. We will be teaching the basics of skating and how to play roller hockey. Once a player is confident on skates and has an understanding of the game he/she will move to level 2.</p>
2	<p>Developing the basics</p> <ul style="list-style-type: none"> <li>• Basic Skating <i>Turns, Cross Legs, Sprint, Power Leg,</i></li> <li>• Individual Technique <i>Ball Control, pass and shots</i></li> <li>• How to play the game</li> <li>• Reaction Capacity</li> </ul>
	<p>This level will concentrate on developing the basics taught in level 1 and the introduction of reaction capacity. Players will be taught the importance of position on the rink on and off the ball.</p>
3	<p>Introducing Tactics</p> <ul style="list-style-type: none"> <li>• Introduce Team Play</li> <li>• Position on the rink</li> <li>• Defense and attack</li> <li>• Show Man to Man</li> <li>• Set up moves</li> <li>• Reaction capacity</li> <li>• Basic Carousel</li> <li>• Fitness &amp; Health</li> <li>• Sports Mentality</li> </ul>
	<p>In this level we will be introducing the tactics and set up moves used in the England system and explaining how and when they are used. We will also start talking to the players about Fitness and Health and the importance of having a sports mentality. Once players have an understanding of the above they will move to level 4.</p>

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4	<p>Developing Tactics</p> <ul style="list-style-type: none"> <li>• Restrict Man to Man</li> <li>• Carousel</li> <li>• Set Up Moves</li> <li>• Reaction Capacity</li> <li>• Fitness</li> <li>• Warm up off rink</li> <li>• Sports Mentality</li> </ul>
	<p>In this level we will be concentrating more on the tactical side, set up moves, reaction capacity and making the players more robust in play. In this level we also develop the competencies learnt in level 3. We are preparing players mentally to build their confidence, as well as their thought process on the rink. This will include reading the game on and off the ball, understanding their position on the rink and working hard on fitness.</p> <p>Some players in this level are eligible to attend open session for under 17's on Sunday, however attending this session as well will give them the opportunity to develop in areas that they need to improve more.</p>
5	<p>Focus on tactics</p> <ul style="list-style-type: none"> <li>• Tactics (defense and attack)</li> <li>• Set up Moves</li> <li>• Reaction Capacity</li> <li>• Fitness</li> <li>• Sports Mentality</li> </ul>
	<p>The players in this level will be focusing on the above competencies. They know the tactics, can play any format, understand where to play on and off the ball and know the set up moves. Most of the teaching in this level is to keep improving their confidence and sports mentality individually and as a team.</p> <p>Some players in this level are eligible to attend open session for under 17's on Sunday, however attending this session as well, will give them the opportunity to develop in areas that they need to improve more.</p>