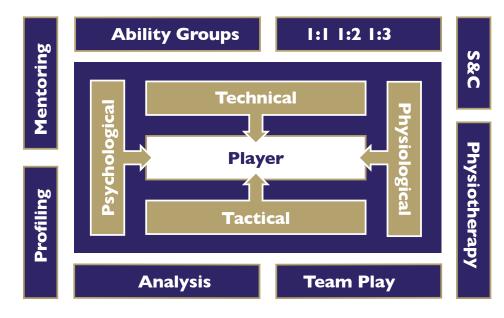


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Ellesmere College High Performance Hockey

Ellesmere High Performance Hockey (EHPH) is focused on individual player development within the team environment. It is understood that individual player development is an intricate and open-ended process that requires a multifaceted approach. EHPH seeks to nurture and develop every player's individual needs and personal hockey goals, whilst at the same time helping them to balance the numerous and varied demands placed upon them as they mature.



The EHPH ethos states that an individual's qualities are more important than performance outcomes. High performance outcomes follow, when individual qualities are intrinsically established. Work ethic, self-motivation, team spirit, positivity and enjoyment are just some of these qualities.



Technical

- I: 1 2: 1 3: 1 = more individual attention
 - Individual feedback from training
- Individual feedback from games
- Scheduled progress reviews
- Facilitating pitch time
- Me and the ball = 10 minutes of free play
- Spare time = Unstructured hockey time

Player **Physiological Psychological** Strength & Conditioning Feedback Physiotherapy Team meetings **Fitness Training** Mentoring Mentoring Hydration and Nutrition Network of support

Recovery Sessions

Balancing EHPH with academic work

Tactical

Team tool kit = formations, pressing tactics, set pieces, pressure points, etc.

· Individual and team development

Video analysis

Team debriefs

Watching hockey

What can the High Performance Hockey programme offer to players?

- Year round hockey development
- Regular fitness testing
- Structured conditioning programmes
- One to one reviews
- Generic skill development

Facilities

Members of EHPH are able to make full use of the College's outstanding facilities which include:

- A brand new all-weather pitch
- Indoor swimming pool
- State of the art cardio gym
- Free weight performance gym

Scholarships

Hockey scholarships are available on an assessment basis for players keen to develop and nurture their game in a professional environment. If you want to know more, why not book a Taster Day and Assessment using the contact details below.

 Positional skill development Access to nutritional advice

- Access to cross training sessions
- Game analysis work

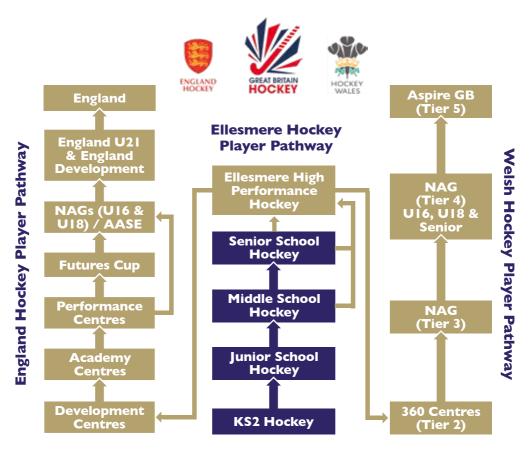
Indoor sports hall

Squash and tennis courts

Tailored Strength & Conditioning Sessions

Ellesmere College Player Development

Ellesmere College is fortunate to be situated close to the border of Wales. Therefore the pupils of the Ellesmere High Performance Hockey Programme have access to both the English and Welsh performance pathways.





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For more insights into Ellesmere College, follow us on:



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