England Hockey Board
National Performance Centres
EAS Conference
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www.englandhockey.co.uk

EHB National Performance Centres

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Agenda

- Principles & Implementation of the Single System
- National Performance Centre tender & selection process
- TASS integration & England Hockey Board (EHB) investment
- Operational feedback first 3 years
- Impact on athletes and coaches
- Next 3 years
- Questions

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What is the Single System?

- Development pathway for all ages and abilities; players, coaches and officials to reach their full potential.
- Based on a set of principles that puts the participant at the centre and is based on scientific research widely accepted by the majority of other major sports within England.

Why did hockey need a Single System?

- Many historical boundaries, systems and competitions that make the hockey landscape a complicated one.
- The pathway varied enormously, not only between boys and girls, but also from region to region and county to county.

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Principle's of the Single System

- Long term view of a player's development.
- Research concluded that it takes 9-10 years of deliberate practice to become an expert performer.
- Players learn core skills, then how to apply them in game situations, a constantly changing environment.
- Good decision making supported by team tactics, conditioning and psychology to contributes to performance..
- EHB wanted all to reach their potential – whether that potential is at school / club level or international level and also to provide for coaches, officials and administrators in the sport as well as players.

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The purpose of the Single System was:

- to make opportunities for participants fair, equitable. and consistent.
- It is to ensure that a suitable level of coaching and competition is offered for people at the appropriate stage of their development and to maximise the chance they have of fulfilling their potential whether that potential is as a club or international player, coach or official.

The Single System progress:

- Extensive consultation over a two year period
- Board approved the implementation plan of the Single System in July 2006.
- Since July 2006 EHB have been working together with Regional & County Associations, HE/FE and other partners to roll out the different elements of the Single System framework

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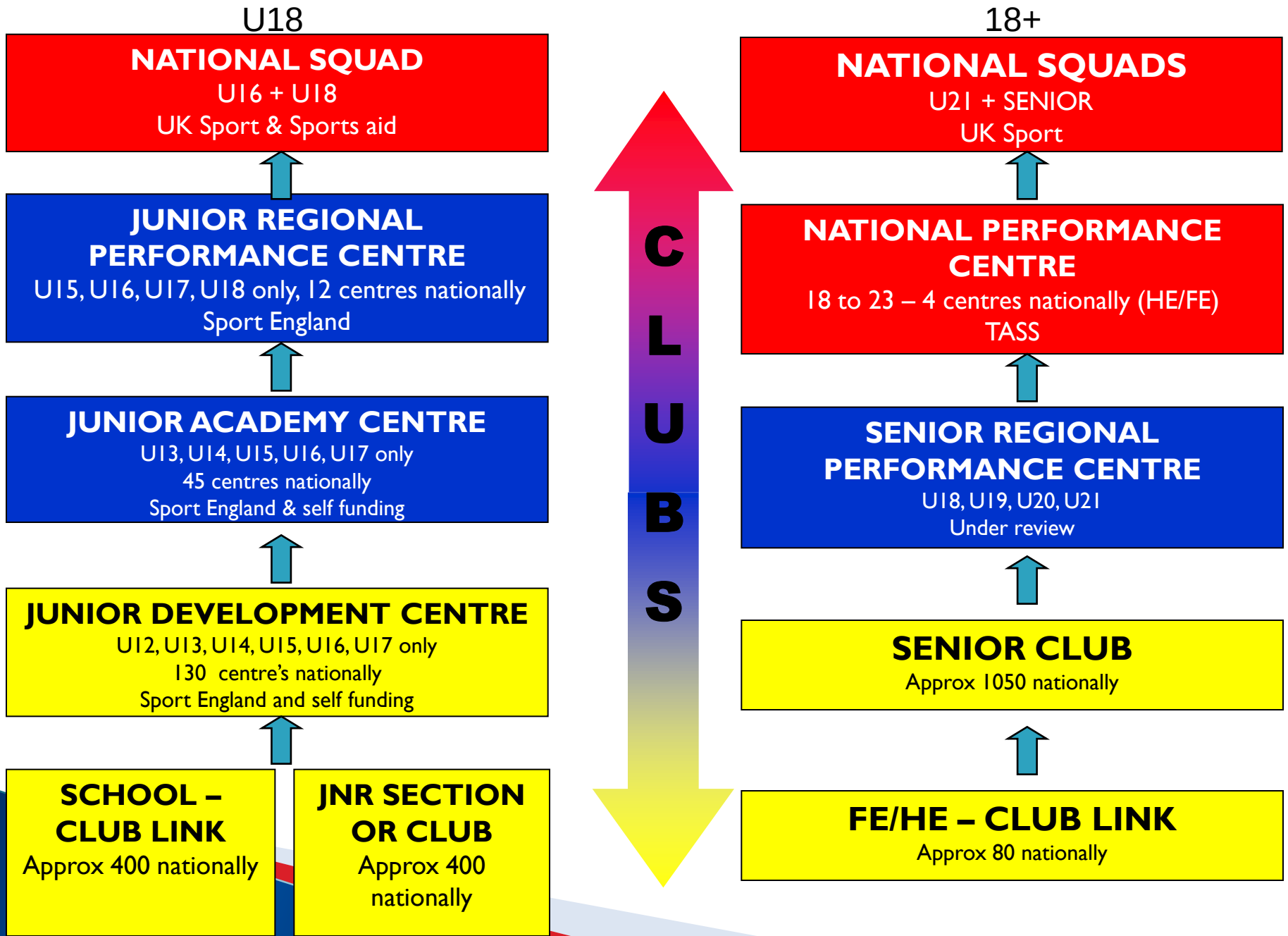
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England Hockey's Single System

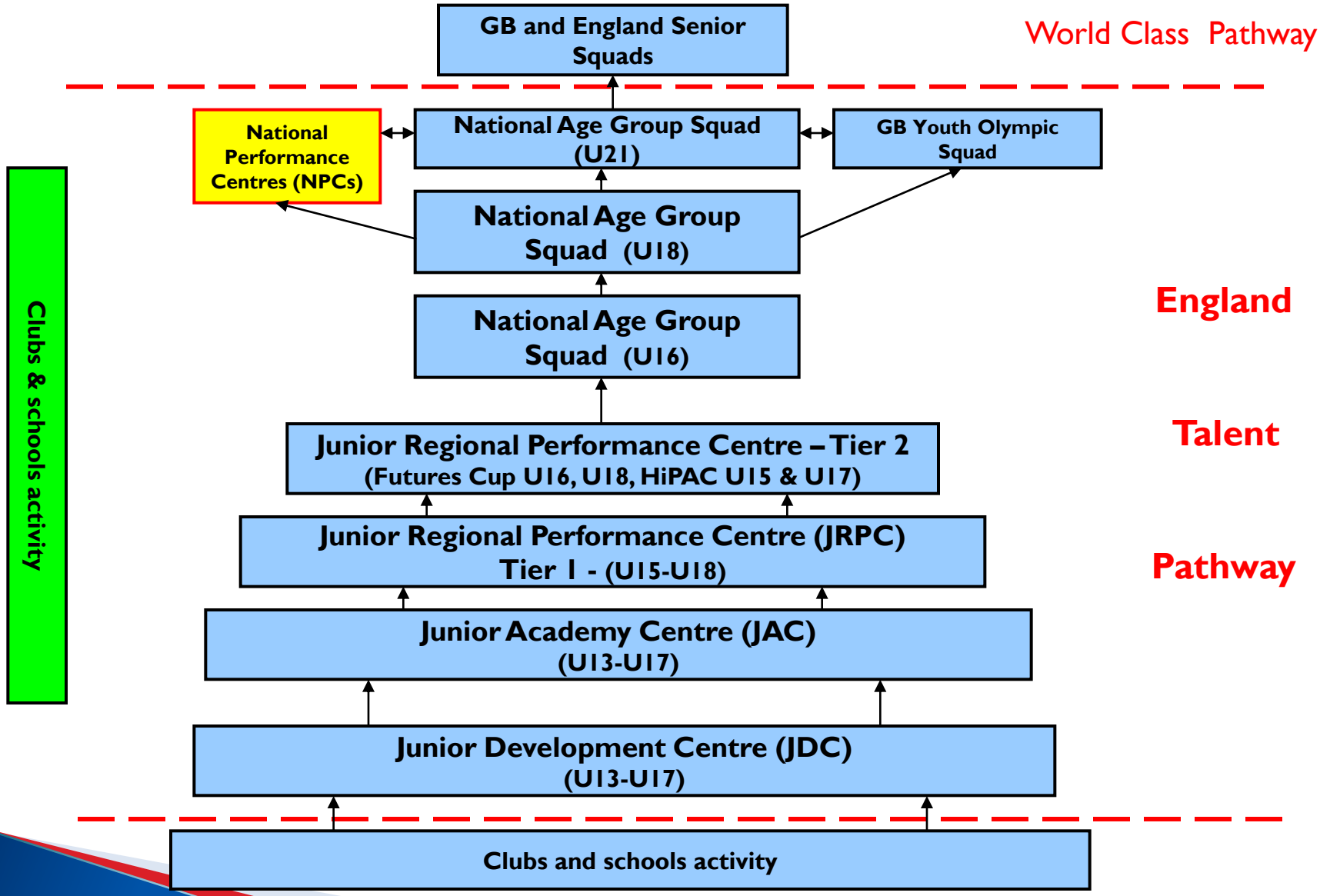
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England Hockey Single System Player Pathway



England Talent Pathway for Hockey



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National Performance Centres (NPC's)

- Extensive open and transparent tendering process
- Over 30 higher education establishments applied
- EHB appointed 6 NPCs of which 5 are live
- These centres provide daily contact / coaching for our top 40 players aged 18 – 23 who will combine their training with education or employment.
- 5 centres – East Midlands, Yorkshire, West Midlands Manchester and Hockey West

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NPC's

- Daily delivery mechanism for which EHB performance strategies can be delivered in partnership with Institutes of Higher Education (HE).
- They provide relevant talent selection supporting the Performance and Single System (hockey development) strategies.
- They provide excellence in training facilities and delivery of a high performance hockey programme for approximately 40 players (male & female) aged 18-23 years.
- A large percentage of players in this age group enrol on an undergraduate or postgraduate programme of study.

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Selection Panel for the NPC's

- No panel member had allegiance to a HE institute or club and no consultative panel members had a vote
- Key panel members
- Panel Chair– non executive England Hockey Board member
- Higher Education representative (UCAS) –to consider the range of educational courses available
- EHB Performance & Development Directors
- Head of Sports Programmes for BUSA (now BUCS)
- Consultative panel members
- Sport Science/Sport Medicine (EIS staff)
- UK Sport & TASS representative
- EHB National Manager for Education & Schools

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Key selection criteria

- Appropriate club links
- General & Hockey Specific facility provision (including staffing).
- Depth and breadth of available academic and vocational courses and key partners (where relevant) for this delivery.
- Funding provision from University and Partnerships; Detail of the funding which the HE institute can provide
- External Funding requirements of University; Detail of the funding requirements from external agencies i.e. EHB, Sponsorship and Grants etc. which will be essential in providing all named services e.g TASS.

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EHB staffing

NPC Performance Manager (PM)

PM is the EHB lead for the NPC's which includes:

- Line management of NPC coaches
- Personal development of the NPC coaches
- Player development and management
- Management of ss/sm delivery with EIS lead
- HE/FE communication
- TASS for Hockey
- Local club links

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EHB staffing

NPC Head Coach.

The duties of the Head Coach are:

- To act as key liaison person with the host university.
- To coach NPC players up to 10 hours per player/per week.
- To support the existing university staff (or to manage where not in existence) the hockey specific sports science programmes-EIS, TASS, Strength & Conditioning, Physiological, Psychological, Nutritional, etc.
- To support (where appropriate) regional, contracted and university coaches.
- Regular local club communication

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Club Links

- NPC players play for the university or clubs within the area to ensure appropriate weekend competition. The athlete leads the discussions with EHB on the appropriate club.
- The NPC's must have a relevant mix of EHB League (all divisions) plus Regional Premier League competition
- Must be within a 45 minute travel distance from the NPC Hub site (home games). Only in exceptional circumstances will players travel in excess of 60 minute to a club.
- University bursary/scholarship schemes will support the NPC delivery plan, with respect to the individual competition needs of all players in consultation with EHB.

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Institutional and Educational Support

Institutions support NPC athletes and have:

- An institutional wide commitment to flexibility about study opportunities and examination schedules/course assignment deadlines, and support NPC players in accessing this flexibility
- A commitment and capability to provide all required TASS services to NPC players at the required standards
- The NPC has access to a wide range of academic and vocational courses, via single site or multi site (HE/FE franchise/consortiums) to suit a wide range of student academic competence, interests and chosen career paths.
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Hockey Specific Requirements

- A minimum of one full sized hockey pitch with appropriate performance surface within 30mins of the hub institute
- Priority bookings (for a minimum of 4 hours per day, led by player availability) within the hours of 6am-5pm weekdays
- Access to an Indoor (hockey surface) training venue (equivalent size of 4 badminton courts).
- Appropriate changing facilities, medical support room, seminar room, 2 suitable (raised platform) video vantage points and access to a swimming pool (as and when required and accessible)

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TASS Basic Level Entry Requirements from NPC's.

- Core SS/SM services to any NPC athlete at any NPC Institution.
- Institutions not able to fully meet the requirements but have 'partner' status from another TASS Institution within a maximum of 30 minutes travel time of the NPC institution
- TASS supports individual athlete funding for 30 players enrolled on an academic course of study.
- Support the provision of services to the small number of players involved at NPCs that are not undertaking academic courses of study.

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Strength & Conditioning

NPC Institution must provide access to:

- On-site strength and conditioning coaching input & support provided by a UKSCA accredited practitioner through an agreed programme
- On-site cardiovascular equipment/free weights/resistance equipment/Strength and Agility equipment and the appropriate, easily accessible dedicated facilities for the delivery of S&C services
- On-site **free** or subsidised Gym membership (with a maximum cost of £100) with an appropriate quality/range of equipment

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Lifestyle Management

Institution must provide:

- Designated and accessible member(s) of institution staff who act as PALS mentor for NPC players, recommended minimum of 1:8 mentor/player ratio, providing regular review/update meetings
- PALS staff who have attended and passed the relevant PALS training (must have completed:- Intro to PALS, UK Sport – Communicating with Players, Player Transition, 100% Me)
- The NPC's must be able to ensure a supportive environment and a student culture is in place to support the 'lifestyle' appropriate for a prospective International player.

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Sports Medicine

Institution must provide access to:

- On-site physiotherapy advice & treatment, within 72 hours, by a Member of the Chartered Society of Physiotherapy, with 3 years experience of sport injury treatment. They should be a member of ACPSM, with Level 1 accreditation and should be involved in their CPD programme
- On-site Sports Massage provided within 72 hours by a full member of the Sports Massage Association
- Access to Sports Physician, within 72 hours, who meets the BOA standard or agreed procedure providing access to the EIS Physicians supporting the TASS/BOA medical insurance programme

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Athlete Selection

- Based on potential to become a senior International athlete
- Normally following assessment via England U18/21 performances and in consultation with National coaches
- Open access to all if criteria met
- Athletes have to attend one of our NPC's and be in education
- Athletes performances are reviewed quarterly for Hockey progression/Lifestyle/S & C/Medical. Athletes can be removed from the programme for poor performance at any stage in the programme

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NPC Induction

- Year 1 & 2 Royal Marines, Decision Making-Leadership
- Year 3 & 4 Lilleshall NSC, covering a variety of workshops including Anti Doping/Injury Management/Nutrition/Time Management/Skill acquisition and development/Ownership and professionalism/Senior athlete experience
- A full range of fitness testing takes place to ascertain current competencies
- S & C programmes developed
- Training Diaries completion

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Next 3 years

- Develop the S & C programmes at U16/18 so athletes join the NPC programme better prepared
- Aim to get the NPC programme as close to the senior programmes in all aspects to ensure a smooth transition in to the senior programmes for the athletes
- Expect athlete numbers to stabilise at around 40 (60 senior athletes on funding)
- Close links to U21 programmes by use of appropriate staff appointments
- NPC's to lead the technical and physical development of pathway athletes to ensure we sustain and improve our position in world hockey

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QUESTIONS

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