

9 PLAYER QUALITIES

Fast*

Player is able to demonstrate the necessary speed of body and/or mind to compete in a fast dynamic game

Physically, Mentally & Emotionally Durable*

Player is able to regularly perform over time, in training and competition, when needed, without injury

Physically Literate*

Player is able to demonstrate the basic fundamental physical movement skills to be able to perform increasingly complex hockey specific skills

Intelligent Trainers*

Player can effectively adapt, manage and optimise physical preparation and recovery to meet specific performance needs when away from the GB/HC environment

Self-Managers

Player is able demonstrate resourcefulness in managing time and tasks, and in balancing hockey life and home life.

Motivated & Driven**

Player is clear on what they want to do, how to do it, and is prepared to do what it takes

Able to Cope with Pressure**

Player is able to demonstrate a range of mental qualities and techniques consistent with elite performance at the required moment

Self-Aware Learners**

Player is able to demonstrate good self-awareness, realistically reflect on own performance, engage in purposeful practice, and access appropriate support from others

Able to work with others**

Player is able to communicate effectively, relate to others, and demonstrate appropriate leadership

* Adapted from: Jennings et al (2012) & Lythe & Kilding (2011)

**Adapted from: Winning Habits (Changing Minds Ltd, 2014)