9 PLAYER QUALITIES

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

**Motivated & Driven**
Player is clear on what they want to do, how to do it, and is prepared to do what it takes

**Physically, Mentally & Emotionally Durable**
Player is able to regularly perform over time, in training and competition, when needed, without injury

**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

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

**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

**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

**Able to work with others**
Player is able to communicate effectively, relate to others, and demonstrate appropriate leadership

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

---

* Adapted from: Jennings et al (2012) & Lythe & Kilding (2011)
**Adapted from: Winning Habits (Changing Minds Ltd, 2014)