

SATURDAY – 18 April 2009

Development Squads Day

	SESSION 1 Group1 & Group 2	SESSION 2 Group 3	SESSION 3 Group 4	SESSION 4 Group 5	SESSION 5 Group 6
RINK 1	9:00-10:00 (Gr. 2) 10:00 – 11:00 (Gr. 1)	12:00 – 13:00	13:00 -14:00		
RINK 2	09:00-10:00 (Gr. 1) 10:00 – 11:00 (Gr. 2) 11:00 – 12:00 Gr. 1)	13:00 -14:00	14:00 -15:00	15:00 – 16:00	17:00 – 18:00
RINK 1	11:00 – 12:00 (Gr. 2)	14:00 – 15:00	15:00 -16:00	16:00 -18:00	18:00 – 20:00

Ladies Development

Ladies Development will be training with the boys. Girls will be put into sessions depending on their standard and will be move to Ladies Seniors training on Sunday when they are at the required standard; however they have to be at least 14 years old.

Announcement of squads for Projects 2011, 2012 and 2013

I am planning to announce players to be included in Projects 2011, 2012 and 2013. I will be contacting the parents of the players to discuss with them the commitments expected from the player and their parents in being part of these squads. It is my intention to run these projects the same way as I have been running project 2010 as this has been very successful.

I will announce a squad of 2/3 goalkeepers and 10/12 outfield players for each project, however as I have done with project 2010 I can include more players at any time up to the competition during my monthly assessments at National training. Therefore the players who are not announced in the initial squads must carry on working enthusiastically to develop at the required level, as they may be considered in the future.

Each project will have a preparation plan for each year and players will be required to commit to the project procedure and preparation plan. This will be shared in my conversation with players/parents prior to my announcement.

SUNDAY – 19 April 2009

National Teams Day

	9:00-10:30	10:30-12:00	12:00-13:00	13:00-13:30	13:30-14:00	14:00-14:30	14:30-15:30	15:30-17:00	17:00-18:30	18:15-19:00
RINK 1	Juniors	Ladies	Juniors	Juniors	Ladies	Ladies	Schoolboys	Extra Session	Schoolboys	Extra Session
RINK 2				Ladies		Schoolboys			Extra Session	

During rest times for the National Squads meetings can be held to go through tactics and/or watch videos of games/training sessions.

Extra Session

Extra session is for players attending National Training Weekend who would like to have a second session. This session will have players from different ages, however to attend you have to ask permission to National Coaching Director to ensure you are at the necessary standard. You will need to book your place in advance each month to ensure we have enough players to cover the cost of the rink or that we don't have too many players.

To ensure that you are registered to attend please make sure you email me on carlos6amaral@hotmail.com.

Stage of selection each year

Preparation plan dates will be published during February

Stage 1

From September to January - open sessions for Under 17, Under 20 and Ladies (Seniors and Under 19).

Stage 2

From February to April - reduced squads of 2/4 goalkeepers and 12/15 outfield players which will be announced after January National Training.

Stage 3

From May to July - reduce squads to 2/3 goalkeepers and 10 outfield players only which will be announced after April National Training.

Stage 4

From August to the Competition (European or World) - Final Squad which will be announced after July National Training.