

School Year	Reception to Year 3	Years 4 and 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
EH Age >	U8	U10	U12	U12	U14	U14	U16	U16	U18	U18
Training	Fridays 5-6 pm (5.30-6.30 sept-oct)	Fridays 5-6 pm (5.30-6.30 sept-oct)	Fridays 6 -7:30 pm (6.30-8 sept-oct)			Thursdays 6.30-8pm	Thursday 6.30-8pm for year 10 or weekly training with Senior team. Further training prior to EH matches.			
Junior Matches Saturday pm			Beavers Intro to 11-a-side - Saturday pm.			Badgers Saturday pm				
England Hockey Matches Sunday pm	U8 4 a side mixed sex tournaments Sunday pm	U10 7 a side mixed sex tournaments Sunday pm	U12 7 a side Boys and Girls tournaments - Sunday pm		U14 Boys and Girls league and cup matches- Sunday pm.		U16 Boys and Girls league and cup matches Sunday pm.		U18 Boys and Girls league and cup matches Sunday pm.	
Senior Matches						Advised by coach	Start playing and training with senior teams following coach consultation			
Summer League at Neston						Men, Women and Mixed Teams, all of mixed ability, playing at Neston over the summer months. Designed to manage the transition of younger players into senior teams.				
External Opportunities				County U12 Tensworth	County U13 Tensworth	County U14	County U15 Talent Academy	County U16 Talent Academy	County U17 Talent Academy	

Neston Junior Player Pathway

Neston runs its own training programme for juniors of all school ages. The primary purpose is to provide a fun introduction to a sport that can be played for many years to come and a safe place for girls and boys to socialise within their sport.

The junior section teaches the basic skills from an early age and gradually introduces players from 7 a side matches to full 11 a-side matches within a busy programme of inter club, regional and national competitions.

Our programme works in conjunction with the **England Hockey Talent System** (follow this [link](#) to find out more)

The Table shows what players can expect to be involved with as they progress through school years. The junior coaches will get to know all of the players and they may at times exercise judgement to move players forward along this programme or maybe hold them back a little based on ability, how long they've been playing, physical development and attitude.

Each season the club will decide in which competitions to enter teams, based on the number of available players that meet the criteria.

What to Expect, Passing Through the Neston Player Pathway.
<p>Reception to Year 5</p> <p>Up to year 5, players can expect to attend weekly training sessions with experienced coaches. They will learn the basic skills and gradually be introduced to playing team matches with 7-a-side tournaments run by England Hockey throughout the season.</p>
<p>Year 6 to Year 8/9</p> <p>Once players reach Year 6 they will move towards playing regular, 11-a-side matches:</p> <p>Beavers – Saturday pm matches home and away. These matches are most weeks from September to March. Teams are mixed boys and girls and play home and away matches with other clubs throughout Cheshire and Manchester. It is a friendly but competitive league, and this is where the juniors learn to play within a team and find their position. Beavers is aimed at year 7 and 8 children but can be for talented year 6 children who need a challenge and weak or new to hockey year 9s.</p> <p>England Hockey also run junior competitions – these matches are less frequent and take place on Sunday afternoons. U12 is for years 6/7 playing in tournaments/festivals including IN2Hockey competition. U14 is for years 8/9 with league and cup competitions. More information about the format of England Hockey Northwest Junior competitions can be found here</p>

Once Players reach year 7, they can choose to apply to attend the local **Junior County Hockey** sessions. Our area is West Cheshire and Wirral. This provides additional coaching and a potential route into the **England Hockey Talent System**. Players who apply will likely attend 6 training sessions at a club in the area and, if selected, will play in regional tournaments.

Tensworth is another opportunity for boys and girls in years 7 and 8. This is an opportunity to be involved in an independent U13 national tournament and Tensworth (an anagram of Northwest) is our region. Applications are sought in March each year and clubs will recommend applying to their stronger players. There is a high-quality training programme provided, followed by selection for one or two teams to be taken to a weekend tournament in Nottingham in June.

Years 9/10

At this stage, the standard of hockey being played by the junior teams, whether in Badgers or U14/U16 teams is high and it's exciting to see the players progress with all the competitions available to them within the club and within the England Hockey System

Girls will at this point often be recruited into the Ladies Section depending on their ability and experience, although some may elect to remain another year in Badgers.

Boys will normally start to filter into senior teams, upon recommendation of the junior coaches, during year 10.

The coaches will keep a close eye on when players are ready to start playing for senior teams and for this period in their development this will be more about their physical and mental development than their skill level. There is no rush; there is plenty of hockey to be played within the junior section and the u16 competitions will provide more than adequate challenge.

England Hockey – Talent System (follow this [link](#) to find out more)

England Hockey recruit players from years 10-12 by a selection process that follows nomination from the County Coaches.

If your child is not involved with County Hockey and you think they might be considered, Neston can make nominations directly to the Talent Academy. We would recommend players to get involved with County Hockey if they are keen players.

What to Bring to Hockey.

Hockey is a winter sport. First and foremost, the kids need to be dressed appropriately for the weather conditions. Training and matches are normally only subject to cancellation due to frost. Players should bring water to keep hydrated.

Once the children start playing for a team, they will need to obtain a Neston Kit. Your coach will be able to advise you on what is required and where you can get it.

Players will require a stick. If you're new to hockey, we can often provide a stick to get you going. We are also grateful recipients of sticks that players have outgrown that we can pass to new players.

All players must bring a gumshield and shin pads to every training session and every match or they will not be allowed to play.

Medical Conditions

It is important that we are made aware of any Medical Conditions that juniors have.

What Will it Cost Me?

Neston Hockey Club is part of a much larger club offering multiple sports – Cricket, Hockey, Tennis, Squash.

We offer 3 free visits to training sessions before we ask you to join the club. Juniors will be required to take out membership for the year according to their age group. Details of the benefits can be found [here](#).

The GREAT NEWS is that Neston does not charge Primary School-Age Children for Training or Match Fees.

Matches played for Beavers, Badgers, U14 and U16 Teams attract a £5 match fee but this includes Teas following the game.