

STA player development pathway and technical curriculum

What is this?

This document sets out the ideal pathway for player development and progression in Scottish Touch, from recreational and club touch to regional representation to national squad and high performance academy selection and participation.

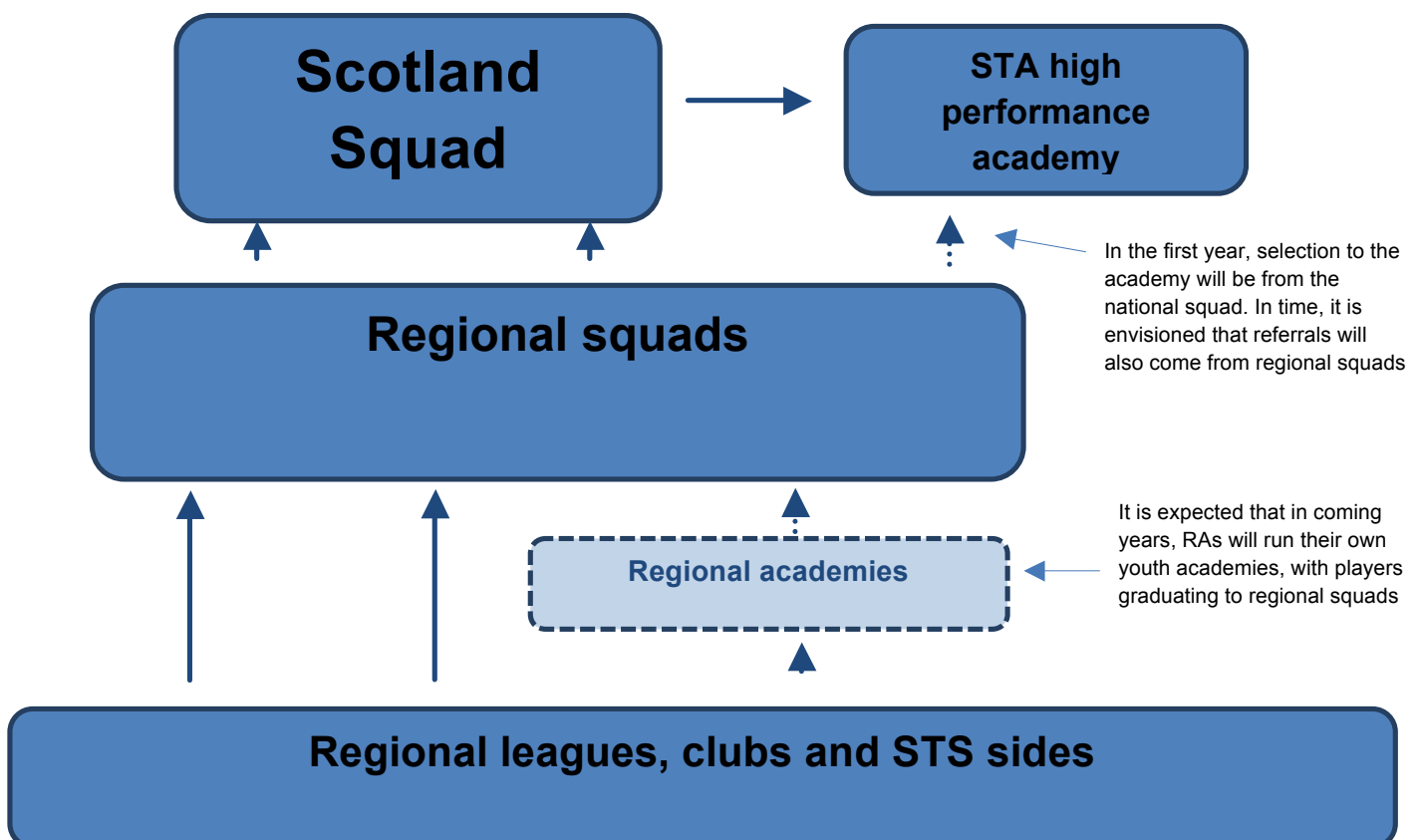
It sets out the overall and specific technical and tactical competencies expected of players at different levels of progression. This is to guide coaches at each level of the level of instruction they are expected to deliver, and clarifies expectations for players.

Who is it for?

This is intended for use by several different audiences:

- Regional associations to assist with regional training and clarity about what the expectations of national squad coaches and selectors
- High Performance Director and contributing coaches at STA high performance academies for guidance and clarity about expected outcomes
- Club and recreational level coaches for guidance and clarity about expectations of regional coaches and selectors
- Players for clarity about expectations of competencies.

Player pathway



Player competency levels

Regional: The standard a player should be at to be considered for regional selection and entrance into regional training programme. If a player has not achieved this standard but RAs want to include them in regional training, then this standard needs to be achieved before RA suggests them for national selection and preferably before they are selected at regional level

National: The standard a player should be at following regional training and to be considered for national selection.

Elite: The standard a player should be at after going through the STA High Performance Academy or after some time in national squad. These are the play-makers and leaders of national sides

	Regional Competent in basic techniques and understands basic tactics and principles <i>Effective at regional level</i>	National Skilful in basic and intermediate techniques, and adept at basic and intermediate tactics <i>Competitive at international level</i>	Elite Skilful in advanced techniques, able to influence game outcomes through tactical understanding and decision-making <i>Highly influential at international level</i>
Passing	Can perform short and medium passing, push and spin at reasonable accuracy and moderate distances	Consistently executes accurate core passing at various distances in games, and understands placement and pace options	Accurately selects from a range of passing skills and accurately executes under high pressure. Demonstrates sophisticated elements such as disguise, delay and flight
Handling	Demonstrates good technique and accuracy in catching accurate passes, and good ball security in contact	Consistently able to accurately catch ball under pressure and adjust based on situation and in order to carry out next skill	Catches under extreme pressure and adjusts or manipulates hands and body in order to catch and score or distribute instantly
Roll ball	Accurate basic driving dump technique on both sides, is able to perform static roll ball accurately	Excellent driving dump technique and competes in contact area, performs accurate quickies and buddies and strike dumps	Dominates contact area and manipulates defender, executes appropriate variations of strike dumps and quickies
Half work	Performs technically correct half pass and has accurate basic scooping technique	Accurately passes short and long from half and adjusts to situation, scoops smoothly with both hands	Accurately and quickly passes long from half, can scoop and make decisions 'on the run', strong tactical understanding of scooping
Defence	Has accurate basic individual technique in driving and line defence, understands basic defensive policies	Consistently strong individual technique, understands more sophisticated policies and understands roles in them	Disrupts and defuses attacks with technique and anticipation. Reads opposition tactics. Understands which defensive policy to apply against certain attacking structures and why.
Evasion and finishing	Has accurate basic scoring and diving technique, basic understanding of hole running and stepping	Shows excellent diving and anticipation, solid stepping, clear understanding of pre- and post-phase hole running and lines	Demonstrates advanced diving techniques and improvisation, advanced understanding of holes and lines and post-stepping options
Tactical	Understands and executes basic sub-unit plays and skills, understand basic plays, principles and policies in attack and defence, understands principles of subbing	Understands and executes game plans, understands and performs own roles in team and to fit with principles and policies	Makes in-game tactical decisions and shows tactical leadership, adjusts to circumstances, leads others to perform their roles

Technical curriculum/checklist

This lists the competences expected at each level, and the curriculum expected to be delivered. For example, a 'National' player should be competent in the items marked under Regional and National from their club and RA training before they enter the national squad. 'Elite' players will learn items under Elite from national training and/or the high performance academy.

Skill area	Regional	National	Elite
Passing			
Push pass (non-spin pass)	x		
Spin	x		
Pop	x		
Moderate distance (12m for men/7m for women)	x	x	
Long distance (20m for men/ 13m for women)		x	x
Pace variation		x	
Placement variation		x	
Float variation			x
Disguise			x
Delay/double-pump			x
Single-handed/unorthodox/backhand			x
Handling			
Basic 'W' catch	x		
Carry on run – 2-hand	x		
Carry on run – 1 hand	x		
Positioning for contact	x		
Pre- and post-catch hand adjustment for spin pass		x	
Pre- and post-catch hand adjustment for dump		x	
Pre- and post-catch hand adjustment for dive/score		x	
Catching long ball on the run		x	
Catching while diving			x
Catching short/moderate ball in fast moving defence			x
Instant 'get and give' catch and distribution			x
Play the ball			
Basic driving dump, both sides	x		
Basic buddy	x		
Basic quickie	x		
Dominant driving dump		x	
Dominant strike dump		x	
Quickie variations (advanced footwork and swipe)			x
Pre-strike dump and quickie positioning			x
Half work			
Basic half pass (addressing the ball, pop)	x		
Basic scoop (footwork and body position)	x		
Half pass with moderate distance		x	
Scoop off both hands, and set for quick distribute		x	
Half pass with long distance		x	
Scoop and decision-make based on defence			x

Scoop and decision-make based on defence position			X
Scoop and hit different holes and long ball			X
Scoop and run at offside defender, change direction			X
Defence			
Basic individual driving defence technique	X		
Basic individual line defence technique	X		
Policies – chasing out, chasing in, short-side, open-side	X		
Policies – squeeze, man-on, shutdown, recover	X	X	
Individual line attack defensive positioning		X	
Policies – 'I' defence, brave mid, saver mid		X	
Policies – strong link and shepherd roles, wing role		X	
Dominant individual line defence technique		X	X
Read-anticipate attacks and call defence adjustments			X
Evasion and finishing			
Basic scoring technique	X		
Basic diving technique	X		
Basic stepping	X		
Understanding short-side, phase, link and wing holes		X	
Off-the-ball running to aid attacking play		X	
Understanding pre- and post-phase holes and lines		X	
Off-the-ball and pre-catch running to move defenders		X	X
Understanding 'moving holes' and line adjustments			X
Using change of pace to manipulate defender			X
'Improvised' diving to score under high pressure			X
Understanding and executing post-step decisions			X
Tactical			
Basic threes	X		
Basic fours	X		
Basic subbing pattern	X		
Wrap, switches and basic quickies	X		
Principles of phase play	X	X	
Basic Ice plays (short-side and crosses, phase)		X	
Basic Rooster plays (1 st receiver score, wrap,)		X	
Quickies (1, 1 + short-side pass, 2, 3,)		X	
Roles in attacking plays		X	
Subbing imperatives/priorities		X	
Mid-mid scooping plays		X	
Conditioning defence/establishing policies		X	X
Reading defensive set-ups, policies and adjustments			X
Appropriate play-calling			X

Manipulating defensive compression and looseness			x