



What are National Age Group Squads?

National Age Group Squads (NAGS) represent England at U16, U18 and U21 level. The U16 and U18 squads are selected at the England Hockey Futures Cup. Selection for one of these squads is the highest honour that junior hockey players can attain.



What happens in a NAGS?

Involvement in a NAGS will include a combination of training sessions, training camps and competition.

The selected players will receive high performance coaching on the following areas:

- ★ Individual technical coaching
- ★ Team play
- ★ Small unit play
- ★ Set pieces
- ★ Tournament play

Players will be given advice and training on:

- ★ Anti-doping
- ★ Nutrition
- ★ Injury management
- ★ Lifestyle
- ★ Psychology

Players will participate in the following competitions:

Under 16s

- ★ Annual Four Nations Invitation Tournament at Easter (with Germany, Spain, Netherlands)
- ★ Biennial Home Nations Tournament in July (with Scotland, Wales, Ireland) – 2010

Under 18s

- ★ Annual Four Nations Invitation Tournament at Easter (with Germany, Spain, Netherlands)
- ★ UK School Games
- ★ Biennial EuroHockey Under 18 Nations Championships in July – 2010
- ★ Biennial Home Nations Tournament in July (with Scotland, Wales, Ireland) – 2009

Under 21s

- ★ Biennial EuroHockey Junior Nations Championships in July – 2010.
- ★ Junior World Cup – 2009 (every four years)



Where and when is NAGS activity?

U16 and U18 NAGS training activity will take place at an appropriate venue, approximately once a month from November to July.

U21 training is organised as appropriate in preparation for individual competitions.



Who organises NAGS activity?

The NAGS are organised by England Hockey, through a central coordinator, who will appoint all relevant personnel, to include coaches, managers, physiotherapists and doctors as appropriate.



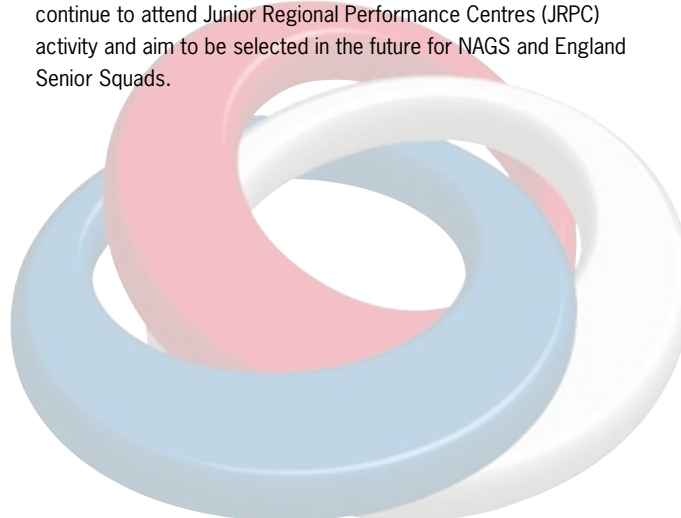
Is there a cost to attend NAGS activity?

There is no fee to attend any NAGS activity.



What is the next step on the U18 Player Pathway?

Players who have been involved in NAGS should continue to attend Junior Regional Performance Centres (JRPC) activity and aim to be selected in the future for NAGS and England Senior Squads.



Other leaflets available in this series:

- ★ The Single System – What's it all about?
- ★ Junior Development Centres (JDCs)
- ★ Junior Academy Centres (JACs)
- ★ Junior Regional Performance Centres (JRPCs)
- ★ High Performance Assessment Camps (HiPACS)
- ★ Futures Cup (EHFC)
- ★ **National Age Group Squads (NAGS)**
- ★ National Performance Centres (NPCs)

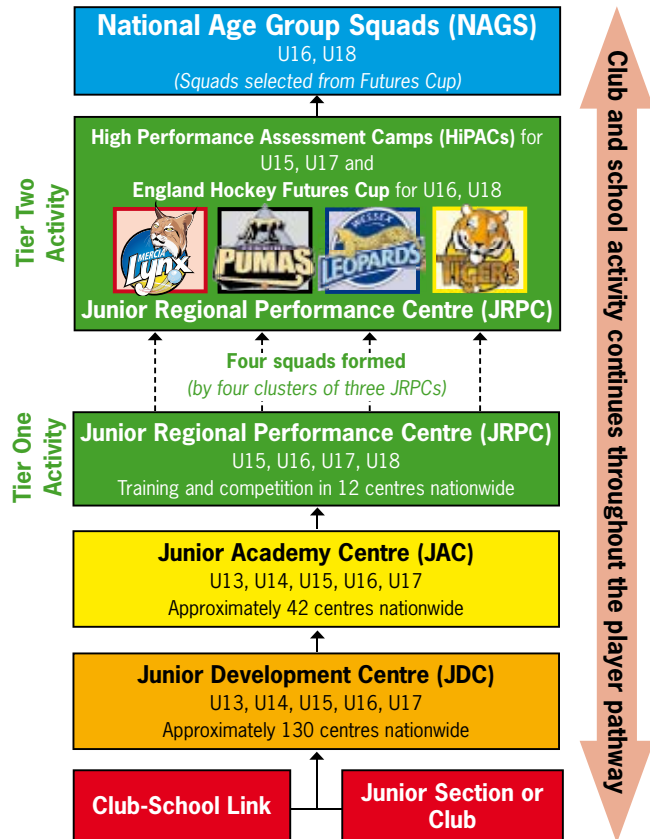
You can either download the guides from the website at www.englishockey.co.uk/singlesystem or contact your England Hockey Regional Office.

Do you still have unanswered questions?

If you are still unclear about any element of the Single System for hockey, don't stay in the dark. Please contact your England Hockey Regional Office who will be happy to answer your questions, or put you in touch with the relevant people. Contact details for your Regional Office can be found on the back of this leaflet.

Useful Information

Under 18 Player Pathway



Which Age Group?

Birth Year	2008-09	2009-10	2010-11
1991	Under 18s		
1992	Under 17s	Under 18s	
1993	Under 16s	Under 17s	Under 18s
1994	Under 15s	Under 16s	Under 17s
1995	Under 14s	Under 15s	Under 16s
1996	Under 13s	Under 14s	Under 15s
1997		Under 13s	Under 14s
1998			Under 13s



A guide to the acronyms

JDC	Junior Development Centre	NPC	National Performance Centre
JAC	Junior Academy Centre	CCC	Centrally Contracted Coach
JRPC	Junior Regional Performance Centre	NAGS	National Age Group Squads
HiPAC	High Performance Assessment Camp	EHFC	England Hockey Futures Cup

Your Regional Offices



SOUTH OFFICE | south@englandhockey.org

Berkshire, Buckinghamshire, Hampshire, Isle of Wight, Kent, Surrey, Sussex, Oxfordshire, 33 London Boroughs, Middlesex
T: 01628 890462 • **F:** 01628 890523 • **M:** 07725 432013

EAST OFFICE | east@englandhockey.org

Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Lincolnshire, Norfolk, Suffolk
T: 01284 729354 • **M:** 07811 336895

NORTH OFFICE | north@englandhockey.org

Cheshire, Cumbria, East Riding & Humberside, Lancashire, Manchester, Merseyside, Northumberland, Durham, Isle of Man, North & NE Lincolnshire, Tyne & Wear, Yorkshire
T: 0113 274 0083 • **M:** 07725 432017

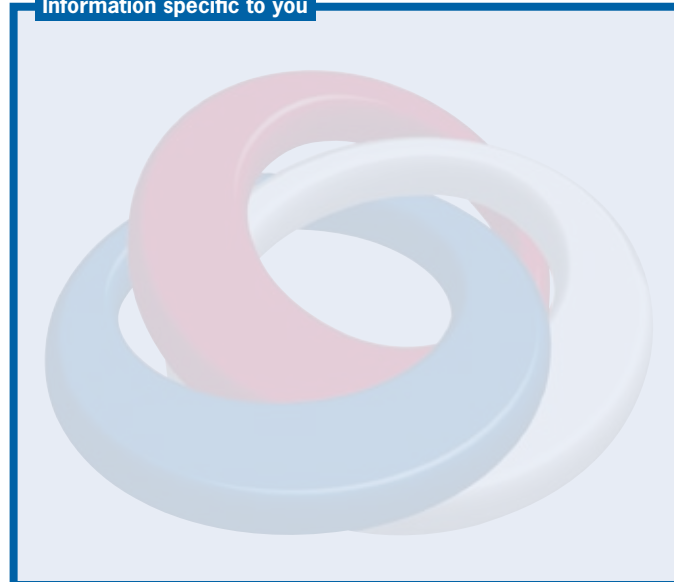
MIDLANDS OFFICE | midlands@englandhockey.org

Birmingham, Derbyshire, Worcestershire, Leicestershire & Rutland, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Black Country
T: 01509 228676 • **F:** 01509 228678 • **M:** 07515 974455

WEST OFFICE | west@englandhockey.org

Avon, Cornwall, Dorset, Devon, Gloucestershire, Herefordshire, Somerset, Wiltshire, Channel Islands
T: 01392 264031 • **F:** 01392 251033 • **M:** 07880 555915

Information specific to you



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...Your guide to...

National Age Group Squads (NAGS)



NAGS



ENGLAND HOCKEY
SINGLE SYSTEM
 ONE VISION ONE SYSTEM

www.Englandhockey.co.uk/nags