



5 TIPS TO HELP YOU GET SELECTED FOR THE TEAM

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01 Sharpen Your Skills with Mini-Drills

As a young player I would constantly be dribbling around the house, testing my skills, my accuracy and my control.

So, get stick and ball time at home, in the garden, or on the pitch when it's free..

Work on:

1. Carrying speeds – and recognising space.
2. Eyes up when you're on the ball to see the pass, or the contact to avoid.
3. Vary skills, such as eliminations, defensive positions and what the Pro's do.



Visit [channel4 Youtube](#) to watch Pro League games of all the best teams and players...

02 Boost your Hockey Fitness

Try “shuttle sprints” (10m, 20m, 30m, back each time) — repeat 5 times, rest, then do another set.

Do a bodyweight circuit 3x a week:

- 15 squats
- 10 push-ups
- 20 lunges (10 per leg)
- 30-second plank
- (Repeat 3 times).

Once a week, go for a longer run (15–20 minutes) to build endurance.

➔ Stronger, fitter players stand out in trials.



Visit Integrate Sports to see more about your Hockey Conditioning

03 Play More, Play Smarter

Join a local club, summer camp, or weekend hockey session to get more match experience.

Organize small-sided games (3v3, 4v4) with friends – more touches mean quicker improvement.

Watch professional hockey highlights and pause to notice players' movement off the ball.

➔ The more you play and study the game, the faster you'll grow.



Can you watch a game online and look at the mistakes the top players make and why?

04 Learn From Feedback and Track Progress

Ask your school coach, “What 2 things should I focus on for next time?” – and write them down.

Keep a simple training journal: note what drills you did, and give yourself a “confidence score” out of 10 for each.

Every month, record a short video of your dribbling, passing, and hitting, then compare progress.

➔ Improvement becomes real when you can see and measure it.



Keep communication up with your coach or teacher to ensure you're moving forward.

05 Build the Right Mindset

Set one specific goal (e.g., “Do 100 push-ups across the week” or “Master 3D dribbling in 2 months”).

Support teammates who made the team — showing positivity makes you stand out as a future leader.

Create a “failure-to-fuel” list — every time you miss out, write down what you’ll do differently next time.

➔ Coaches love players who show resilience, leadership, and persistence.



Having a warrior mentality is key to a come back.

I have had quite a few conversations recently with players that I have had to ask to play in the lower team.

And seeing players visibly upset isn't easy, especially when the bottom lip starts to go.

That might be you or your child. So I hope a few of these ideas can help you to gain the confidence and the re-selection to the team you want



Matt Fairburn

A handwritten signature in white ink that reads 'M. Fairburn'.



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