



**Uddingston
Hockey Club**
Player Pathways

Youth Hockey

Tuesday and
Wednesday
Session 1:
4yrs – 11yrs

Tuesday and
Wednesday
Session 2:
4yrs – 11yrs

Tuesday and
Wednesday
Session 3:
11yrs – 16yrs



Senior Hockey

Ladies 4's
(Social &
Domestic)

Gents 5's
(Social &
Domestic)

Ladies 3's
(Invite)

Gents 4's
(Social &
Domestic)

Ladies 2's
(Invite)

Gents 3's
(Invite)

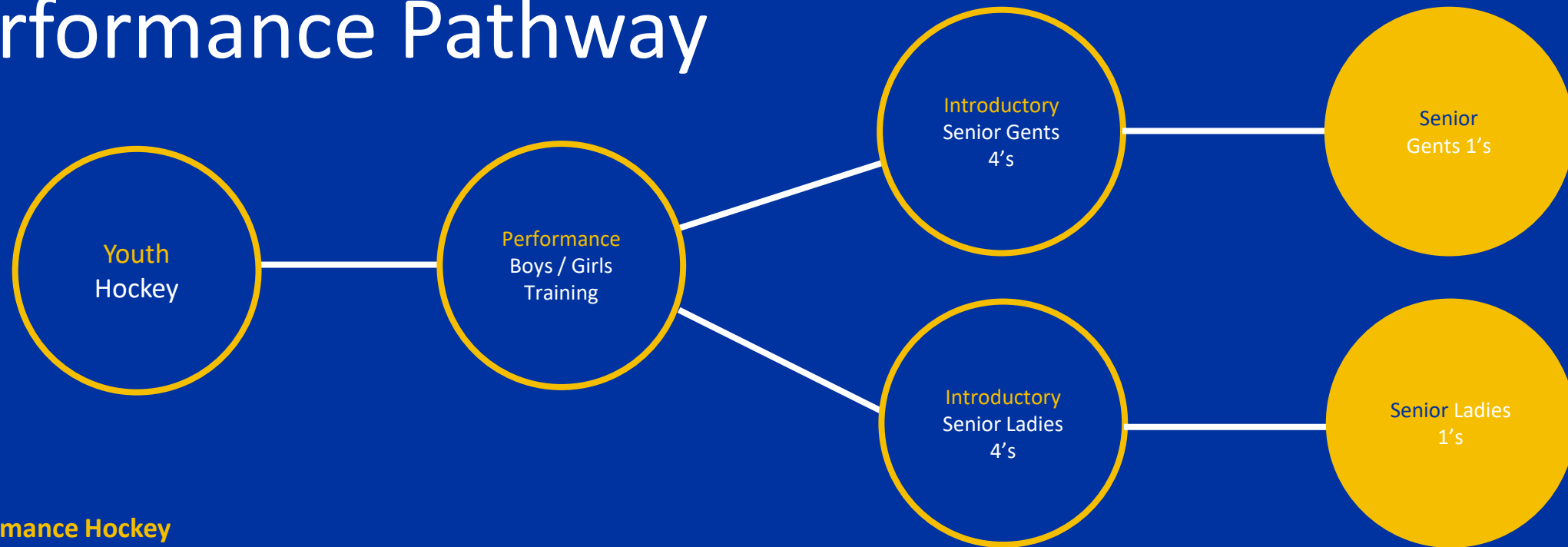
Ladies 1's
(Invite)

Gents 2's
(Invite)

Gents 1's
(Invite)



Performance Pathway



Performance Hockey

Individuals who demonstrate performance indicators are invited by special request to performance youth training from youth coaches, hosted by Director of Hockey and Performance Coach – Harry Dunlop.

For the last half an hour of the sessions the performance youth can train with Uddingston Hockey Performance teams (1's) to provide a smooth transition into performance hockey, when the time is right.

Players demonstrating ability are selected into a non standard pathway subsequently invited to play in higher senior teams. The pathway begins in a developmental team; Senior Ladies and Gents 4's teams and quickly escalates directly to the senior 1's team.

Whilst in the performance team, players are encouraged to progress their hockey career with the West District, Scottish Hockey and Great Britain.

