



**PROGRAM NAME:** Dinos Field Hockey – Academy

**PRICE:** \$250

**REGISTER:** <https://www.ucalgary.ca/ActiveLiving/registration/Program/2487>

**NOTES:** For male and female participants aged 15 -23 with previous field hockey experience. Athletes will be grouped accordingly based on skill level. 40 spots available

**SCHEDULE:**

From Date	End Date	Start Time	End Time	Day	Location	NOTES
June 7th	July 26th	5:00pm	6:30pm	Friday	Hawkings Field	No Session June 28th

**DESCRIPTION:**

This Field Hockey Technical Training Academy is designed for Athletes who are looking to develop and advance their performance skills. Athletes should have prior experience with school, club or provincial programming and be interested in extending their knowledge and execution of the game.

The Academy will teach individual technical skills that you can work into your game such as carrying the ball, elimination, passing, goal scoring and small unit play. Advanced skill development will take your game to the next level and will be taught through both drills and small sided games. Training and skills may be modified to be appropriate for each group to ensure a positive learning experience.

The program will be lead by Dinos Field Hockey coaching staff and supported by Dinos Field Hockey Athletes.

**COURSE CONTENT:**

- Passing over 10m. Push pass and fundamentals of distribution/receptions.
- Passing over distances greater than 10m - sweep and hit skills.
- Individual ball control, elimination, and ball carry skills
- 3D and Aerial Skills distribution and receiving lifted balls.
- Goal Scoring Skills
- Small Unit Play - execution of 2v1 skills in combination with individual technical and decision making.

# **DINOS**

## **FIELD HOCKEY**

- Application of technical Skills, skill selection in small sided games, possession games and pressure situations.