



**PROGRAM NAME:** Dinos Field Hockey – Goalkeeping 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. 15 spots available.

**SCHEDULE:**

From Date	End Date	Start Time	End Time	Day	Location	NOTES
June 9th	July 7th	5:00pm	6:30pm	Sunday	Hawkings Field	No Session June 30th
July 12	July 26	5:00pm	6:30pm	Friday	Hawkings Field	

**DESCRIPTION:**

This Field Hockey Technical Training Academy is designed for Goalkeepers 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 skills that you can work into your game such as stance, balance, footwork, and low, mid and high saves using feet, hands and stick. Advanced skill development will take your game to the next level and will be taught through both drills and small sided games. Training will be modified for each athlete's skill level 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:**

- Individual GK warmup activities
- Stance, balance, footwork.
- Clears - R/L side. Footwork, balance, agility
- Hands, Stick and high saves.
- Multi-Phase recovery, positioning, agility, and awareness.
- The last three sessions GK's will integrate with field players for goal scoring, active circle attack/defense and application of technical skills in pressure situations.

