

# Field Hockey for girls



Bridgewater Recreation in conjunction with Soccer Centers presents...

Fall 2011 & Winter 2012

## The Dutch Training Method

Total Dutch Field Hockey Skill Classes are based on the Dutch philosophy of coaching, which is, founded on the premise that the player's ball control and tactical development will receive top priority in training. Players will be grouped according to ability to make their experience challenging and enjoyable.

This unique training course of training is far beyond the static regimented training environment that most players experience today. Technical and tactical instruction will be conducted through the application of small-sided games so that players will experience a training environment that replicates the real game. Under the watchful eye of our Dutch trained coaching staff, players will begin to know WHAT to do, WHEN to do it and HOW to do it at the technical and tactical speed that is required in the modern game.

Training exercises will be selected by taking into account the age and level of ability of these groups. Based on staff assessment and recommendation, individuals may be moved to high level groups with parent notification and approval.

Each Skill Class is designed to help players achieve their maximum potential through progressive exercises that are age appropriate and individually and developmentally challenging. The basic method of training will focus on small side games, designed to help players improve their personal level of performance in the tactical, technical, and physiological areas of individual development.

Program director of Field Hockey Ingrid Alkhoven graded C.I.O.S. 1995; Field Hockey license B; KNHB coaching courses; played for regional select team; played for Bloemendaal; played in National Competition (highest pro league); played ten years in the National 1<sup>st</sup> and 2<sup>nd</sup> division; Technical Director and head coach of "De Reigers"; assistant coach of professional club "HIC"; technical director youth program at professional club "HGC"; coached at several different clubs in the Netherlands; coached the US Field Hockey Camps; coached at several Division I college camps; coached the US Field Hockey U19 Girls Eastern Holland tour, for six years.

Three ways to register... in person at the Bridgewater Recreation Department (Municipal Building - 100 Commons Way) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the "REC" mailbox located in front of the Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department  
100 Commons Way - Bridgewater, NJ 08807 (908) 725-6373 [www.bridgewaternj.gov](http://www.bridgewaternj.gov)

## Field Hockey Recreation League:

This program will expose the girls to non-competitive instructional games with practice sessions designed by Total Dutch Field Hockey Coaches. TD Field Hockey Coaches will work with the players during games, assisting them in learning positions and maintaining spacing. To teach the players a better understanding of Field Hockey skills and rules, creating a foundation for future growth; 30 minutes of instructional drills and 30 minutes game. **Where:** All games are played at Soccer Centers

**What do you need:** Stick, shin guards and mouth guard. **Cost:** \$100 per player

Age:	Day:	Starting:	Time:	Price:
7-13	Saturday	9/24/11	9.00 am	\$100
7-13	Saturday	11/3/11	between 12-2 pm	\$100
7-13	Saturday	1/21/12	1.00 pm	\$100

6 weeks, 1 hour p/wk

8 weeks, 1 hour p/wk

(skip 11/26, 12/24, 12/31)

8 weeks, 1 hour p/wk (skip 2/11)

## Field Hockey Little Sticks:

This program is designed for children between the ages of 7 and 10 and will introduce the players to field hockey. Children will be taught proper stick handling and be introduced to basic rules of the game. The emphasis will be on enjoyment with a gradual build up to small-sided instructional games.

Age:	Day:	Starting:	Time:	Price:
07-10 6 weeks, 1 hour p/wk	Thursday	9/22/11	6.30 pm	\$125
07-10 6 weeks, 1 hour p/wk (skip 11/26)	Saturday	11/5/11	8.00 am	\$125
07-10 8 weeks, 1 hour p/wk	Saturday	1/21/12	8.00 am	\$130

## Total Dutch FH Classes:

This class is designed to teach players various Field Hockey skills. We will focus on a different skill topic every week and teach it in a step-by-step way. Topics in this class are: receiving/ passing/ 1v1 offense/ 1v1 defense and scoring.

Players will be separated by skill level from beginner to experience in order to optimize their training.

## Total Dutch Field Hockey I:

Age:	Day:	Starting:	Time:	Price:
10-12 6 weeks, 1 hour p/wk	Thursday	9/22/11	6.30 pm	\$125
10-12 6 weeks, 1 hour p/wk	Saturday	9/24/11	10.00 am	\$125
10-12 6 weeks, 1 hour p/wk (skip 11/26)	Saturday	11/5/11	8.00 am	\$125
10-12 8 weeks, 1 hour p/wk (Skip 2/11)	Saturday	1/21/12	8.00 am	\$130

## Total Dutch Field Hockey II:

Age:	Day:	Starting:	Time:	Price:
12-14 6 weeks, 1 hour p/wk	Saturday	9/24/11	10.00 am	\$125
12-14 8 weeks, 1.5 hour p/wk (skip 11/24)	Thursday	11/17/11	5.30 pm	\$180
12-14 5 weeks, 1.25 hour p/wk	Saturday	12/3/11	11.30 am	\$145
12-14 8 weeks, 1 hour p/wk (Skip 2/9)	Thursday	1/19/12	6.00 pm	\$180
12-14 8 weeks, 1 hour p/wk (Skip 2/11)	Saturday	1/21/12	11.00 am	\$180

## Total Dutch Field Hockey III

Age:	Day:	Starting:	Time:	Price:
14-18 8 weeks, 1.5 hour p/wk (skip 11/24)	Thursday	11/17/11	5.30 pm	\$180
14-18 5 weeks, 1.25 hour p/wk	Saturday	12/3/11	11.30 am	\$145
12-14 8 weeks, 1 hour p/wk (Skip 2/9)	Thursday	1/19/12	6.00 pm	\$180
14-18 8 weeks, 1 hour p/wk (Skip 2/11)	Saturday	1/21/12	11.00 am	\$180

## Field Hockey "Hitting" I:

This class will teach players the basic techniques of the drive.

The mechanics of the shot will be broken down and taught in a step-by-step way.

Ages 12-14 or 1-2 years experience in Field Hockey required.

Age:	Day:	Starting:	Time:	Price:
12-18 8 weeks, 1.5 hour p/wk	Monday	11/21/11	5.00 pm	\$180
12-14 8 weeks, 1 hour p/wk (Skip 2/11)	Saturday	1/21/12	10.00 am	\$180

## Field Hockey "Hitting" II:

This will take the techniques learned in PS 1 and teach the player to use these techniques under pressure from a defensive player.

Ages 14-19 or more than 2 years experience in Field Hockey required.

Age:	Day:	Starting:	Time:	Price:
12-18 8 weeks, 1.5 hour p/wk	Monday	11/21/11	5.00 pm	\$180
14-18 8 weeks, 1 hour p/wk (Skip 2/11)	Saturday	1/21/12	10.00 am	\$180

## Field Hockey Passing & Receiving I:

This 8-week program teaches various passing and receiving techniques from all directions. Where we focus on the stick angle and body position.

Ages 12-14 or 1-2 years experience in Field Hockey required.

Age:	Day:	Starting:	Time:	Price:
12-18 8 weeks, 1.5 hour p/wk	Monday	11/21/11	6.30 pm	\$180
12-14 8 weeks, 1 hour p/wk	Monday	1/23/12	6.00 pm	\$180

## Field Hockey Passing & Receiving II:

This 8-week advanced program refines the player's techniques for both passing and receiving the ball from all directions. It will take the basic skills learned in Passing and Receiving 1 and by utilizing pressure provide the confidence for the players to perform them in game situations

Ages 14-19 or more than 2 years experience in Field Hockey required.

Age:	Day:	Starting:	Time:	Price:
12-18 8 weeks, 1.5 hour p/wk	Monday	11/21/11	6.30 pm	\$180
14-18 8 weeks, 1 hour p/wk	Monday	1/23/12	6.00 pm	\$180

### Field Hockey Offensive Skills I:

Players will be introduced to proper hand and stick positions in order to increase the speed of their stick work. Each week the moves build upon themselves going from basic to more advance.

Ages 12-14 or 1-2 years experience in Field Hockey required. One hour per week.

Age:	Day:	Starting:	Time:	Price:
<b>14-18 5 weeks, 1.25 hour p/wk</b>	<b>Saturday</b>	<b>12/3/11</b>	<b>9.00 am</b>	<b>\$145</b>
<b>12-14 8 weeks, 1 hour p/wk (skip 2/9)</b>	<b>Thursday</b>	<b>1/19/12</b>	<b>5.00 pm</b>	<b>\$180</b>

### Field Hockey Offensive Skills II:

By utilizing pressure/game situations and performing moves repetitively, players will gain the confidence to use these techniques and moves during games.

Ages 14-18 or more than 2 years experience in Field Hockey required.

Age:	Day:	Starting:	Time:	Price:
<b>14-18 8 weeks, 1 hour p/wk (skip 2/9)</b>	<b>Thursday</b>	<b>1/19/12</b>	<b>5.00 pm</b>	<b>\$180</b>

### Total Dutch Scoring:

This class is special designed for those players who like to score more goals.

We will focus in this class on all scoring skills, scoring zones and quick release on goal. At the end off this course the player will be more aggressive in the circle and will understand better ways of scoring

Age:	Day:	Starting:	Time:	Price:
<b>All Ages 4 weeks, 1.5 hour</b>	<b>Sunday</b>	<b>10/9/11</b>	<b>2.00 pm</b>	<b>\$100</b>
<b>All Ages 8 weeks, 1.5 hour p/wk</b>	<b>Monday</b>	<b>11/21/11</b>	<b>5.00 pm</b>	<b>\$180</b>
<b>All Ages 8 weeks, 1 hour p/wk (Skip 2/11)</b>	<b>Saturday</b>	<b>1/21/12</b>	<b>9.00 am</b>	<b>\$180</b>
<b>All Ages 5 weeks, 1.25 hour p/wk</b>	<b>Saturday</b>	<b>12/3/11</b>	<b>9.00 am</b>	<b>\$145</b>

**Bridgewater Recreation Department** 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373

[www.bridgewaternj.gov](http://www.bridgewaternj.gov) [recreation@bridgewaternj.gov](mailto:recreation@bridgewaternj.gov)

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**2011-2012 Fall & Winter Field Hockey** *checks payable to "Soccer Centers"*

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Participants Last Name	Participants First Name	Date of Birth	age	DOB
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Mailing Address	Town	State	Zip
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Parents First & Last Name

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Home #	Work #	Cell #
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Email Address	Class Name; Day(s); cost	checks payable to "Soccer Centers"
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This can be a contact sport; injuries may occur. Please note that the Bridgewater Recreation Department nor Soccer Centers does not provide individual medical coverage for its participants. Each participant will be covered under his family's medical policy. It is recommended that families have insurance before that child participates. The Recreation Department & Soccer Centers reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature \_\_\_\_\_

\_\_\_\_\_  
Date

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