

Field Hockey for girls



Bridgewater Recreation in conjunction with Soccer Centers presents...

The Dutch Training Method

Soccer Centers training camps 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 camp 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 1st and 2nd 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

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. 8 weeks one hour each week.

Age 7 – 10

Thursday	5.30PM	Starting 3/26/2009	\$170
Saturday	9.00 AM	Starting 3/28/2009	\$170

Total Dutch FH Classes

This class is designed to improve the individual player the basic Field Hockey skills that are needed to build more confidence in controlling the ball.

We will focus on a different skill topic every week, during this session we teach the proper technique for this skill step by step.

Topics in this class are: receiving/ passing/ 1v1 offense/ 1v1 defense/ scoring and combinations off all the items mentioned.

Total Dutch FH I	(age 10 – 12)	Thursday	5.30PM	Starting 3/26/2009	\$170
		Saturday	9.00 AM	Starting 3/28/2009	\$170
Total Dutch FH II	(age 12 – 14)	Thursday	6.30PM	Starting 3/26/2009	\$170

	Saturday	11.00 AM	Starting 3/28/2009	\$170
Total Dutch FH III (age 14 – 18)	Thursday	6.30PM	Starting 3/26/2009	\$170
	Saturday	11.00 AM	Starting 3/28/2009	\$170

Field Hockey Fast Stickwork 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. (8 week program)

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

Saturday 10.00 AM Starting 3/28/2009 \$170

Field Hockey Fast Stickwork II

By utilizing pressure/game situations and performing moves repetitively, players will gain the confidence to use these techniques and moves during games (8 week program)

Ages 14-18

Saturday 10.00 AM Starting 3/28/2009 \$170

Intro to Field Hockey Camp with FUN

U12 (ages 7-11) and U14 (ages 12-13)

Monday - Friday - 9:30 - 3:30 PM

Field Hockey Introductory Camp

This introduction Field Hockey camp is designed for beginners. Participants will learn the proper stick handling and will be introduced to the basic rules of the game.

The emphasis will be on enjoyment with a gradual build up to small sided instructional games. This Camp will be a fun introduction to the game of Field Hockey.

U12 (ages 7-11) 7/20, 7/21, 7/22, 7/23, 7/24 2009

U14 (ages 12-13) 7/6, 7/7, 7/8, 7/9, 7/10, 2009

7/13, 7/14, 7/15, 7/16, 7/17 2009

\$170 before 6/1/2009 \$190 after 6/1/2009

Intro to Field Hockey Camp with FUN

4 days, only in the morning

U12 (ages 7-11)

Monday - Thursday 9.00 AM - 12.00 PM

Field Hockey Introductory Camp

This introduction Field Hockey camp is designed for beginners. Participants will learn the proper stick handling and will be introduced to the basic rules of the game.

The emphasis will be on enjoyment with a gradual build up to small sided instructional games. This Camp will be a fun introduction to the game of Field Hockey

U12 (ages 7-11) 8/17, 8/18, 8/19, 8/20 2009

\$110 before 6/1/2009 \$130 after 6/1/2009

Field Hockey Advanced Camp

U14 (ages 12-13), U16 (ages 14-15)

Monday - Friday - 9:30 am - 3:30 PM

This Camp is for the Advanced player who is looking to improve their overall skill level of the game.

We will help players refine their fundamental skills and introduce them to advanced techniques and tactics used in modern Field Hockey. Soccer Centers Dutch Field Hockey Coaches will be coaching various skill games and repetition. Players will be taught all aspects of field hockey with the emphasis on pressure play that are required for the next level.

U14 (ages 12-13) 6/22, 6/23, 6/24, 6/25, 6/26 2009

7/20, 7/21, 7/22, 7/23, 7/24 2009

U16 (ages 14-15) 6/22, 6/23, 6/24, 6/25, 6/26 2009

7/13, 7/14, 7/15, 7/16, 7/17 2009

\$210 before 6/1/2009 \$230 after 6/1/2009

Field Hockey Evening Advanced Camp

4 day Camp, only in the evening

U19 (ages 16-18)

Monday - Thursday 6.00 - 9.00 PM

This Camp is for the Advanced player who is looking to improve their overall skill level of the game.

We will help players refine their fundamental skills and introduce them to advanced techniques and tactics used in modern Field Hockey. Soccer Centers Dutch Field Hockey Coaches will be coaching various skill games and repetition. Players will be taught all aspects of field hockey with the emphasis on pressure play that are required for the next level.

U19 (ages 16-18) 7/20, 7/21, 7/22, 7/23 2009

\$110 before 6/1/2009 \$130 after 6/1/2009

Field Hockey Elite Camp

U16 (ages 14-15), U19 (ages 16-18)

Monday - Friday 9:30 - 3:30 PM

This Camp is for the Elite player who is preparing for playing on a high level.

The morning hours will consist of skill training where we focus on ball speed, quick release, decision making, fast stick work, vision on the ball and recognizing space in order to become more efficient player.

The afternoon hours will be small sided games where situation coaching will be used by the trainer to reinforce the skills and training of the morning session.

Varsity, Club or Futures experience is recommended

U16 (ages 14-15) 6/29, 6/30, 7/1, 7/2, 7/3 2009

8/3, 8/4, 8/5, 8/6, 8/7 2009

U19 (ages 16-18) 6/29, 6/30, 7/1, 7/2, 7/3 2009

8/3, 8/4, 8/5, 8/6, 8/7 2009

\$225 before 6/1/2009 \$245 after 6/1/2009

Field Hockey Goalie Camp

4 day Camp

All Ages

Tuesday - Friday 9:30 - 3:30 PM

The goalkeeper position is both physically and mentally demanding. With this in mind is our goal is to have the players push themselves to their own limits.

This in turn will unleash each player's strength and self-confidence to perform at the next level of play. The position of goalie requires specialized instruction.

In Soccer Centers Goalie Camp, the instruction will emphasize the proper technique in a controlled setting. We teach game situations with repetition of skills that are fundamental for success. Camp topics: decision-making, reaction, clearing, slides (in all directions), blocks, and self-confidence.

7/27, 7/28, 7/29, 7/30 2009

\$210 before 6/1/2009 \$230 after 6/1/2009

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373 www.bridgewaternj.gov/recreation@bridgewaternj.gov

2009 Spring & Summer Field Hockey

checks payable to "Soccer Centers"

Participants Last Name	Participants First Name	Date of Birth	Age	Grade
Mailing Address	Town	State	Zip	
Parents First & Last Name				
Home #	Work #	Cell #		
Email Address	Class Name; Day(s); cost checks payable to "Soccer Centers"			

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

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Date

