

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.

Intro to Field Hockey Camp with FUN

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

U12 AM session 9 – 12 pm

U14 PM session 1-4 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) 6/23 – 6/25/10

8/16 – 8/19/10

U14 (ages 12-13) 6/23 – 6/25/10

8/16 – 8/19/10

\$117

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) 7/5 – 7/9/10

U16 (ages 14-15) 6/28 – 7/2/10

\$200

NEW, Field Hockey Scrimmage & Game Camp

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

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

This camp is for all players who love to play the game of Field Hockey.

Participants will be introduced to the basic rules of the game.

Different scrimmage games will be played in this camp

Topics: 1v1, 2v1 and Small sided games

U12 (ages 7-11) 7/12 – 7/16/10 -----\$175

U14 (ages 12-13) 7/12 – 7/16/10-----\$175

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

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

This camp is for all players who love to play the game of Field Hockey.

Participants will play the games by the NEW FIH rules (self start)

Different scrimmage games will be played in this camp

Topics: 1v1, 2v1 and Small sided games

Recommended for players with HS or club - travel experience.

U16 (ages 14-15) 7/12 – 7/16/10-----\$200

U19 (ages 16-18) 7/12 – 7/16/10-----\$200

NEW, Field Hockey Special Skills Camp

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

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

This camp is for all players who would like to learn and use Special skills in the game of field hockey. Total Dutch Field

Hockey staff will coach and refine Special skills and introduce tricks used in modern “Turf” Field Hockey.

Topics: (drag) flick, aerial, strokes, (high) sweep, reverse sweep, chip shot, reverse chip shot, chop, akka, insert corner, corner stick stop, corner striking, deflections.

U16 (ages 14-15) 7/19 – 7/23/10-----\$200

U19 (ages 16-18) 7/19 – 7/23/10-----\$200

NEW, Field Hockey Freshman High School Camp

Incoming freshman only

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

This Camp is especially designed for the High School Incoming Freshman players.

Get ready for your High School try-outs by working on conditioning, skills and game sense.

8/16 – 8/19/10-----\$200

Field Hockey Goalie Camp

4 day Camp

All Ages

Monday - Thursday 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.

8/2/ - 8/5/10-----\$247

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.

	Day;	Time	Starting:	age:	
Session IV	Wednesday	5.00 pm	4/7/10	7-10	(4 wk, 1 hour p/wk, \$90)
Session V	Saturday	9.00 am	5/1/10	7-10	(4 wk, 1.5 hour p/wk, \$126)

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:

Session IV	Wednesday	5.00 pm	4/7/10	7-10	(4 wk, 1 hour p/wk, \$90)
Session V	Saturday	9.00 am	5/1/10	7-10	(4 wk, 1.5 hour p/wk, \$126)

Total Dutch Field Hockey II

Session IV	Thursday	5.30 pm	4/8/10	12-14	(4 wk, 1.5 hour p/wk, \$126)
Session V	Wednesday	5.00 pm	5/5/10	12-14	(4 wk, 1.5 hour p/wk, \$126)

Total Dutch Field Hockey III

Session IV	Thursday	5.30 pm	4/8/10	14-18	(4 wk, 1.5 hour p/wk, \$126)
Session V	Wednesday	5.00 pm	5/5/10	14-18	(4 wk, 1.5 hour p/wk, \$126)



Field Hockey Advanced Class:

All ages BUT A player must be a Varsity, Club or Futures level player to attend

This 8-week class is for the advanced players who would like 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. We will coach various skill games and repetition necessary for the next level. One hour per week.

Session IV	Saturday	10.30 am	4/3/10	all ages	(4 wk, 1.5 hour p/wk, \$126)
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Field Hockey Power Striking 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.

Session V	Tuesday	5.00 pm	5/4/10	12-14	(4 wk, 1.5 hour p/wk, \$126)
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Field Hockey Power Striking 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.

Session V	Tuesday	5.00 pm	5/4/10	14-18	(4 wk, 1.5 hour p/wk, \$126)
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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.

Session IV	Saturday	9.00 am	4/3/10	12-14	(4 wk, 1.5 hour p/wk, \$126)
Session V	Saturday	10.30 am	5/1/10	12-14	(4 wk, 1.5 hour p/wk, \$126)

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.

Session IV	Saturday	9.00 am	4/3/10	14-18	(4 wk, 1.5 hour p/wk, \$126)
Session V	Saturday	10.30 am	5/1/10	14-18	(4 wk, 1.5 hour p/wk, \$126)

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 advanced.

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

Session IV	Wednesday	6.00 pm	4/7/10	12-14	(4 wk, 1.5 hour p/wk, \$126)
Session V	Saturday	10.30 am	5/1/10	12-14	(4 wk, 1.5 hour p/wk, \$126)
	Tuesday	5.00 pm	5/4/10	12-14	(4 wk, 1.5 hour p/wk, \$126)

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.

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

Session IV	Wednesday	6.00 pm	4/7/10	14-18	(4 wk, 1.5 hour p/wk, \$126)
Session V	Saturday	10.30 am	5/1/10	14-18	(4 wk, 1.5 hour p/wk, \$126)
	Tuesday	5.00 pm	5/4/10	14-18	(4 wk, 1.5 hour p/wk, \$126)

NEW!! 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 of this course the player will be more aggressive in the circle and will understand better ways of scoring.

Session IV	Tuesday	5.00 pm	4/6/10	all ages	(4 wk, 1.5 hour p/wk, \$126)
Session V	Wednesday	5.30 pm	5/6/10	all ages	(4 wk, 1.5 hour p/wk, \$126)

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

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2010 Spring & Summer Field Hockey

checks payable to "Soccer Centers"

Participants Last Name	Participants First Name	Date of Birth	Age	Grade
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Mailing Address	Town	State	Zip
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Parents First & Last Name

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

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

Date