

Field Hockey for girls

Bridgewater Recreation in conjunction with Soccer Centers presents...



Fall 2009 & Winter 2010

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 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. **For who:** This is for all girls in 3rd to 6th grade (2009/2010 school year) **When:** Saturday morning anywhere from 8 am - 10 am **Start:** 9/26/2009 - 10/31/2009 **Where:** All games are played at Soccer Centers on their outdoor turf field **What do you need:** Stick, shin guards and mouth guard. **Cost:** \$75 per player

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 I	Thursday	5.30 pm	9/24/09	7-10	(6 wk, 1.5 hour p/wk, \$145)
	Saturday	10.00 am	9/26/09	7-10	(6 wk, 1.5 hour p/wk, \$145)
Session II	Thursday	5.00 pm	11/5/09	7-10	(8 wk, 1 hour p/wk, \$140)
	Saturday	8.00 am	11/7/09	7-10	(8 wk, 1 hour p/wk, \$140)
Session III	Saturday	8.00 am	1/23/10	7-10	(8 wk, 1 hour p/wk, \$170)
					(No class on 2/4)

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 I	Thursday	5.30 pm	9/24/09	10-12	(6 wk, 1.5 hour p/wk, \$145)
	Saturday	10.00 am	9/26/09	10-12	(6 wk, 1.5 hour p/wk, \$145)
Session II	Thursday	5.00 pm	11/5/09	10-12	(8 wk, 1 hour p/wk, \$140) (no class on 11/26, 12/24, 12/31)
	Saturday	8.00 am	11/7/09	10-12	(8 wk, 1 hour p/wk, \$140) (No class on 11/28, 12/26, 1/2/10)
Session III	Saturday	8.00 am	1/23/10	10-12	(8 wk, 1 hour p/wk, \$170)

Total Dutch Field Hockey II:

Session II	Saturday	10.30 am	11/21/09	12-14	(6 wk, 1.5 hour p/wk, \$170) (No class 11/28, 12/26, 1/2/10)
Session III	Thursday	5.30 pm	1/21/10	12-14	(8 wk, 1 hour p/wk, \$170) (No class on 2/4)
	Saturday	11.00 am	1/23/10	12-14	(8 wk, 1 hour p/wk, \$170)

Total Dutch Field Hockey III

Session II	Saturday	10.30 am	11/21/09	14-18	(6 wk, 1.5 hour p/wk, \$170) (No class 11/28, 12/26, 1/2/10)
	Monday	6.00 pm	11/23/09	14-18	(8 wk, 1 hour p/wk, \$170)
Session III	Saturday	11.00 am	1/23/10	14-18	(8 wk, 1 hour p/wk, \$170)

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 III	Monday	6.00 pm	1/18/10	14-18	(8 wk, 1 hour p/wk, \$170)
-------------	--------	---------	---------	-------	----------------------------

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 II	Thursday	6.00 pm	11/19/09	12-14	(6 wk, 1.5 hour p/wk, \$170) (no class on 11/26, 12/24, 12/31)
Session III	Saturday	9.00 am	1/23/10	12-14	(8 wk, 1 hour p/wk, \$170) (No class on 2/4)

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 II	Thursday	6.00 pm	11/19/09	14-19	(6 wk, 1.5 hour p/wk, \$170) (no class on 11/26, 12/24, 12/31)
Session III	Saturday	9.00 am	1/23/10	14-19	(8 wk, 1 hour p/wk, \$170) (No class on 2/4)

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 II	Monday	5.00 pm	11/23/09	12-14	(8 wk, 1 hour p/wk, \$170)
Session III	Saturday	10.00 am	1/23/10	12-14	(8 wk, 1 hour p/wk, \$170)

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 II	Monday	5.00 pm	11/23/09	14-19	(8 wk, 1 hour p/wk, \$170)
Session III	Saturday	10.00 am	1/23/10	14-19	(8 wk, 1 hour p/wk, \$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 advanced.

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

Session II	Saturday	9.00 am	11/21/09	12-14	(6 wk, 1.5 hour p/wk, \$170) (No class on 11/28, 12/26, 1/2/10)
Session III	Monday	5.00 pm	1/18/10	12-14	(8 wk, 1 hour p/wk, \$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.

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

Session II	Saturday	9.00 am	11/21/09	14-19	(6 wk, 1.5 hour p/wk, \$170) (No class on 11/28, 12/26, 1/2/10)
Session III	Monday	5.00 pm	1/18/10	14-19	(8 wk, 1 hour p/wk, \$170)

Field Hockey 1v1 Defense:

Players will be introduced the proper way of defending 1v1.

This all with 1 goal: Get possession of the ball!

This class should not only be taken by defenders but also offensive players as well. It will create players that can turn a game around by consistently pressuring an opponent in the offensive and defensive zones.

Session III	Thursday	6.30 pm	1/21/10	14-18	(8 wk, 1 hour p/wk, \$170) (No class on 2/4)
-------------	----------	---------	---------	-------	---

School Holiday FH camps:

Friday:	11/5/09	(Power striking Camp)	All Ages	\$60 per day or \$100 for both days
Saturday:	11/6/09	(Scoring Camp)	All ages	\$60 per day or \$100 for both days
Saturday:	12/26/09	NEW Indoor Hockey played on our new hard surface floor	All ages	am session (9.00 am – 12.00 pm) pm session (1.00 – 4.00 pm) \$50 per session
Saturday	1/2/10	NEW Indoor Hockey played on our new hard surface floor	All ages	am session (9.00 am – 12.00 pm) pm session (1.00 – 4.00 pm) \$50 per session
Monday:	1/18/10	Total Dutch Camp	All ages	am session (9.00 am – 12.00 pm) pm session (1.00 – 4.00 pm) \$50 per session
Monday:	2/15/10	President's Day Camp	All ages	am session (9.00 am – 12.00 pm) pm session (1.00 – 4.00 pm) \$50 per session

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

2009-2010 Fall & Winter 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

Date

