

Field Hockey for girls



Bridgewater Recreation in conjunction with Soccer Centers presents...

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 Hockey club Bloemendaal; played in National Competition (highest pro league); played ten years in the National 1st and 2nd division; Technical Director and head coach of "HC 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 Recreation drop slot mailbox located on the Garretson Road side of the Municipal Building before or after office hours, or via postal service.

Skill Classes

Field Hockey Junior 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 8 weeks, 50 min p/wk	Saturday	9/29/2018	8.25 am	\$165

Total Dutch Basic 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 Basic I:

Age:	Day:	Starting:	Time:	Price:
10-12 8 weeks, 50 min p/wk	Saturday	9/29/2018	8.25 am	\$165

Total Dutch Basic II

Age:	Day:	Starting:	Time:	Price:
13-14 8 weeks, 1 hour p/wk	Saturday	9/29/2018	10.25 am	\$200

Total Dutch Basic III

Age:	Day:	Starting:	Time:	Price:
15-18 8 weeks, 1 hour p/wk	Saturday	9/29/2018	10.25 am	\$200

Scrimmage & Game Class

This class is for all players who love to play the game of Field Hockey. The best way for players to improve is in a game setting! Participants will be familiarized with the basic rules and different tactics of the game. Different scrimmage games will be played in this camp. Topics will include but are not limited to 1v1, 2v1, and small-sided games

Age:	Day:	Starting:	Time:	Price:
7-16 8 weeks, 1 hour p/wk	Saturday	9/29/2018	9.20 am	\$200

2018 Fall Field Hockey

checks payable to "Soccer Centers"

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

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373 www.bridgewaternj.gov
Office hours 9 a.m. to 5 p.m. Monday – Thursday, 8 a.m. to 5 p.m. on Friday