

ELITE SKILL CLINICS



What you will receive

- 1.5 hours of highly specialised coaching from some of the best coaches and Athletes around
- A written report detailing the session and giving areas for improvement as well as drills and exercises to keep improving the skill
- Video analysis and feedback

What: On March 30 and 31 SUHC are running Elite Skill Clinics for anyone wanting to improve on a specific area of the game. We have carefully selected coaches who excel in each of the areas we have included so you get the best coach for each session.

Where: Farm Road, Cheltenham

Who: Hockey players under the age of 17 who want to improve

Cost: \$40 per session

Registration Form

Select from one of the following options: (please note that places are given on a first in, first served basis and there are only 6 places available per session). For example you may want to participate in Goal Scoring at 9am so that's what you need to fill out on the registration form.

	March 30	March 31
9am	Goal Scoring	Ball Carrying and Eliminations
	Drag Flicking	Deceptive Passing
	Defending Techniques	Attacking 1/3 skills
	Overheads and aerial skills	Hitting and Slapping
11am	Goal Keeping	Game Awareness
	Passing and Out letting skills	Receiving under pressure
	Decision making, vision and awareness	Defending Techniques
	Reverse stick skills	2 vs 2 skills
1pm	Ball carrying and eliminations	2 vs 2 skills
	Drag Flicking	Penalty Corner Skills
	Goal Keeping	Goal Keeping (advanced)
	Tackling, defending and marking	Advanced Goal Shooting

Please complete your registration form and email it to:
southern.united.hockey@gmail.com

[Or send an email to register your interest](#)

Name:

Age:

Phone:

Email:

Session, date and Time:

Payment Details will be sent out upon registration.