

UP 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
- **Coaching from State and international level players including Belgian International Nico Dumont.**

What: On July 5 SUHC are running Up 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).

	July 5
9am	Goal Scoring
	Drag Flicking
	European Defending Techniques
	Hitting and Slapping
11am	Advanced Goal Scoring Skills
	Passing and Out letting skills
	Decision making, vision and awareness
	Reverse stick skills
1pm	Ball carrying and eliminations
	Drag Flicking
	2 vs 2 skills
	Tackling, defending and marking

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.