

2017/2018 UP SKILL CLINICS



What you will receive

- 1.5 hours of highly specialised coaching from some of the best coaches and Athletes around. Small Coach to player ratio!
- A written report detailing the session and giving areas for improvement as well as drills and exercises to keep improving the skill

What: 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.

When: Day 1 on December 17, Day 2 on January 17

Where: Farm Road, Cheltenham

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

Cost: \$30 per session

Skills

Please choose one skill from each time slot when registering

	Dec 17	Jan 17
9am		
	Goal Scoring	Goal Scoring
	Ball carrying and eliminations	Ball carrying and eliminations
	Defending	Defending
11am	Passing	Passing
	Goal keeping	Goal keeping
	Penalty Corner Skills	Leading and Receiving
1pm	3D Skills	3D Skills
	Modern Hockey Skills	Modern Hockey Skills
	Hitting and Slapping	Hitting and Slapping
3pm	Deception	Deception
	Ball carrying and eliminations	Ball carrying and eliminations

Registration Form

Select from one of the options above per time slot: (please note that places are given on a first in, first served basis and there are only 8 places available per session).

Please email southern.united.hockey@gmail.com ASAP with your selections

Name:

Age:

Phone:

Email:

Session, date and Time:

Payment Details will be sent out upon registration.