

Central Jersey Field Hockey/New Heights Skills and Drills Training Sessions

Striking Session

8 sessions

This 8 Session class will focus on the mechanics and technique of mastering the hit. Each session will provide instruction and breakdown of the hand, body, and foot positioning to get the most powerful and accurate hit.

Stick work Session

8 sessions

Athletes will methodically be instructed how to move the ball in tight spaces and larger spaces. They will be instructed in the proper hand and body positioning to create more speed and control when on the move. Athletes will also learn the techniques of various feints that can be used to win 1v1 situations.

Passing and Receiving Session

8 sessions

Athletes will learn how to create, release, and receive the ball in 2v1 situations. This session will focus on the instruction and technique of hand, body and foot positioning.

Intermediate Training

6 sessions

For all athletes that are interested in improving their skills in the areas of striking, stick work, passing and receiving, and shots on goal. This 6 week session will start with the fundamentals and progress to a more advanced level of understanding and skill for each athlete.

Advanced Training

6 sessions

For the athlete that is serious about playing in college. This training will focus on mastering the fundamentals and introducing more advanced skills such as power striking, feints, and drag flicks.

ALL TRAINING IS AT KOZAK SPORT CENTER IN RANDOLPH

Schedule

Tuesday's starting – 5/6/2008

	Age Group	Cost
5:30 – 6:30 Striking Session	any age	\$215
6:30 – 7:30 Stick work Session	any age	\$215

Wednesday starting – 5/7/2008

5:30 – 6:30 Passing and Receiving	any age	\$215
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Sunday starting – 5/18/2008

10:00 – 11:30 Intermediate Training	11 - 14	\$225
11:30 – 1:00 Advanced Training	15 – 18	\$225