



## UBC FIELD HOCKEY SUMMER CAMPS 2017

### Co-ed Field Hockey Fundamentals Camp

**Ages: 6-10 | Week: July 10-14, 2017 | Time: 9:00am - 12:00pm | Location: Wright Field Artificial Turf**

Registration link: <http://camps.ubc.ca/summer-camps/co-ed-field-hockey-fundamentals-camp/>

This camp is aimed at having fun and introducing and developing a love for physical activity and the sport of field hockey. Build fundamental movement skills, and the core technical skills and basic mini-game play associated with field hockey.

### Girls Only Learning to Train Camp

**Ages: 10-14 | Week: July 10-14, 2017 | Time: 9:00am - 12:00pm | Location: Wright Field Artificial Turf**

Registration link: <http://camps.ubc.ca/summer-camps/girls-only-learning-to-train-camp/>

This program is aimed at the developing club or regional level player. It will focus on core technical skills, small game tactics, attacking and defending strategies and appropriate warm up and cool down protocol.

### Girls Only U16 Camp

**Ages: 13-16 | Week: July 17-21, 2017 | Time: 9:00am - 12:00pm | Location: Wright Field Artificial Turf**

Registration link: <http://camps.ubc.ca/summer-camps/girls-only-training-to-train-camp/>

This program is aimed at Club, Regional and Provincial level athletes. Core skills will be refined at speed and under pressure and specific skills for possession, elimination, goal scoring, and tackling will be introduced and developed. Each session will incorporate elements to build technical skills, tactical understanding, and game play.

### Girls Only Back to School Camp

**Ages: 14-17 | Week: August 14-18, 2017 | Time: 9:00am - 12:00pm | Location: Wright Field Artificial Turf**

Registration link: <http://camps.ubc.ca/summer-camps/girls-only-back-to-school-camp/>

Program Description: This program is aimed at High School and Club athletes looking to prepare for school and club league play in the fall. Core skills will be refined at speed and under pressure and technical skill and tactical understanding will be built within the context of urgent game play. Physiological awareness will also be refined in order to help the athlete build to, appropriately recover from, competition.