

# \*\*NEW 2017 WVFHC Coaching Courses\*\*



## Field Hockey 001

### WHO?

Course is aimed at NEW and U6-U10 coaches who are looking to improve their field hockey knowledge. New Junior coaches are also encouraged to attend.

### WHAT?

The course will focus on basic technical principles such as grip, push passing, hitting and tackling. LTAD (long term athlete development) and how to setup up a practice will also be covered.

### WHERE?

Sessions will be on and off field at Rutledge.

### WHEN?

- Sunday, January 22
- Monday, January 23
- Sunday, February 5
- Monday, February 6
- Sunday, March 5

Register at [www.wvfhc.com](http://www.wvfhc.com)

## Field Hockey 101

### WHO?

Course is aimed at U11-U14 coaches as well as those coaches who are looking to update and improve their field hockey knowledge. Junior coaches are also encouraged to attend.

### WHAT?

The course will focus on technical principles such as grip, distribution skills, defensive skills and penalty corners. LTAD (long term athlete development) and how to maximize a training session will also be covered.

### WHERE?

Sessions will be on and off field at Rutledge.

### WHEN?

- Sunday, February 19
- Monday, February 20
- Monday, March 6

Ps. Coaches with no coaching certifications are encouraged to attend a Field Hockey 001 course prior to attending this course.

