

Goalkeeper & Striker Clinic February 2012

Players aged 13 yrs and over, including adults
9:00 – 11:00am, Sundays
February 5, 12, 19, 26, 2012
Keith Thompson Hockey Centre
Waterloo Rd, North Ryde

- Our coaches are of the highest quality, including international players and coaches, current AHL players & other top level coaches.
- Players in small groups according to their age and ability to ensure most appropriate training methods are applied to all participants.
- Adult keepers invited to attend & will be catered for separately
- Sessions run from 9:00 to 11:00am.
- **Striker Program: Suitable for ALL Attacking player positions**
 - Week 1 Hitting styles & techniques, footwork, shooting accuracy
 - Week 2 Ball control, power hitting, lifted shots – chipping, squeezing, flicking
 - Week 3 Deception, quick shooting, reverse stick shots, tomahawk, penalty corners, drag flicking, penalty strokes
 - Week 4 Using the self-pass, quick breaks, 1v1 attacks, deflections, rebounds
- **Goalkeeper Program:**
 - Week 1 Equipment, positioning/goal orientation, technique, communication, ground saves
 - Week 2 High saves (stick & hand), dealing with wide shots, covering the goal
 - Week 3 Dropping/sliding/logging, penalty corners/strokes, dealing with the drag flick
 - Week 4 Covering breakaway attacks, 1v1s, dynamic movement, reaction saves, multiple saves, rebounds
- Fee per player \$180

Register online at: www.ozsports.com.au

Registrations close January 27, 2012.