

Chesterfield Hockey Club

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Dear Coaches,

Our sessions are based on:

- **Warm ups**
- **Hockey related plyometric exercises** – to improve footwork, balance and ‘speed of the blocks’.
- **Core skills and stick skill exercises**
- **Small games** with emphasis on skill learned during the session – for example for session one moving with ball – look at grip on stick, ball carry position etc.
- **Cool down** during which a short discussion on the session or general housekeeping matters can be discussed.

Safety of the children is paramount. In view of the large number on the pitch, **hitting (unless under controlled conditions)** and lifting of the stick above shoulder height is prohibited.

The children must wear shin pads, trainers, mouth guards and hockey gloves.

Simple ball moving drills can be set up for kids who arrive early and they should be encouraged to make use of them. This is to avoid the random hitting of hockey balls before training actually starts.

I am always open to receive feedback.

Many thanks

Mark