



Baradene Hockey

Pre-season Skills Sessions (before trials)

In preparation for the 2023 Hockey season, we will be holding four preseason skills training sessions. These are targeted at ALL Hockey players; from those who have never played to 1st XI players returning and wanting to dust off the cobwebs from the off-season.

The sessions will focus on developing players' basics and fundamental skills, with the aim to develop and sharpen the skill level of all players before the 2023 season begins.

This will then allow coaches to focus on other technical and "team" plays rather than basics etc during the season.

Age Eligibility: Years 10-13

Where: Baradene Turf

Dates:

- Thursday 9th February
- Thursday 16th February

Time: 5.00pm-6.30pm

Age Eligibility: Year 9

Where: Baradene Turf

Dates:

- Tuesday 14th February
- Tuesday 21st February
- Tuesday 28th February
- Tuesday 7th March

Time: 3.30pm – 5.00pm

Age Eligibility: Years 7-8

Where: Baradene Turf

Dates:

- Wednesday 15th February
- Wednesday 22nd February
- Wednesday 1st March
- Wednesday 8th March
- Wednesday 15th March

Time: 3.30 – 5.00pm

FREE OF CHARGE

This is an exciting opportunity to fine-tune those skills and we hope your daughter will take this up. We ask that you indicate this on the hockey registration online permission slip by **Friday 10th February 2023**.

Regards,
Shona Burrows
Sports Manager
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