



Baradene Hockey Pre-season Skills Sessions (before trials)

In preparation for the 2024 Hockey season, we will be holding four/five 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 2024 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

Where: Baradene Turf

Dates:

- Monday 12th February
- Monday 19th February
- Monday 26th February
- Monday 4th March

Time: 6.45am – 8.00am

Age Eligibility: Year 8 & 9

Where: Baradene Turf

Dates:

- Wednesday 14th February
- Wednesday 21st February
- Wednesday 28th February
- Wednesday 6th March

Time: 6.45am – 8.00am

Age Eligibility: Years 7

Where: Baradene Turf

Dates:

- Friday 16th February
- Friday 23rd February
- Friday 1st March
- Friday 8th March
- Friday 15th March

Time: 6.45am – 8.00am

Age Eligibility: Years 11-13 **Where:** Baradene Turf

These sessions will involve mini-games against SHC hockey players

Dates: Wednesday 14th, 21st & 28th February

Time: 4.30pm -6.30pm

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 9th February 2024**.

Regards,

Shona Burrows

Sports Manager

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