



## HIGH PERFORMANCE HOCKEY COACHING

**ALL JUNIOR ASSOCIATIONS GIRLS & BOYS WELCOME**

# 2018 MC HOCKEY SKILL SET OCTOBER SCHOOL HOLIDAY CAMPS

MC Hockey Skill Set programs are designed to accelerate core skill development for its participants. We provide information, tools and systems to enable athletes of all ages and abilities to produce sustained gains in performance.

### TECHNICAL INSTRUCTION

- Core skill principles and execution
- Skill competency technical correction
- Positional and tactical playing principles
- Game analysis & performances feedback
- Specialist skills Drag flicking & Goal Keeping

### Programs: October School Holidays

- U10 & U13 October 8<sup>th</sup> - 9<sup>th</sup> 9am to 3.30pm cost \$225
- U15 & U17 October 8<sup>th</sup> - 9<sup>th</sup> 9am to 3.30pm cost \$225

### Specialist Skills

- Drag Flicking – October 8<sup>th</sup> groups of 4 athletes  
7am to 9am - \$100
- Drag Flicking – October 9<sup>th</sup> groups of 4 athletes  
7am to 9am - \$100

### Program Delivered by Larry McIntosh

26 years experience in high performance sport including NSWIS Head Coach (1997-2013) and various National team coaching appointments with the Kookaburras, among them the Olympic Games in 1996 (Bronze) Athens 2004 (Gold).

For all inquiries & registrations please contact Mobile 0412088152  
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All programs are held at the Ryde Hockey Centre, Waterloo Rd North Ryde