

HIGH PERFORMANCE



HOCKEY COACHING

2019 MC HOCKEY SKILL SET APRIL 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.

ALL JUNIOR ASSOCIATIONS GIRLS & BOYS WELCOME

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

APRIL SCHOOL HOLIDAYS

- U10 & U13 April 22nd to 23rd - 9am to 3.30pm - \$225
- U15 & U17 April 24th to 25th - 9am to 3.30pm - \$225

SPECIALIST SKILLS

- Drag Flicking – April 23rd & 25th groups of 4 athletes per session
- 7.30am to 9am both days sessions \$100 P/A

**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).
Accredited High Performance Coach

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