

Following on from the success of last year's development sessions, we are back bigger and better. This program will cater for individual needs and be delivered by expert coaches with a focus on developing the hockey player and the athlete. Designed by Hugh McLaughlin (Level 3 Accredited and 2019 U21 Victorian Womens Assistant Coach), the program will develop technical skills, game sense and match play. This year we have also partnered with Run Ready to help build the athletic side of the game in speed, agility and fitness.

# **FAST FACTS**

#### Who

Players aged U12-U18 from TEM and other clubs

### When

Thursday nights from 5pm-7pm

#### Venue

TEM Hockey, 486 Auburn Road, Hawthorn Dates 5 Nov, 12 Nov, 19 Nov, 26 Nov

Cost

\$100 per player

#### What the program includes:

- Four sessions which includes 7 hours of hockey and 1 hour of athletic development
- Coaching/player ratio of max 1:8(aim of 1:6)
- Training shirt sponsored by TAC
- Access to elite coaches who have played at international and national level
- A fitness program with a take-home component for ongoing improvement



## **REGISTRATION AND CONTACT DETAILS**

### **Registration** Please book by October 18th via the link below

https://temhockey.majestri.com.au/academy

### Contact

Leesa Needham (TEM Junior VP) Email: juniors@temhockey.com Phone: 0408 556 669

## **MEET THE COACHES**



**CARLY JAMES** JUNIOR AUSTRALIAN SQUAD



**JO BOWDEN** COACH RUN READY



**JOSH POLLARD** FORMER KOOKABURRA



ANDREW SCANLON FORMER JUNIOR AUSTRALIAN SQUAD



**GUIILEM CANAS** U21 SPANISH TEAM



WILL KARRAFA U21 VICTORIAN GK

...and lots more home grown heroes!