

English THROUGH

+ Hockey



I love Exsportise because I can learn English and play hockey."

HOCKEY STUDENT

Our hockey programme is designed to improve individual skills and knowledge of the game.



> OUR OBJECTIVE IS....

to send players back to their clubs ready for the new season having improved and developed as hockey players and feeling more motivated than ever!

Available at: SEAFORD

We provide a multi ability coaching programme to ensure that we address the needs of every standard of player. On day one of camp, all students are given a skills assessment and placed into the appropriate group.



Our coaching programme concentrates on physical and technical improvement through drills that emphasise the core skills and knowledge of the game. We play plenty of matches and do exercises that focus on the enjoyment of the game.

For advanced and experienced players, we offer a more intense level of coaching which may include elements of video analysis and theory that promotes a fuller understanding of hockey. Players are challenged to analyse their game, improve their decision making in match play and set objectives for the season ahead.

Exsportise courses are attended by young players of all abilities including high level players from top European clubs. This gives students the opportunity and experience to play hockey at a truly international level.



COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all levels of ability with a minimum of one year's experience
- Full time FIH and EHA qualified coaches with international coaching experience
- Focus on technical improvement and core skills of the game, plus fitness, agility, skills and match play
- Conditioned games and match play

FOR ADVANCED PLAYERS

- More intense coaching focusing on technique and decision making
- Self analysis and objective setting

Average Coaching Ratio

1:10