

| U14 TOP HOCKEY PROGRAMME 2023/24 | | |
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| | Boys | Girls |
| 25/9/23 | Pitch session 19:00 - 20:30 | Leadership / Coachability 18:30 - 19:30 Led by Freya Robinson Clubhouse |
| 2/10/23 | Insight into the Junior International Environment 19:30 - 20:30 Led by Conor Williamson Clubhouse | Pitch session 19:00 - 20:30 |
| 9/10/23 | Pitch session 19:00 - 20:30 | Performing Under Pressure 19:30 - 20:30 led by Tom Sorsby online |
| 16/10/23 | Performing Under Pressure 19:30 - 20:30 led by Tom Sorsby online | Pitch session 19:00 - 20:30 |
| 23/10/23 | Half Term | |
| 30/10/23 | Pitch session 19:00 - 20:30 | Insight into the Junior International Environment 18:30 - 19:30 Led by Freya Robinson Clubhouse |
| 6/11/23 | Academic & Time Management 19:30 - 20:30 led by Alex Williams online | Pitch session |
| 12/11/23 | Introduction to Strength & Conditioning @ Colet's Health & Fitness Club 19:00 - 20:00 | Introduction to Strength & Conditioning @ Colet's Health & Fitness Club 18:00 - 19:00 |
| 13/11/23 | Pitch session 19:00 - 20:30 | Academic & Time Management 19:30 - 20:30 led by Alex Williams online |
| 20/11/23 | Umpiring 19:30 - 20:30 in Clubhouse | Pitch session 19:00 - 20:30 |
| 27/11/23 | Pitch session 19:00 - 20:30 | Umpiring 19:30 - 20:30 in Clubhouse |
| 4/12/23 | Nutrition 18:30 - 19:30 in club house | Pitch session 19:00 - 20:30 |
| 11/12/23 | Pitch session 19:00 - 20:30 | Tactical 19:30 - 20:30 |
| 18/12/23 | Christmas Holidays | |