



SHC Camps: A Guide for Players & Parents

SHC Hockey Camps: School Years 1-9

Our regular holiday camps are open to both members and non members and are centred around friendships, fun and technical development

- Camps are led by high level club coaches and assisted by our amazing team of talented junior coaches, many of whom are junior national team players and have been mentored by top players and coaches themselves.
- Coaching ratio around 1 coach to 10 players
- 3 hours
- Prices start at £30 with discounts for multiple bookings

Masterclasses

Masterclasses are focused on a particular theme such as goalscoring or drag flicking.

- Led by top coaches and international players who are proven specialists in the theme for their masterclasses.
- Numbers are capped at 18 players + GKs (if needed). Coaching ratio 1 coach to 9 players (1 head coach, 1 assistant)
- 90 minutes
- Price: £20

1-2-1 / Small Group Sessions

1 to 1 or small group technical sessions with a coach of your choice.

- A great way to increase self confidence, gain personal feedback and create bonds with coaches
- Coaches will tailor sessions to suit individual and can be player led to learn and develop areas of your game you want to focus on
- Group sessions can also be organised by individuals
- Price dependent on coach

Performance Days: School Years 8 - 13

Focused, intense and designed for players who aspire to play at a performance level. Each Performance Day has a theme and will be led by a top class coach.

- Past coaches include: Jon Royce (Ex GB Coach), Brett Garrard (German Ladies Assistant Coach and SHC LI Head Coach), Jamie Dwyer (5 times FIH World Player of the Year and Olympic Gold Medallist), Lucas Judge (Dutch ladies coach), Gonzalo Peillat (Argentinian Olympic Gold Medallist).
- Coaching supported by current international players and top club coaches.
- A top class GK coach also delivers GK coaching. For GKS, this means low ratio closed technical environments and in game situations for developing decision-making skills.
- Coaching ratio around 1 coach to 6 players
- Numbers are capped to allow extra space for full pitch games.
- 6 hours with 1 hour lunch break
- Price: £75

SHC Technique

Small group sessions focused on a particular technique with a top level player or coach who specialises in that skill.

- A great way to learn/master a technique in a short space of time, gain confidence and receive individualised technical feedback.
- 60 minutes
- Coaching ratio 1 coach to 6 players (maximum)
- Coaches include international players and coaches such as Will Fulker, Tim Nurse, Luke Taylor, Gareth Furlong, Sophie Hamilton, Dave Goodfield and many more.
- Price: £23

Find out more & book all camps [here](#)