



SHC Camps: A Guide for Players & Parents

SHC Half Day Hockey Camps

Our regular holiday camps are open to both members and non members.

- All Star Half Day Hockey Camps for Years 1-6 (3 hours)
 - Price: £32 (discount packages available)
 - Each camp will have a different focus. Skills include: goalscoring techniques, 3D skills, tackling, matchplay, strategies & tactics
- Specialist Half Day Camps for Years 7-9 (3 hours)
 - Price: £32 (discount packages available)
 - Camp themes include: 'Break the Net' – goalscoring; 'Up in the Air' – 3D skills; 'Hockey Mastermind' – Tactics & decision making; 'Thou Shalt Not Pass' – effective defending for all outfield players

Masterclasses

Masterclasses are focused on a particular theme or skill (e.g. drag flicking).

- Led by top coaches and international players who are proven specialists in the theme for their masterclasses.
- Numbers are capped to ensure excellent individual input for every player. Specialist lead coaches are joined by an assistant coach as required.
- 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
- 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

Themed Days: School Years 7-9 & 10-13

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.

- Coaching supported by current GB international players and Olympic medalists.
- Coaching ratio around 1 coach to 6 players
- 5 hours with 1 hour lunch break
- Price: £60

Goalkeeper Masterclasses & Coaching

We offer a variety of goalkeeper coaching options:

- Goalkeeper Masterclasses
 - 3 hours
 - Price: £60
 - Low GK:Coach ratio of 3:1 or 5:2
 - Sessions are split by age - years 6-8 or years 9-13
- Themed Goalkeeper Day Camps
 - Led by James Mazarelo (England, GB & Surbiton first team GK) along with other specialist goalkeeper coaches
 - GK-specific coaching & game play scenarios with outfield players in the afternoon to put newly learned techniques into action.
 - 5 hours with one hour lunch break
 - Price: £60
- Private Coaching:
 - GKs can also attend Half Day Camps where they will be involved in defensive aspects of matchplay & goalscoring as well as general skills & fitness exercises

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