

SHC Indoor Hockey Camps 2021

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Epsom College Sports Centre
Longdown Road South
Epsom
KT17 4JD

As we prepare for the indoor season, we are delighted to announce Indoor Hockey Camps that will take place in December 2021.

Age Group	Description	Date	Time	Cost
U10 Mixed	Intro to indoor hockey. Learn rules and skills. Snack break followed by match play in teams. Please bring snacks and plenty of fluids.	Wed, 22 Dec	14:00 – 17:00	£35
U11 Girls (Year 6)	This will run like a camp day with the first part focusing on the technical aspects of indoor hockey followed by a look into the tactical side. The final 2 hours will run as a tournament. Please bring a packed lunch, snacks and plenty of fluids.	Mon, 20 Dec	09:00 – 14:00	£50
U12 Girls (Year 7)	This will run like a camp day with the first part focusing on the technical aspects of indoor hockey followed by a look into the tactical side. The final 2 hours will run as a tournament. Please bring food, snacks and plenty of fluids.	Mon, 20 Dec	14:00 – 19:00	£50
U12 Boys (yr 6&7)	This will run like a camp day with the first part focusing on the technical aspects of indoor hockey followed by a look into the tactical	Tues, 21 Dec	14:00 – 19:00	£50

	side. The final 2 hours will run as a tournament. Please bring food, snacks and plenty of fluids.			
U14 Boys (yr 8/9)	This will run like a camp day with the first part focusing on the technical aspects of indoor hockey followed by a look into the tactical side. The final 2 hours will run as a tournament. Please bring food, snacks and plenty of fluids.	Tues, 21 Dec	14:00 – 19:00	£50
U14 Girls (yr 8/9)	This will run like a camp day with the first part focusing on the technical aspects of indoor hockey followed by a look into the tactical side. The final 2 hours will run as a tournament. Please bring food, snacks and plenty of fluids.	Tues, 21 Dec	09:00 – 14:00	£50
U16/18 Girls	A mix of technical and tactical work mainly in a gameplay situation. Bring snacks and fluids	Wed, 22 Dec	09:00 – 12:00	£35
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What is Indoor Hockey?

Indoor hockey is a fun, fast pace small-sided version of the game. It is great for developing your technical skill such as passing and trapping. A highly tactical game with formations and positioning key to success, it can provide a great introduction to this side of the game for the younger players.

Key Rules:

- No lifting the ball (except when shooting at goal), this means all passes have to be flat and you have to be able to move the ball around defenders as you can't get away with lifting it over a stick.
- No hitting or slapping, only push passing allowed which helps to work on accuracy and speed of play.
- No side-lines, boards along the side keep the ball in play which makes for a faster and more active game with fewer stoppages, they can also be used to pass the ball around defenders.

- No reverse stick edge allowed, only the face of the stick can touch the ball which helps to get the kids trapping the ball properly on their reverse.
- 6 a-side (1 GK + 5 outfield)

No “Drilling”, a key rule that if a defender is low with their left hand on the floor to tackle or block, the attacker cannot try and force the ball through the defender and it will be a foul against the attacker if they do. This helps to encourage the defenders to get into a low and strong position when tackling

Key dates and Tournaments:

U16/18 England Hockey Champs Super Sixes begin on 11/12 December 2021 – more details to follow.

The Copper Box Tournament (London)

- **This annual tournament is back for 2021**
- **We have entered teams from U10 – U18s**
- **If you are available to play, the indoor camps will be great preparation for these tournaments**
- **More details to follow.**

Copper Box Tournament	Date	Time
U10 Girls	28/12	9:00-11:00
U10 Boys	29/12	9:00-11:00
U12 Girls	29/12	11:45-16:00
U12 Boys	28/12	11:45-16:00
U14 Girls	28/12	16:50-21:30
U14 Boys	29/12	16:50-21:30
U16 Girls	27/12	11:00-16:00
U16 Boys	27/12	17:00-21:30
U18 Girls	30/12	09:00-17:00
U18 Boys	30/12	09:00-17:00