

**LUHI FIELD HOCKEY CAMP**  
**131 BROOKVILLE ROAD, BROOKVILLE, NEWYORK, 11545**  
**516 – 626 – 1100**

**Field Hockey Director:** Caryn Rosenau

**Staff:** To Be Announced

**Overview:**

This program is designed to teach basic techniques, skills and strategy of field hockey. Campers will be grouped by age first, then ability. We will attempt to honor requests for two friends to be on the same team. We cannot guarantee that all players will be grouped with friends. Players will be evaluated and divided into teams on the first day of camp. If there is a need to move campers up or down a level, this can be done periodically as camp progresses. This constant re-evaluation re-grouping is done to ensure a rewarding and satisfying camp experience. However, this will be done at the discretion of the coaching staff, but also with the approval of the director keeping in mind the best interest of the campers. Both the morning and afternoon sessions will begin with a proper warm-up to avoid injuries. We are prepared for inclement weather conditions with indoor instruction.

**Campers need to bring** their own stick, shin guards, and a molded mouth guard. If the camper forgets any of the required safety equipment they will be unable to participate in games and some of the drills played throughout the day. We recommend that players bring sunscreen and water bottles to camp. Campers are advised to eat a healthy breakfast and lunch, they are also advised to stay well hydrated throughout the day. After lunch & at the end of the day campers have the opportunity to go swimming. It is advised they bring a bathing suit and towel so they can cool off between sessions.

**Tentative Daily Schedule – WEEK 1**

**Monday**

Administrative Procedures  
Field Hockey Skills Evaluation  
Introduction to the basics: dribbling  
Contests

Team Groupings  
Communication, Movement to the Ball  
Instructional Practice  
Games

**Tuesday: Backwards Day**

Offensive and Defensive Techniques  
Instructional Practice  
Small Games

Containing, Jabbing, Block Tackle  
Marking, Pressure/Cover  
Team Play

**Wednesday: Flash Back Day**

Individual Attack Skills  
Small Games  
Passing & Receiving Techniques  
Small Games

Offensive Support  
Passing Patterns  
Moving Off of the Ball  
Team Play

**Thursday: I can't believe you wore that" Day**

Stick Work Skills:	Instructional practice
Dodges	Small Games
Fakes	Team Play
Spins	Shooting

**Friday: Pajama Day**

Open instruction Stations:	Dodges, Fakes, Spin's
Dribbling	Shooting
Passing/Receiving	Team Play

**WEEK 2**

**Monday: Crazy Hat Day**

Spin Move	Body Fakes
Penalty Strokes	Shooting Under Pressure
Receiving Under Pressure	Penalty Corners
Receiving Under Pressure	Team Play
Small Games	

**Tuesday: Crazy Hair Day**

Circle Play	Positioning
Passing Patterns	Small Games
Push & Flick	Team Play

**Wednesday: Twin Day**

Stations to Review All Skills	Camp Olympics – Part 1
Small Games	Team Play

**Thursday: Camper Crazy Choice Day**

Camp Olympics Part 2  
Focus on Teamwork, Communication and Cheering  
Team Play

**Friday: Team Tee-Shirt / Team Spirit Day**

Camp Olympics Part 3  
Team Play: Semi – Finals & Finals  
Parents are welcome to come to watch the games at the end of the day  
Teams should wear their "uniforms"

This is just a tentative outline. If any parents have questions or concerns, please feel free to call the camp office and leave a message requesting to speak with me. I will return immediately, if it is an emergency. Here's wishing all the campers a fun filled and rewarding two weeks.

*Caryn Rosenau, Field Hockey Director*