

# Foundation Skills Workshop



This workshop will focus on the foundation Hockey Skills. They form the basis of the Single System work and are covered in detail at JDC, JAC and JRPC. These skills have been developed to equip players to progress throughout the player pathway.

- Unopposed ball carrying
- Hitting
- Basic principles of 2 v 1 attack

It is suitable for any coach of juniors or seniors at all ability levels and replaces the previous core skills workshop.

The workshop costs £15, will be run by an England Hockey Centrally Contracted Coach and will involve video and pitch work.

Candidates will receive a certificate of attendance, and are expected to take an active part in the session so please bring a hockey stick.

[www.Englandhockey.co.uk](http://www.Englandhockey.co.uk)



Venue: Norfolk (TBC)

Date: 20<sup>th</sup> September 2010

Time: 6.30 – 9.30 pm

For an application form  
please e-mail:  
[east@englandhockey.org](mailto:east@englandhockey.org)

The closing date for  
applications is one week prior  
to the workshop

