

MAKE 2020 A SUMMER TO REMEMBER



**Moravian College
Bethlehem, PA**

July 13 - 16

AGES 10 - 18

FHCamps.com 800-944-7112 Support@FHCamps.com

SINCE 2001, 40,000 CAMPERS AND COUNTING!

Team Discounts

5-9 Players
\$25 Off

10+ Players
\$35 Off



Camp Location

Moravian College

Bethlehem, PA

- Ages 10 - 18, All Abilities Welcome
- Air-Conditioned Dormitories
- Turf Stadium
- 1 Hour from Philadelphia & Newark, New Jersey

Why Us?

A top name in hockey in the United States, Revolution Field Hockey programs are designed to help players take their skills and knowledge to the next level. Our camps are all about keeping both the ball and player in consistent motion. The days will start with 4 v 4 warm-ups moving into skill development drills, tactical games and then to scrimmages - get ready to move! Our unique drills and learning games help campers stay engaged in a fun way and have proven highly effective at developing an overall hockey IQ. We believe in and practice accountability, both with our staff to ensure our participants improve through positive reinforcement and repetition, as well as with our campers to bring the effort and desire. Learning is an evolving process and we aim to develop creative players who will love the game.

Director



Sarah Dalrymple

- Moravian College Head Coach
- Former Lafayette College Assistant Coach
- GK Coach for USA Field Hockey Jr. High Performance Squad
- Temple University 2x Captain, All-Region & All-Conference
- US High Performance, Indoor & Development Team '10 - '13



Camp Schedule

Morning Sessions (9 - 12)

Developmental Skill Work

Elimination Skills: Pulls, Spins, 2D - 3D Ball Control, Change in Speed

Shooting: Forehand, Grip, Target, Punch, Flip, Tipping, Backhand, Urgency

Defense: Good Positioning, Jabs, Tackles, Shaves, Double Team

Passing: On the Move, Transfer of Weight, Body Positioning, 1-2-3 touch passing,

Off-Ball, Communication & Creating Space

Goalies: Basic & Advanced Lower Body & Upper Body Techniques

Chalk Talk & Film

Reviewing techniques and game theories

Afternoon Sessions (2 - 5)

Unsettled Situational Game Play

1 v 1 to 2 v 1 to 2 v 2 to 3 v 2....5 v 5

Multi-Goal Games, Possession Games, Defensive Organization & Transitions.

Hockey Fun

Hockey Baseball, Chess, Steal the Bacon, Bingo

Specialized Team Building Events

Hockey Minute to Win-It- Hockey Maze Runner, Spike Ball Tournament, Skits - In Addition to Other Leadership Activities

Evening Sessions (6 - 8)

Game Play

7v7 and Full Field Scrimmages

All meals will be taken in the dining hall. Commuters: Lunch & Dinner. Overnight Campers: Breakfast, Lunch & Dinner.