

MAKE 2019 A SUMMER TO REMEMBER

**Team Discounts**

5-9 Players  
\$25 off

10 + Players  
\$35 off



CAMP LOCATION:  
**Randolph Macon  
College**  
Ashland, VA

CAMP DATES:  
**July 15 - 18**

*Ages 10 - 18*

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

SINCE 2001, 40,000 CAMPERS AND COUNTING!



## Camp Location

### Randolph Macon College

- Turf Stadium
- Swimming Pool
- Climbing Wall
- Indoor Field House
- Air-Conditioned Dorms
- 18 Miles from Richmond, VA

## Director

### Ashley Kishorn



- Eastern Mennonite Univ. Head Coach
- Former Assistant Coach at Lynchburg & Williams College
- Salisbury State University - '09 NCAA DIII Champion

## 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 just as much about keeping both the ball and player in consistent motion as they are a vehicle to teach deeper values.

The days will start with 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 process of learning field hockey.



## 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.