2015- SPark Spring Outdoor Skills & Drills

2015 SPark Spring Indoor Skills and Scrimmage

**Objective**:

**Outdoor** - Players will be instructed in the basics of successful outdoor skills with an emphasis on hitting, receiving, and pushing.  Defensive skills to be covered included: jabbing, channeling, reverse tackling, and man to man marking.  The sessions will use video feedback to assist in hitting development.

**Indoor** - Players will be instructed in the basics of successful indoor skills beginning with individual skills and progressing towards team offensive and defensive strategies.  Through the use of video feedback, players will improve their form in a variety of skills such as passing, receiving, flicking, and deflecting.

**Where:** SPark Indoor Training Center @ the API Building.

**Outdoor Skills & Drills**

SPark Level One – Grades 8th / 9th / 10th - 7:30- 9:00pm

SPark Level Two – Grades 4th / 5t h / 6th / 7th – 6:00-7:30pm

Tuesday in April 7,14,21,28 & May 5,12,19,26

Cost: $300

**Indoor Skills and Scrimmage**

SPark Level One – Grades 9th/10th & 11th/12TH– 7:30- 9:00pm

SPark Level Two – Grades 5th/6th & 7th/8th – 6:00-7:30pm

Wednesdays in April 8,15,22,29 & May 6,13,20,27

Cost - $175

SPark participants must be a current member of USA Field Hockey.

**How to Register:** Fill out the SPark Player Release Form and mail payment to: SPark 793 Springbloom Drive, Millersville, and MD 21108 or Register online at [www.sparkfieldhockey.com](http://www.sparkfieldhockey.com)

Questions: email sparkfieldhockey@verizon.net