



# FIELD HOCKEY FUNDAMENTALS & FIELD HOCKEY SKILL DEVELOPMENT

JULY 27-31

AGES 6-9 YRS & 9-12 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Field Hockey	Field Sport: Field Hockey	Field Sport: Field Hockey	Field Sport: Field Hockey	Field Sport: Field Hockey
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Floorball	Outdoor Court: 3X3 Basketball	Court Sport: Kinball	Court Sport: Volleyball	Court Sport: Tumble FMS Obstacle Course
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



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