



Grades K-4:

Tuesday May 28 2019

3:30 - 5:30pm

- Warm up
- Overview of game
- Safety and basic rules
- Introductory skills
- Fun games

Grades 5-8:

Thursday June 6 2019

3:30 - 5:30

- Warm up
- Overview of game
- Safety and basic rules
- Leveled skill instruction
- Shooting and defense
- Small sided scrimmage

Introduction to Field Hockey

Hunking Middle School field

Register by May 14: Amy Nelson anelson978@gmail.com

What to bring: All: water, mouthguard, shin guards, sneakers

Gr 5-8: field hockey stick and goggles recommended

****no cleats please****

