



PERFORMANCE HOCKEY COACH X GOCREA8



RESIDENTIAL CAMP

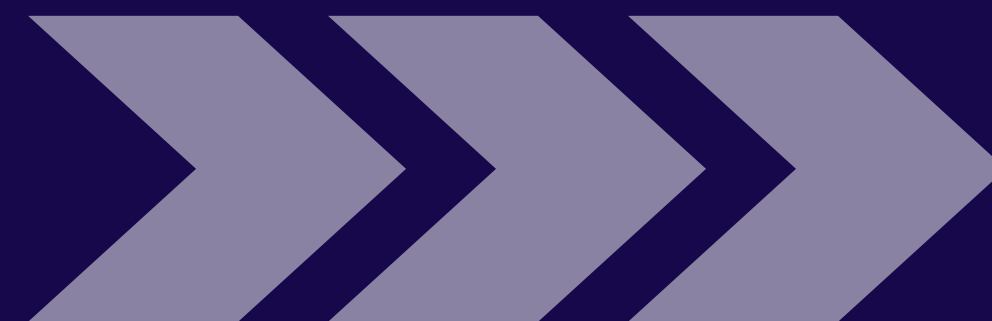
Join a host of World-Stars and World-Class Coaching

Summer 2023

31st July - 4th August

(Malvern College, College Rd, Malvern WR14 3DF)

➤ **£579.00**





WHAT'S IT ABOUT?

We'll bring together a Coaching Team of highly qualified individuals, players and World-Stars. Supporting you as a player, fulfill your potential, flourish and achieve the goals you want to within the game.

We've supported countless players already succeed, and gain recognition for their skills, ability and desire, and we want to continue doing so on a wider stage.

We aim to create a training environment to bring out the best in you!



WHAT WE DO



We are proud to have been in the 'Camp & Courses' business for over 10 years. That means we simply have the experience, blueprint and coaches to make your time with us truly memorable and inspiring. Trust us on our results, and what our parents and players say, it's always really positive, and that's why we have stood the test of time!

OUR EXPECTATIONS /YOURS ON GROUPINGS

01

2 groups on the residential camp, a Talent & Performance, the Talent is aimed at players in years 7/8, the Performance is aimed at players in school years 9-11.

02

Players may not be entirely fixed to these groupings, as we feel it is important for players to be stretched where possible, but be with friends and in groups they want to be in.

03

Minimum requirement is that players are competent, have played school/club hockey for 4-5 years in the **Talent** Camp or in **Performance** Camp (School years 9-11) are County Players at the very minimum. (Some exceptions might be made).



GROUPING



OUR VISION

01

Design a structure, environment, and programme to help young players realise their potential and shine on the pitch.

02

Bring the latest coaching techniques, ideas, and equipment to make for an engaging, high-impact experience for all that attend.

03

Facilitate friendships, long-lasting relationships, and experiences that young players can draw on and revisit time and time again.

DEVELOP YOUR SKILLS/KNOWLEDGE

Level-up

Perhaps you are a player that has 3-4 years of school and club experience behind you, and you want to achieve more through the England Hockey Pathway, (Academy Centres and talent Centres).

Maybe you want to rub shoulders with the best players in the game, to be inspired and take the next step in your development.

You want to get an understanding of what being in a 'Residential Environment' is like and the holistic benefits it brings.

RATIO 1:10 (COACH:PLAYER)





RESULTS

Happy to say, dozens of young players have gone on to represent their Countries, National League, and more with our help and coaching support, are you next?



FROM THE TOP

I always aim to filter all the top skills, techniques and advice from World-Class players, so you can be sure the coaching is revolutionary, unique and second to none



PROVEN BLUEPRINT

10 years of camps, clinics, courses, CPD, and 1-2-1 Sessions all rolled into a Residential Camp - Bosh!!





25 + HOURS OF COACHING

Quantity & Quality

Over the course of the camp, players can expect 5 hours of hockey each day on average, which will be divided into technical aspects, drill based exercises and fine tuning skills.

Match-Play and Unit Play

S&C style work/Injury prevention/mobility/self care



OFF PITCH



Off-pitch activities will include:

BBQs | DVD Nights | Britain Has Talent | Yoga or Pilates | Swimming and Relaxation Sports | Video Analysis

We want players to unwind and relax when they are off the pitch and we will be very mindful of the rest and dietary requirements to ensure all players feel on great form throughout the course. Benefitting from both the Hockey and Extra Curricular activities.

WHAT ELSE?

Sounds Great...

Players will receive:

Performance Hockey Training Top & Goodie Bag
6 Month Access to the 'Performance Hockey Coach' video platform

The chance to win:

Prizes for skills throughout the Camp
3 x Main Prizes for Top Camper

Additional/Optional:

1-2-1 Sessions on the Camp - (Additional Charge)



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***Matt has a great way with
players, building a
relationship and getting
the most from them***

| Parent





WHO'S WHO??

Performance Hockey Coach (Our Digital Learning Platform) was born after Covid-19, and the rapid growth of the Instagram platform, for which now it has nearly 50k Followers. (PHC) now attracts a World-Wide audience which is one of the reasons for offering a residential camp to people outside of the UK.

Gocrea8 has been delivering high-quality camps for 10 years, so it's effectively a coming together of these two, to make a great experience for all attendees!

AWESOME...



X





MORE INFO

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THANK YOU

Looking forward to meeting
many new faces next year,
Summer 2023!

