

2017-18 Total Dutch Field Hockey WINTER Programs at Soccer Centers

Total Dutch Winter Classes

*All classes listed below run for 8 weeks unless specified otherwise.

Junior Sticks (Ages 7-10)

Children will be taught proper stick handling and will be introduced to basic rules of the game. The emphasis of the class will be on enjoyment with a gradual build up to small sided instructional games.

12/2/2017	Saturday	8:00AM-8:50AM	\$235 before 11/14; \$260 after
2/3/2018	Saturday	8:00AM-8:50AM	\$235 before 1/8; \$260 after

Total Dutch Basic (Level I, II & III)

(Total Dutch Basic I - Ages 10-12 - OR 1 year playing/class experience)

(Total Dutch Basic II - Ages 13-14 - OR 2 years playing/class experience)

(Total Dutch Basic III - Ages 15-18 - OR 3 to 4 years playing/class experience)

These classes are designed to teach the players a variety of skills used in modern Field Hockey. We will focus on a different skill topic every week and teach these skills step by step. Topics in these classes include: dribbling/ receiving/ passing/ 1v1 offense/ 1v1 defense & small sided games.

Total Dutch Basic I - Schedule:

12/2/2017	Saturday	8:00AM-8:50AM	\$235 before 11/14; \$260 after
2/3/2018	Saturday	8:00AM-8:50AM	\$235 before 1/8; \$260 after

Total Dutch Basic II - Schedule:

12/2/2017	Saturday	11:00AM-12:00PM	\$270 before 11/14; \$295 after
2/3/2018	Saturday	11:00AM-12:00PM	\$270 before 1/8; \$295 after

Total Dutch Basic III - Schedule:

12/2/2017	Saturday	9:55AM-10:55AM	\$270 before 11/14; \$295 after
2/3/2018	Saturday	11:00AM-12:00PM	\$270 before 1/8; \$295 after

Total Dutch Pro (Ages 14-18)

This class is for the advanced player looking to improve upon their overall skill level. We will help players refine their fundamental skills & introduce them to advanced techniques & tactics used in modern Field Hockey.

We will train through various games & drills using repetition to implement the different skill aspects necessary for the next level.

The player must be a Varsity, Club or Futures level player to participate.

11/20/2017	Monday	6:00PM-7:00PM	\$270 before 11/14; \$295 after
11/30/2017	Thursday	6:00PM-7:00PM	\$270 before 11/14; \$295 after
1/25/2018	Thursday	6:00PM-7:00PM	\$270 before 1/8; \$295 after
1/29/2018	Monday	6:00PM-7:00PM	\$270 before 1/8; \$295 after

Hitting Class (Ages 12-18)

This class will teach players the basic techniques of hitting the ball. The mechanics of the shot will be broken down and taught in a step by step way.

12/2/2017	Saturday	8:50AM-9:50AM	\$270 before 11/14; \$295 after
2/3/2018	Saturday	9:55AM-10:55AM	\$270 before 1/8; \$295 after

Total Dutch 1v1 (Ages 12-18) (NEW CLASS)

This class will teach both offensive & defensive skills! Players will learn the skills & tactics needed for a successful outcome in any 1v1 situation!

By using various 1v1 situations, players will get a better insight of what skill to use offensively to best get around their defender, as well as how to handle the defensive aspect of that situation.

11/30/2017	Thursday	5:00PM-6:00PM	\$270 before 11/14; \$295 after
1/25/2018	Thursday	5:00PM-6:00PM	\$270 before 1/8; \$295 after

Goalie Academy (Ages 7-18)

(Goalkeeping Academy I - Ages 7-14 - OR 1 year playing/class experience)

(Goalkeeping Academy II - Ages 15-18 - OR 2 years playing/class experience)

This class is based on Goalkeeping techniques with repetition and fun. These drills will enable the goalie to take what they learn in class situations and apply it to the game.

Goalkeeping Academy I - Schedule:

11/30/2017	Thursday	6:00PM-7:00PM	\$270 before 11/14; \$295 after
1/25/2018	Thursday	6:00PM-7:00PM	\$270 before 11/14; \$295 after

Goalkeeping Academy II - Schedule:

11/30/2017	Thursday	7:00PM-8:00PM	\$270 before 1/8; \$295 after
1/25/2018	Thursday	7:00PM-8:00PM	\$270 before 1/8; \$295 after

Passing & Receiving (Ages 12-18)

This program teaches various passing & receiving techniques with a focus on stick angle & body position. Topics in this class include but are not limited to: strong side receiving & passing, all reverse side receiving & passing, bounce ball receiving & lift passing.

12/2/2017	Saturday	9:55AM-10:55AM	\$270 before 11/14; \$295 after
2/3/2018	Saturday	9:55AM-10:55AM	\$270 before 1/8; \$295 after

Total Dutch Scoring (Ages 12-18)

This class is specially designed for those players who are interested in scoring goals. This class focuses on all aspects of scoring such as scoring zones & quick releases on goal. By the end of this course, you can expect players to be more aggressive in the circle & to have a comprehensive understanding of different ways to score.

11/20/2017	Monday	5:00PM-6:00PM	\$270 before 11/14; \$295 after
1/29/2018	Monday	5:00PM-6:00PM	\$270 before 1/8; \$295 after

Offensive Moves (Ages 12-18)

Players will be taught multiple ways to get around a defender while keeping possession of the ball. This is extremely important when playing on turf fields, where the ball moves faster. This class will guide each player in how and when to use each move in game situations.

Topics in this class includes: C-dodge/ lifting the ball in all directions/ chop & 3-d moves/ pull left & pull right.

12/2/2017	Saturday	8:50AM-9:50AM	\$270 before 11/14; \$295 after
2/3/2018	Saturday	8:50AM-9:50AM	\$270 before 1/8; \$295 after

Scrimmage & Game (Ages 8-15) (NEW CLASS)

The best way to improve as a player is to play the game! Participants will be introduced to the basic rules & different tactics of the game.

Scrimmages will be played within this class. The curriculum includes 1v1, 2v1 & small sided game play.

11/30/2017	Thursday	7:00PM-8:00PM	\$270 before 11/14; \$295 after
12/2/2017	Saturday	11:00AM-12:00PM	\$270 before 11/14; \$295 after
1/25/2018	Thursday	7:00PM-8:00PM	\$270 before 1/8; \$295 after

Total Dutch Winter Classes - NEW LOCATION At CenterCourt - Mt. Olive, New Jersey

Total Dutch Field Hockey will offers classes in Mt. Olive, New Jersey on Wednesday evenings. Please see the website for details & full schedule!

www.TotalDutchFH.com



Total Dutch Club (Ages 10-18)

Total Dutch Field Hockey club is an advanced year round development program with a family environment. The club is designed for the Field Hockey athlete interested in bringing their stick skills & game sense to the next level.

Total Dutch Club features select teams that travel to several top Field Hockey Tournaments across the country.

The Club features the following seasonal team based programs:

Winter Escape College Showcase (Winter)

Total Dutch Indoor Program (Winter)

Total Dutch Spring Academy (Spring)

For each of the club programs, individual players will sign up for try-outs. At the try-outs players will be selected by the Total Dutch Field Hockey coaches to join the teams.

Some of the tournaments that the club teams will attend are College Showcases. Total Dutch Field Hockey will show the coaches that our players understand the game and know how to perform as a team.

Total Dutch Field Hockey players are taught to play in different positions and play as a team. Coaches will provide every club team player with support & guidance in the college recruiting process.

All club team practice sessions will be held at Soccer Centers in Somerset, NJ. Please see the column on the right side of the brochure for additional information regarding each of the select programs the Total Dutch Club offers.



Winter Escape College Showcase

The Winter Escape is a college showcase event & offers teams for U16 & U19 age groups.

This event is the ultimate place for top Field Hockey clubs to be seen by hundreds of college coaches looking for great Field Hockey talent to recruit.

The program features 2 hour team practices once a week from October - January. The program concludes after the Winter Escape Tournament in January 2018.

Players interested in playing on a Winter Escape team will attend try-outs in October 2017. For additional information please see the website.

Total Dutch Indoor Program

The Total Dutch Indoor program runs through the Winter 2017-18 season & offers teams for U12, U14, U16 & U19 age groups.

The fastest variation of Field Hockey is played indoor on a hard floor. The training & curriculum will have a focus on indoor specific skills & tactics. In addition to training, the teams will compete in several indoor tournaments throughout the Tri-State area.

The highest level indoor teams will compete in qualifiers for the National Indoor Tournament which is held in Lancaster, PA where the best teams in the USA compete to become National Indoor Tournament Champions.!

Practice for this program runs November 2017 - February 2018. The program concludes after the National Indoor Tournament which is held the first week of March 2018.

Players interested in playing on a Total Dutch Indoor team will attend try-outs in November 2017. For additional information please see the website.



Total Dutch Spring Academy

The Total Dutch Spring Academy is an opportunity for elite & highly motivated players to continue playing field hockey in the "off season".

The Spring Academy offers teams for U12, U14, U16 & U19 age groups. These teams will compete in top tournaments in the Tri-State area on the weekends. Additionally, these teams will compete in a tournament in May & June 2018 in Somerset, NJ.

This program is ideal for players looking to improve their skills & get a chance to play Field Hockey before the Middle & High school season begins! Practice for this program runs March - July 2018.

Players interested in playing on a Spring Academy Team will attend try-outs in March 2018. For additional information please see the website.