



Performance Coaching Sessions

| Performance Session | Age | Date | Time | Max Number | Cost |
|--------------------------------|-------|----------------------------|-----------------|------------|------|
| Junior- Penalty Corner skill 1 | 14-16 | Wed 20 th Oct | 5pm – 6pm | 10 | £10 |
| Junior - 3D Skills 1 | 14-16 | Wed 10 th Nov | 5pm – 6pm | 10 | £10 |
| Junior- Penalty Corner skill 1 | 11-13 | Thurs 11 th Nov | 5pm – 6pm | 10 | £10 |
| Junior – 3D Skills 1 | 8-10 | Fri 12 th Nov | 5pm – 6pm | 10 | £10 |
| Junior – Ball Skills 1 | 11-13 | Fri 12 th Nov | 6pm – 7pm | 10 | £10 |
| Junior - GK Session 1 | 9-13 | Fri 12 th Nov | 6.30pm – 7.30pm | 6 | £10 |
| Junior – Ball Skills 1 | 14-16 | Fri 12 th Nov | 7pm – 8pm | 10 | £10 |
| Senior - GK session 1 | 14+ | Fri 12 th Nov | 7.30pm – 8.30pm | 6 | £10 |
| Junior- Penalty Corner skill 2 | 14-16 | Wed 24 th Nov | 5pm – 6pm | 10 | £10 |
| Junior - 3D Skills 1 | 11-13 | Thurs 25 th Nov | 5pm – 6pm | 10 | £10 |
| Junior – Shooting 1 | 8-10 | Fri 26 th Nov | 5pm – 6pm | 10 | £10 |
| Junior – Shooting 1 | 14-16 | Fri 26 th Nov | 6pm – 7pm | 10 | £10 |
| Junior - GK Session 2 | 9-13 | Fri 26 th Nov | 6.30pm – 7.30pm | 6 | £10 |
| Junior – Ball Skills 2 | 11-13 | Fri 26 th Nov | 7pm – 8pm | 10 | £10 |
| Senior - GK session 2 | 14+ | Fri 26 th Nov | 7.30pm – 8.30pm | 6 | £10 |
| Junior - 3D Skills 2 | 14-16 | Wed 8 th Dec | 5pm – 6pm | 10 | £10 |
| Junior – Shooting 1 | 11-13 | Thurs 9 th Dec | 5pm – 6pm | 10 | £10 |
| Junior - Ball Skills 1 | 8-10 | Fri 10 th Dec | 5pm – 6pm | 10 | £10 |
| Junior – Ball Skills 2 | 14-16 | Fri 10 th Dec | 6pm – 7pm | 10 | £10 |
| Junior - GK Session 3 | 9-13 | Fri 10 th Dec | 6.30pm – 7.30pm | 6 | £10 |
| Junior- Penalty Corner skill 2 | 11-13 | Fri 10 th Dec | 7pm – 8pm | 10 | £10 |
| Senior - GK session 3 | 14+ | Fri 10 th Dec | 7.30pm – 8.30pm | 6 | £10 |