

Field Hockey Clinic with **Beth Anders** Head Coach - Old Dominion

Sunday 16th May

10 AM to 3 PM

Cost - \$85

at The Training Center (Spring City, PA)

SPACE IS LIMITED TO THE FIRST 40 PLAYERS WHO SIGN UP!!



HOW TO PRACTICE

Through a skills circuit Beth will teach the players how to practice on their own to develop their skills. The demanding circuit will focus on technique while developing the players' reaction, conditioning, agility, and decision making

PLAYING IN RELATIONSHIP WITH EACH OTHER

Passing, movement, and vision are key to becoming a successful hockey player. Beth will take the players through 2 v 1, 3 v 2, and 4 v 3 situations

SELF START

Using mini-hockey games Beth will teach the players the new Self Start rule and how to use it to the best effect

MINI HOCKEY

Small sided games to develop the players' vision and awareness

BETH ANDERS

- Coached ODU to 9 NCAA National Field Hockey Championships
- Only Collegiate field hockey coach to win over 500 matches
- Former USA National and World Cup Coach
- Captained TEAM USA at two Olympic Games
- Olympic Bronze medalist as a player
- Holds record for number of goals scored in an Olympic Games
- Great teacher and motivator
- NCAA National Committee

**This
is a unique
opportunity to learn
from the USA's most
successful coach -
First 40 to sign
up are in!**

PLEASE ENTER YOUR NAME BELOW AND RETURN THIS FLIER WITH YOUR CHECK FOR \$85 MADE PAYABLE TO THE TRAINING CENTER AND MAIL TO: The Training Center, 88 Wells Road, Spring City, PA 19475, or you can register on line at our web site WWW.THETRAININGCENTERPA.COM

NAME: _____

E-MAIL: _____

I would like to take part in the clinic with Beth Anders on Sunday 16th May, 2010 at The Training Center, from 10.00 AM - 3.00 PM

I am enclosing my check for \$85