

## **PerfX 2 day summer hockey camp!**

Whether you're a seasoned player or just starting out, our camp is designed to provide a transformative experience that will enhance your skills, boost your confidence, and create lasting memories.

**Venue:** Telford & Wrekin Hockey Club

**Dates:** Monday 30th July and Tuesday 1st August 2023

**Times:** 10-4pm each day

**Ages:** 9-15 Years old

Here's what you can expect from the camp:

1. **Expert Coaching:** The PerfX camp is led by experienced coaches who are passionate about the sport. They will provide valuable insights, personalised instruction, and help you improve your technique, strategy, and overall performance.
2. **Skill Development:** Through a carefully crafted curriculum, PerfX focus on developing key aspects of the game, including elimination skills, passing, shooting, defensive tactics, and teamwork. You'll gain a competitive edge and sharpen your abilities in a supportive and encouraging environment.
3. **Innovative coaching equipment:** Amongst the crazy catches, the ball machine, and the mannequin defenders you will find a giant inflatable pitch and their NEW inflatable shootout goal.
4. **Camaraderie and Friendships:** It's an opportunity to forge new friendships, build camaraderie, and create a supportive network of like-minded individuals who share your passion for the sport.
5. **Engaging Activities:** Apart from skill sessions, the PerfX camp features exciting drills, friendly competitions, and team-building exercises. Get ready for games that will test your agility, stamina, and decision-making skills.

Players should expect to be fed bitesize pieces of information across our two day camps with the aim to improve the smaller details of their game.

Every PerfX Camp aims to improve the players technical ability. They will also be given the opportunity to put everything they have learnt into practice in a game situation.

Players will receive the highest levels of coaching from some of the UK's top coaches.

Please note this is for any 9-15 year old from any club or school so feel free to share this communication with your friends

Booking link - <https://www.perfxhockey.co.uk/products/2-day-summer-hockey-camp-shropshire>