



Smithtown Youth Field Hockey 2021

Coach Smith

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Coach Erik

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[Register Here](#)

Smithtown Booster Club Field Hockey Summer Camp

Hi Parents and Players

Come enjoy an exciting camp experience July 5-9 from 8:30 AM until 12PM Monday through Friday. Players will learn in a fun, friendly, team building and bonding atmosphere.

At this summers Field Hockey Camp our athletes will experience the following:

- USA Field Hockey trained and certified coaches*
- They will learn Basic Rules, Proper Grips & Posture, Ball & Stick Control, Tackling, Receiving/Trapping, Passing, and Fun Skills.*
- Skill development focus*
 - Stick handling*
 - Passing*
 - Attacking Skills*
 - Defensive Skills*
- Offensive/Defensive philosophy*
 - Off-ball movement*
 - Game formations and strategy*
 - Offensive/Defensive mindset*
- Players will be learning through small sided games and team game play*
- Players will do Lite Conditioning*
- All players should have masks and bring a field hockey bag that contains goggles, a field hockey stick, field hockey shoes, mouth guards, shin guards, sunscreen if needed and plenty of water.*
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All teaching, drills, skill development and rest breaks will be conducted using safe, socially distant standards established by NY State, Section XI and the USA Field Hockey's CDC compliant practices.