

MAKE 2021 A SUMMER TO REMEMBER

Team Discounts

5-9 Players
\$25 off

10 + Players
\$35 off



June 28 - July 1

Lake Forest Academy
Lake Forest, IL

COVID COMPLIANT PROTOCOLS



FHCamps.com 800-944-7112 Support@FHCamps.com

SINCE 2001, 45,000 CAMPERS AND COUNTING!



Camp Location

Lake Forest Academy

- Ages 10 - 18, All Abilities Welcome
- Enjoying Playing On Side -By-Side Turf Fields + Indoor Gym for Rainy Days
- Optional Swimming
- Air-Conditioned Dorms
- 30 Miles North of Chicago

Director

Jill
Dixon



- Wooster College Head Coach
- NCAC Runner-Up, 2018
- Former Wesley, Smith & Oberlin Asst. Coach
- Randolph-Macon College 2 Sport Athlete (FH & LX)

Why Us?



A top name in hockey in the United States, Revolution Field Hockey programs are designed to help players take their skills and knowledge to the next level. Our camps are just as much about keeping both the ball and player in consistent motion as they are a vehicle to teach deeper values.

The days will start with warm-ups moving into skill development drills, tactical games and then to scrimmages - get ready to move! Our unique drills and learning games help campers stay engaged in a fun way and have proven highly effective at developing an overall hockey IQ. We believe in and practice accountability, both with our staff to ensure our participants improve through positive reinforcement and repetition, as well as with our campers to bring the effort and desire. Learning is an evolving process and we aim to develop creative players who will love the process of learning field hockey.



Schedule

Morning Sessions (9 - 12)

Developmental Skill Work

Elimination Skills: Pulls, Spins, 2D - 3D Ball Control, Change in Speed

Shooting: Forehand, Grip, Target, Punch, Flip, Tipping, Backhand, Urgency

Defense: Good Positioning, Jabs, Tackles, Shaves, Double Team

Passing: On the Move, Transfer of Weight, Body Positioning, 1-2-3 touch passing,

Off-Ball, Communication & Creating Space

Goalies: Basic & Advanced Lower Body & Upper Body Techniques

Chalk Talk & Film

Reviewing techniques and game theories

Afternoon Sessions (2 - 5)

Unsettled Situational Game Play

1 v 1 to 2 v 1 to 2 v 2 to 3 v 2...5 v 5

Multi-Goal Games, Possession Games, Defensive Organization & Transitions.

Hockey Fun

Hockey Baseball, Chess, Steal the Bacon, Bingo

Specialized Team Building Events

Hockey Minute to Win-It- Hockey Maze Runner, Spike Ball Tournament, Skits - In Addition to Other Leadership Activities

Evening Sessions (6 - 8)

Game Play

7v7 and Full Field Scrimmages

All meals will be taken in the dining hall.
Commuters: Lunch & Dinner. Overnight Campers: Breakfast, Lunch & Dinner.