



OAKHILL SCHOOL SPORTS DEPARTMENT

Tel: 044 382 6506 **Fax:** 044 382 5753

1ST BOYS HOCKEY DECEMBER SPAIN PREPARATIONS

With Mr Pryke

DATE	TIME	VENUE	SESSION	DURATION	COMMENTS
Monday 12 Dec	12:00 – 2:30	Astro	Basic Skill Analysis Board Talk	2 Hours 1 Hour	Full Hockey Kit
Wednesday 14 Dec	10:00 – 12:00	Bollard Bay	Fitness	2 Hours	Running Shoes Costume Liquids
Friday 16 Dec	10:00 – 12:00	Buffalo Bay	Fitness	2 Hours	Same as above
Monday 19 Dec	09:00 – 12:00	Astro	Drills	3 Hours	Full Hockey Kit