

www.hockey-fever.co.uk

HOCKEY FEVER

January 2024

What's on:

Walking Hockey

Wednesdays 10:30am

Come along and enjoy hockey at your own pace!

Goal Keeping

Sundays 6-7pm

Be supported by our specialist goal keeping coaches.

Junior Sessions

Sundays 6-7pm

Years 3-8, join for a fun session full of games and opportunities to learn.

Rock up and Play!

Sundays 7-8pm

Open to anyone and everyone who want a game!

Restart Hockey

Sundays 6-7pm

Sociable and informal, come along to try hockey whether its been a while or its your first time ever!



2024

HOCKEY FEVER

2023

WRAPPED!

GOODBYE 2023, WHAT A YEAR
IT'S BEEN FOR HOCKEY FEVER!

★ This year, hockey fever has seen its highest ever numbers across all activities!

★ We were fortunate to have more players representing county, talent academy, or country than ever before!

★ We saw more grass roots players than ever before!

HOCKEY FEVER

JUNIOR SESSIONS

£42 PER BLOCK OF 6

OR £9 TO DROP IN

@ CHELTENHAM COLLEGE | SCHOOL YEARS 3-8

SUNDAYS | SEPT- APRIL

SUNDAYS & TUESDAYS | APRIL - SEPT

CHECK OUT THE WEBSITE FOR
MORE DETAILS! →

WWW.HOCKEY-FEVER.CO.UK/JUNIOR-HOCKEY/



Sharpen up your skills

1-2-1s

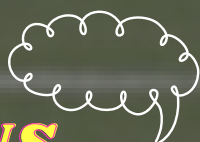
Available year-round in various venues, select what you'd like to work on or ask our coaches to suggest game valuable skills and work on specific techniques to improve your enjoyment and contribution to the team.

Sharpen up for the season!

Our 1-2-1s are a little different; **we focus on building a robust self-confidence, a wider emotional awareness & technical skills.** When combined they can offer more effective skills on the pitch & an overall more positive approach to our brilliant sport.

Head to rocoaching.co.uk and book your slot online.

MINDSET SESSIONS



Our **new** mindset sessions are an opportunity to focus on the mental side of sport.

The sessions are super flexible and can be taken in various directions to develop your inner-game in many ways. The aim is to develop our understanding of ourselves and our psychology when we perform. We look at developing resilience, confidence, improving our mindset and work on mental toughness to rebound after setbacks.

Head to rocoaching.co.uk and book your slot online.

Indoor FEVER FEST

30.12.23

DECEMBER 2023

Indoor Fever Fest

The first ever indoor Fever Fest saw 4 teams battle it out to be crowned champions.

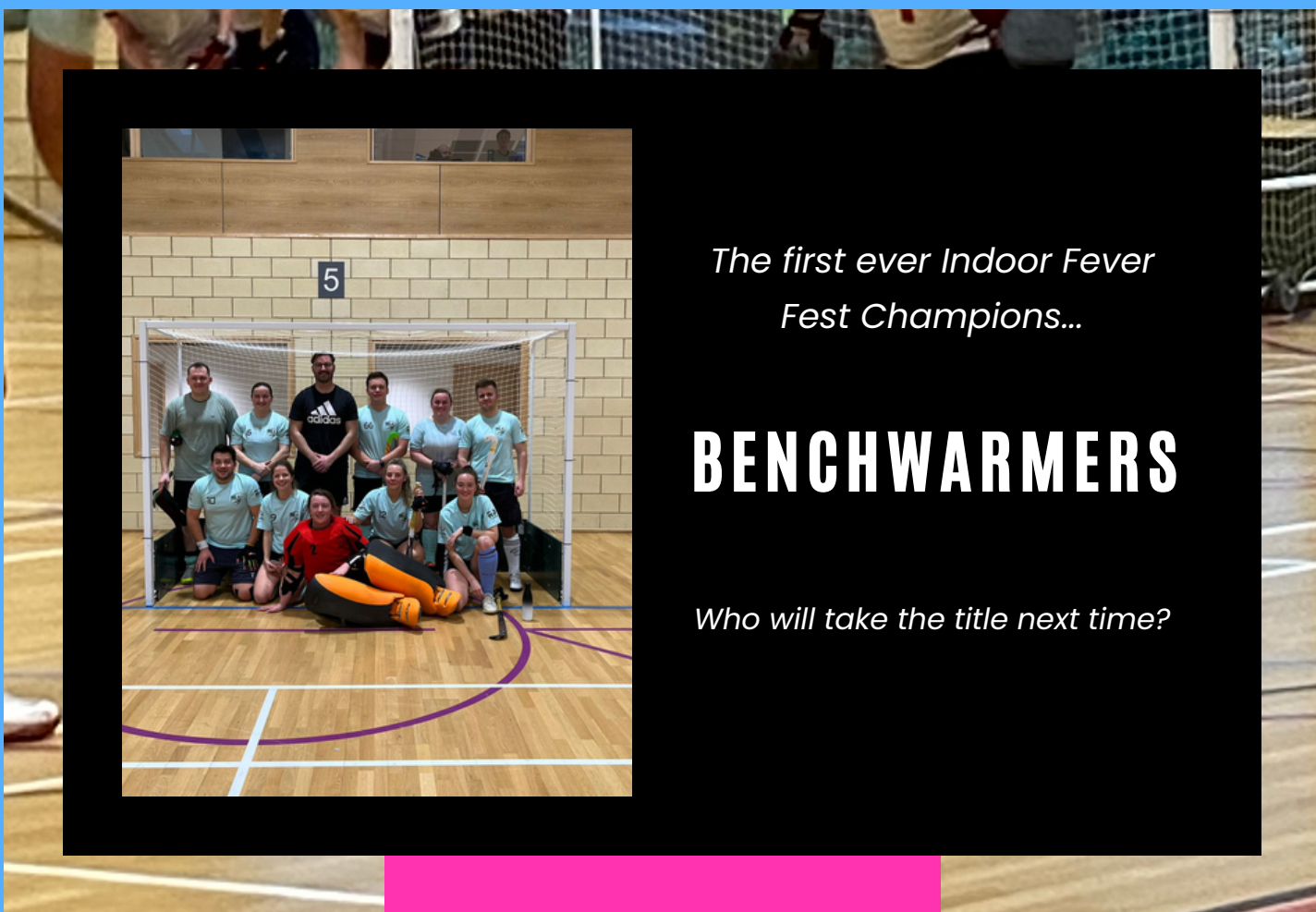
Benchwarmers, Makeshifters, Xmas Baulbarians and Inside Knowledge all competed in this fast paced, nail biting, tournament.

Thank you to all teams and our amazing umpires who helped us on the day!





A huge thank you to our umpires for helping new players understand the game, and set the standards for a good competition!



The first ever Indoor Fever Fest Champions...

BENCHWARMERS

Who will take the title next time?

Coaches' Corner...

This month in Coaches' Corner... a book recommendation!

'A must-read for anyone who believes hardwork will achieve success'
Duncan Bannatyne

BOUNCE

Bounce, written by Mathew Syed is a fascinating book about practice and performance. Syed debunks some talent myths and addresses how:

- 1. Talent is a result of thousands of hours of purposeful practice, not innate talent.*
- 2. Expert knowledge comes from experience.*
- 3. If you want to be world-class, you have to embrace failure.*
- 4. And much more!*

It's a really interesting read, and could change your perspective on sport performance!



Matthew Syed

Bounce

The myth of talent
and the power of practice