

# MSFH TRAINING PROGRAM

## MSFH TRAINING DETAILS:

- Training is Year Round
  - Some players are new and need extra hands on time
  - Some players are advanced and need to be challenged
- Sessions are at the DOME, 512 Warren Ave, Portland ME
- Session Costs: OTP is \$40 and 1 hour CPP is \$60 and 1.5 hours
- **We offer 2 versions:**
  - Original Training Program (OTP)
  - College Prep Program (CPP)
- **Original Training Program:**
  - Open to all Skill Levels
  - Predominately S&D
  - Offered on Tuesdays, Fridays & Sundays
- **College Prep Program:**
  - Open MSFH Elite Players and/or HS Sophomores-College
  - S&D and S&C
  - Offered on Tuesdays & Fridays
- Sessions focus on:
  - S&D: Skills & Drills
  - S&C: Strengthening & Conditioning
- Sessions are small groups of players determined by age & skill level. This provides players with extremely hands on coaching and both individual and team skills.
- S&D include:
  - Individual Skills:
    - Ball Handling
    - Eliminating
    - Defending/Tackling
    - Shooting
  - Partner/Team Skills:
    - Passing/Receiving
    - Channeling/Doubling
    - Attacking/Defending
  - Game Skills:
    - Positioning
    - Marking/Cutting
    - Off Ball Movement
    - Strategy & Tactics
    - Rules
- S&C include:
  - Endurance
  - Strength
  - Speed
  - Power
  - Agility
  - Coordination
  - Balance
- Sessions are scheduled on a week-by-week basis. Requests are submitted online from the MSFH Website. Requests are due by Sunday 8pm and Schedule is posted by Monday 8pm
- We currently work with 2<sup>nd</sup> graders to 4<sup>th</sup> year college players
- Initial Assessments:
  - All players complete an Initial Assessment/Evaluation
  - This Assessment allows us to:
    - Evaluate initial skill level (Physical & Mental)
    - Track progress (Progression v Retrogression)
- This Program is designed to not only improve a player's FH Skill, but also their FH IQ. This Program enhances/improves Confidence & Self-Esteem. This Program requires/promotes Teamwork, Commitment, Communication, Responsibility, Leadership, Time Management & Organization.
- This Program provides extremely hands on coaching for players

## PERSONAL GOALS:

100% of the MSFH Training participants either reached or exceed their personal goals in the 2016 season

- Making Varsity
  - 95% of our freshman earned a Varsity letter
  - JV players went from JV to Varsity
- Earning a starting position
  - 60% of our freshman earned a starting position
  - JV players went from limited JV playing time to a starting position on Varsity
- Recruited to play in College
  - 100% of our 2016 grads went on to play in college
- Earning playing time in College
  - 80% of our 2016 grads earned a starting spot on their College team
  - Our older alumni are now earning Captain as sophomores
- Earning Captain
  - 100% of our u19 Elite players are Captains of their HS team
  - Even sophomores & juniors have earned this title
- Earning School/Town/Conference/State/Regional Awards

Results vary and depend on how adamant players are about their improvement.

Training is most valuable when done in conjunction with Fall Season, Winter Indoor Leagues, Summer Leagues and Travel. Players are able to improve their skills and increase their FH IQ, and put it to use in live game action.

## AWARDS/HONORS:

MSFH Training Participants have received awards such as:

- All American Nominee
- Player of the Year
- Defensive Player of the Year
- Offensive Player of the Year
- Miss Maine Finalist
- All State Team
- All Conference 1st Team
- All Conference 2nd Team
- All Conference Honorable Mention
- Player of the Week
- Team MVP
- Team Leading Scorer
- School Record Holder
- Junior Captain, Senior Captain
- State Players to Watch
- State Championship Title
- State Championship Runner's Up
- Conference Championship Title
- Conference Championship Runner's Up
- Camp/Showcase All Stars
- MAX Field Hockey Players to Watch
- MAX Field Hockey Player of the Month
- College Rookie of the Week
- College Player of the Week
- College Conference Player of the Week