

**RGSHW Hockey Training Information - Spring Term 2020**

<b><u>When</u></b>	<b><u>What</u></b>	<b><u>Team</u></b>	<b><u>Where</u></b>	<b><u>Staff</u></b>
<b><u>Monday</u></b>				
Lunch	PC & ISD Time	<b>U16</b>	Astro	LP/SC
Games	Hockey Training	<b>Un16XI</b>	Astro	SC/DB/JM
Afterschool	Year Group Training	<b>U14/U15 &amp; U16/U18</b>	Astro	SC/LP/LRE
<b><u>Tuesday</u></b>				
Lunch	PC & ISD Time	<b>U15</b>	Astro	SC /LP
Games	Hockey Squads Training	<b>Un15XI</b>	Astro	SC/LRE/LP
Afterschool	Home Fixtures		Astro	
<b><u>Wednesday</u></b>				
Lunch	Goalkeeping	<b>GK's</b>	Astro	LRE
Lunch	PC & ISD Time	<b>U13 &amp; U18</b>	Astro	SC/LP
Games (P5&6)	Hockey Squads Training	<b>Un13XI</b>	Astro	SC/DB/LP
Games (P7&8)	Hockey Squads Training	<b>Un18XI</b>	Astro	SC/LP/AL
Afterschool	Home Fixtures		Astro	
<b><u>Thursday</u></b>				
Lunch	PC & ISD Time	<b>U14</b>	Astro	LP/SC/
Games	Hockey Squads Training	<b>Un14XI</b>	Astro	SC/LRE/LP
Afterschool	Year Group Training	<b>U13 &amp; U12</b>	Astro	SC/LP/DB/LS
<b><u>Friday</u></b>				
Lunch	PC & ISD Time	<b>U12</b>	Astro	SC/LP
Games	Hockey Squad Training	<b>Un12XI</b>	Astro	SC/LP/SS/JE/LS
Afterschool	Home Fixtures		Astro	

PC & ISD Time = Penalty Corner & Individual Skill Development Time