

Girls Field Hockey

Level 1(*) – Sunday, 8 a.m. – 9:30 a.m.

Level 2 & 3(**) – Friday, 5:30 p.m. – 6:30 p.m.; Sunday, 8 a.m. – 10 a.m.

This Toronto FHC Level 1, 2 and 3 Field Hockey programs provides girls the opportunity to learn and enjoy the game of field hockey. Conducted on artificial turf, each session will focus on skill development, tactics and scrimmage games which will help you become a better and accomplished field hockey player. Coaching will be guided by National Coaching Certification Program coaches from TFHC.

The program runs from late-August to the end of October.

2023 Program Dates and Fees

The first session is on August 25th. The program completes on October 29th.

(*) The Level One Program is primarily for players who are in Grades 6 to 10 but all new players regardless of school grade start in Level One.

(**) Players do not try out for the Level Two & Three program. Players attend by coach invitation only.

The fee is \$175 for the Level One program and \$195 for the Level Two & Three Program.

Personal Training for Goalkeepers are conducted during the Level 2 & 3 sessions.

Equipment

Please contact
field.hockey.equipment@torontofield.com
regarding field hockey sticks and shin pads.

Players will need to have their own mouth guards and shin pads (soccer shin pads with ankle protection are acceptable at Level One).



Location

U of T Back Campus Turf

20 Tower Road

Located just west of Queens Park Circle & east of St. George Street off Hoskin Avenue

A few minutes walk from St. George Station on Line 2 and Museum Station on Line 1

For more info and to register please email: development@torontofield.com

We conduct Winter Indoor Field Hockey program from Mid-November to late April.

The TFHC uses an online curriculum to learn field hockey, www.fieldhockeycoachingcurriculum.com.