WHANGĀREI BOYS' HIGH SCHOOL
DEVELOPING BOYS INTO FINE MEN

SPORTS ACADEMIES

Hockey Academy

Hockey development programme

Our Hockey Academy nurtures talent to become the best, well-rounded people, combining technical and tactical coaching with strength and conditioning and mental skills.



AT A GLANCE	
Who it's for	Students wanting to develop their hockey
When	Every Thursday after school
Where	The WBHS turf
Coaching	Josefina Maratea, international hockey player from Argentina
Cost	All of the following apply: Coaching fee: $100 per person per term Academy Administration fee: $50 (paid per academy per year) Uniform: purchased separately from NZ Uniforms

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Our coach

We are excited to have Josefina Maratea joining us. Josefina is an international hockey player from Argentina with many years of experience coaching and playing at the top level. It is a great chance for our players to learn new skills and be inspired by someone who has played the game at the highest level.

What the programme covers

Technical and tactical

- Core and individual skills
- Individual training plan
- Gameplay skills and theory
- Understanding of the rules

Strength, conditioning and injury management

- Pre-season injury prevention
- In-season balance and mobility
- Off-season strengthening
- Year-round conditioning
- Nutrition

Mental skills

- Individual mentoring
- Performance tracking
- Workload management
- Recovery programme
- Mental skills programme