



DOLLAR
ACADEMY



HOCKEY PRE-SEASON PROGRAMME




11 – 20 AUGUST 2025

VISION



Callum McLeod
Head of Hockey

"To consistently develop Dollar Academy as one of the top hockey playing schools in Scotland by creating a stimulating and fun hockey environment, where individuals and teams can aspire to reach levels beyond their expectation"



DOLLAR ACADEMY

HOCKEY OBJECTIVES



Provide a positive experience for all levels of hockey player.

Develop, not only hockey playing ability, but positive young people with strong character and values.

Create a culture that players, coaches and parents are proud to be part of.

Provide pupils with the opportunity to be the best they can be.

Create an enjoyable learning environment where pupils have fun, are challenged and develop skills.

Improve our coaching delivery by continually developing coach's knowledge and experience.



PLAYING PHILOSOPHY

“Play a fast, attacking game where players demonstrate strong core skills, game awareness and decision-making ability. Play with confidence and with a belief in themselves and their teammates.”



CORE VALUES



Work Hard	I will complete all sessions to the best of my ability and strive to improve my performance every training session. I will give everything I have to everything I do.
Be Kind	I will help others to attain new levels of performance throughout every session and encourage team mates to achieve the very best they can be.
Get Involved	I will participate fully in all aspects of our hockey club. I will encourage everyone's involvement in the hockey programme regardless of ability.



OUR AIM:

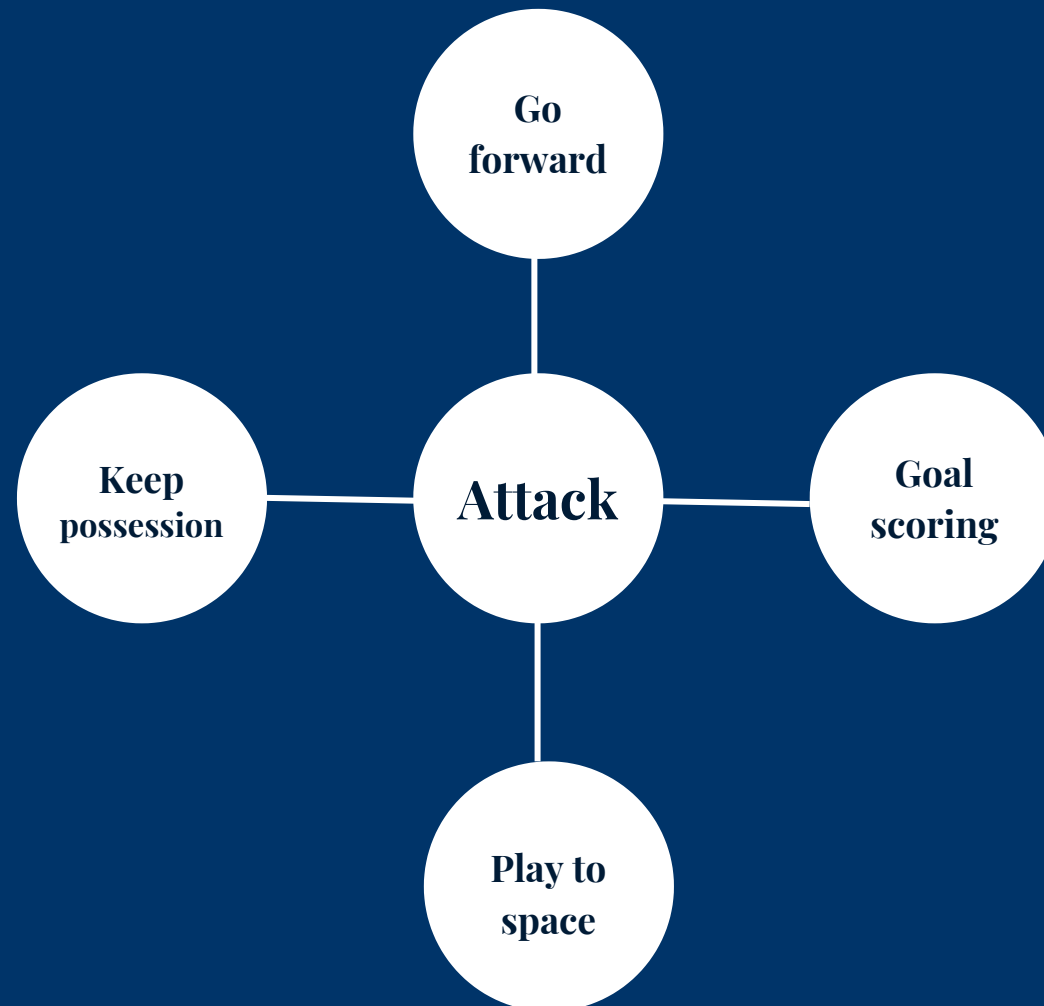
TO DEVELOP PAYERS WHO ARE:

Highly skilled	Players who can use the right technique at the right time, when under pressure
Effective decision makers	Players who can 'read' the game and make good decisions on and off the ball
Effective under pressure	Players who can learn, develop, and perform at difficult points
Fast and execute under constant high intensity	Players who are quick and play with high physical intensity. Players who have good skills at pace
Creative	Players who can take a fleeting moment of opportunity, spot the improbable and execute excellent skills
Coachable	Players who are enthusiastic to learn from their coaches and peers

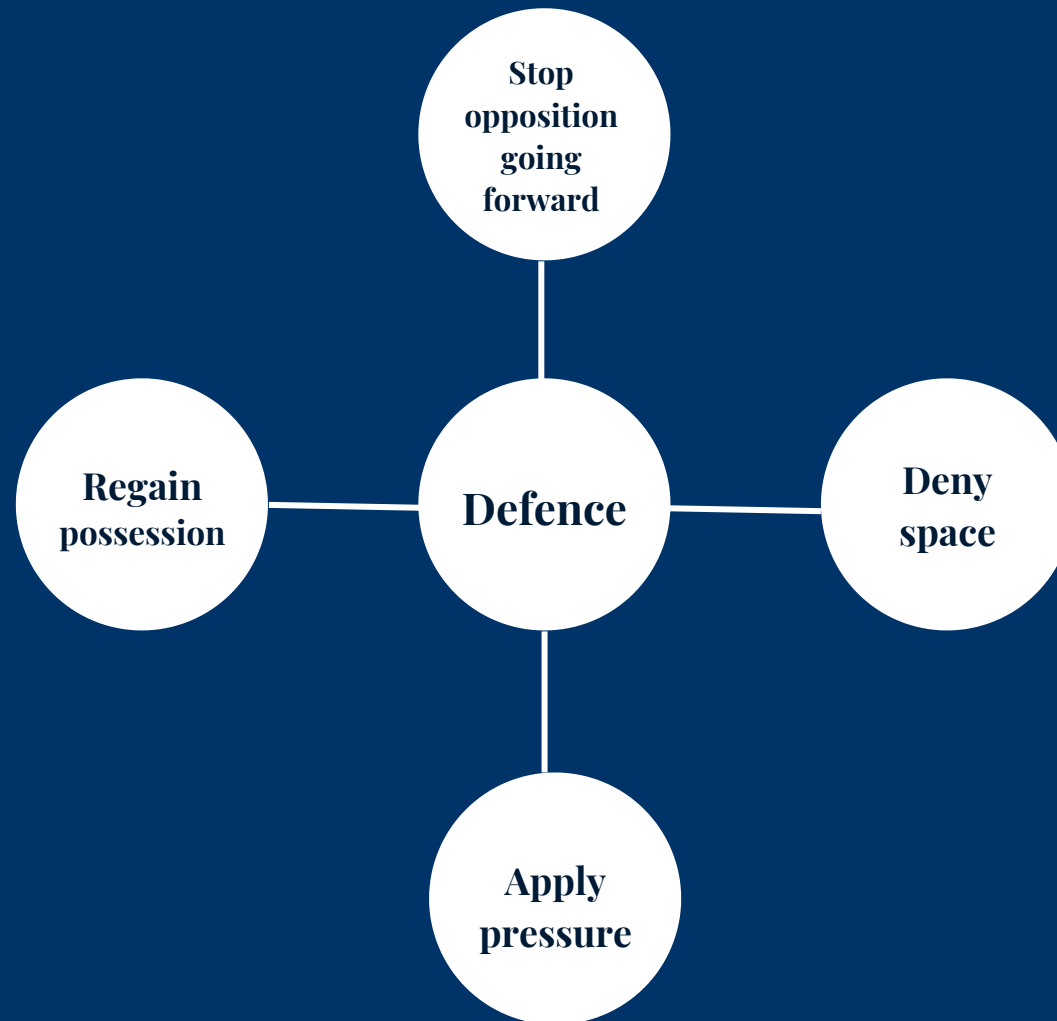


PRINCIPLES

OF PLAY

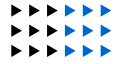


PRINCIPLES OF PLAY





WEEK ONE



TIME	Monday 11 August	Tuesday 12 August	Wednesday 13 August	Thursday 14 August	Friday 15 August
• • •	Senior Astro				
07.45 - 09.15	SENIOR LA/KF/VS	SENIOR LA/KF/VS	FORM 1 OV/HH	SENIOR LA/KF/VS	FORM 1 OV/HH
09.15 - 10.45	FORM 3 GR	FORM 2 CM/RP	FORM 3 GR	JUNIOR 2 OB	FORM 3 GR
10.45 - 12.15	FORM 2 CM/RP	JUNIOR 2 OB	FORM 2 CM/RP		FORM 2 CM/RP
• • •	Junior Astro				
07.45 - 09.15				FORM 1 OV/HH	
09.15 - 10.45	JUNIOR 2 OB	JUNIOR 1 ET	JUNIOR 1 ET		JUNIOR 1 ET



WEEK

TWO



Day/Time	Monday 18 August	Tuesday 19 August	Wednesday 20 August	Thursday 21 August	Friday 22 August	Saturday 23 August
15.30-17.00 Senior astro	FORM 1 OV/HH FORM 2 CM/RP	SENIOR LA/KF/VS FORM 3 GR	FORM 1 OV/HH FORM 2 CM/RP	SENIOR LA/KF/VS FORM 3 GR	JUNIOR 1 ET JUNIOR 2 OB	Whole school fixture v The Glasgow Academy ALL STAFF
15.30-17.00 Junior Astro			JUNIOR 1 ET JUNIOR 2 OB			



FIRST XI: LYNSEY ALLAN

SECOND XI: KODY FLUDGATE

3/4TH XI: VERITY SMITH

FORM III: GILL ROBB

FORM II: CALLUM MCLEOD

FORM I: OLLIE VOLLAND

JUNIOR 2: OLIVIA BELL

JUNIOR 1: EMILY THAIN

Staff





Kit

- HOCKEY STICK (A STICK CAN BE PROVIDED)
- GUMSHIELD
- SHIN GUARDS
- 1L WATER BOTTLE
- SUN CREAM
- INSECT REPELLENT
- WATERPROOF JACKET
- HAIR BOBBLE

- APPROPRIATE TRAINING CLOTHES

- SCHOOL KIT IS NOT REQUIRED TO BE WORN AT THE PRE SEASON SESSIONS

- **'NIKE PRO' SHORTS, SIMILIAR STYLES AND CROP TOPS ARE NOT PERMITTED TO BE WORN**

