



ELITE HOCKEY
RESIDENTIAL CAMP

SUMMER
2026



WELCOME

SUMMER HOCKEY RESIDENTIAL 2026

2 Nights | 3 Days | 10 - 12 July

Join us this summer for an exciting hockey residential at Cophorne Prep School - the perfect opportunity for young players to develop their skills, build confidence, and be coached by some of the best and brightest coaches in the game.

**TRAIN HARD, PLAY SMART
& MAKE MEMORIES**

WHAT TO EXPECT

Our residential camp is designed for higher ability players looking to challenge themselves, refine their skills, and take their game to the next level in a high-performance environment.

- High-quality coaching with sessions focusing on advanced technique, tactics, and game awareness
- Small-sided matches and competitive tournaments to apply skills under pressure
- Fitness and conditioning tailored specifically for hockey performance
- A focused and supportive environment that encourages progression and development



LOCATION



COPTHORNE PREP SCHOOL

RH10 3HR

Only 30 miles from Central London yet set in its own tranquil space, just outside the M25 boundary in West Sussex, Copthorne Prep School benefits from a 55 acre campus. It is a short 10 minute drive to Three Bridges train station with direct trains into London.



OLYMPIC STANDARD COACHING

Nick Page, Hockey Academy Manager at the Caterham School, brings extensive playing and coaching experience to our hockey residential programme. A former sports scholar at Loughborough University, he has also represented the Ireland men's national field hockey team at international level, including competing at the 2024 Paris Olympics.

Fitness is integrated into every session through agility, speed, and coordination exercises, supporting overall athletic development.

Throughout the programme, coaches provide consistent encouragement and targeted feedback, ensuring each player continues to improve while gaining confidence and enjoyment from their hockey experience.

“This experience is about more than just hockey - it's about developing skills, building confidence, and creating an experience players will remember long after they leave”

**Nick Page
Hockey Academy Manager**



HOCKEY TRAINING

STRENGTH & CONDITIONING - We focus on building a resilient, high-speed athlete. Players will master hockey-specific movement techniques - improving landing mechanics to protect knees and ankles - while developing the explosive first-step power needed to leave defenders behind.

MINDSET & GOAL SETTING - Talent gets you on the pitch; mindset keeps you there. Through structured workshops, players develop "SMART" goals for the season and learn mental resilience techniques to stay focused under pressure.

PERFORMANCE NUTRITION - A high-intensity camp requires high-quality fuel. We provide a practical roadmap for match-day nutrition, teaching players how to build a plate for sustained energy and mastering the "Golden Window" for recovery to ensure they stay sharp from the first whistle to the last.



SAMPLE TIMETABLE

Students will be grouped by age and ability, rotating between the practical training and performance workshop sessions throughout the mornings to ensure a balanced and engaging programme.

TIME	FRIDAY	SATURDAY	SUNDAY
08:00-09:00		Breakfast (Residential Players)	Breakfast (Residential Players)
09:00-09:30	Residential & Day Players Arrival	Arrival (Day Players Join)	Arrival (Day Players Join)
09:30-10:15	Hockey Training (All Players)	Hockey Training (All Players)	Hockey Training (All Players)
10:15-10:30	Break	Break	Break
10:30-11:00	Hockey Training (Group A) / Performance Workshop (Group B)	Hockey Training (Group A) / Performance Workshop (Group B)	Hockey Training (Group A) / Performance Workshop (Group B)
11:00-11:30	Performance Workshop (Group A) / Hockey Training (Group B)	Performance Workshop (Group A) / Hockey Training (Group B)	Performance Workshop (Group A) / Hockey Training (Group B)
11:30-12:30	Hockey Training (All Players)	Hockey Training (All Players)	Hockey Training (All Players)
12:30-13:30	Lunch	Lunch	Lunch
13:30-15:30	Hockey Training (Matches & Competition)	Hockey Training (Matches & Competition)	Hockey Training (Matches & Competition)
15:30-15:45	Day Player Dismissal	Day Player Dismissal	Residential & Day Player Dismissal
15:45-18:00	Downtime (Residential Players)	Downtime (Residential Players)	
18:00-18:45	Dinner	Dinner	
18:45-20:30	Evening Activities	Evening Activities	
20:30-21:00	Wind Down	Wind Down	
21:00-21:30	Lights Out	Lights Out	



HEALTH & WELFARE

The health and welfare of every player is our highest priority throughout the residential. All participants are fully supervised by experienced and responsible staff, with clear routines in place to ensure safety, wellbeing, and comfort at all times.

Qualified first aiders are on-site, and any medical or dietary needs are carefully managed in line with information provided by parents. We create a supportive and inclusive environment where players feel safe, valued, and able to enjoy their experience, both on and off the pitch.



Staff on-site



All staff DBS checked



First aid trained



All staff trained in safeguarding

CATERING

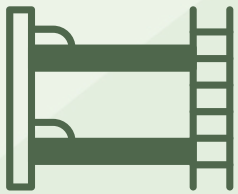
All meals and refreshments are provided throughout the residential, ensuring players are well-fuelled for training and activities. Nutritious, balanced meals are served daily. We cater for all dietary requirements, including allergies and intolerances.

RESIDENTIAL EXPERIENCE

The residential element of the camp is a key part of the experience, helping players develop independence, confidence, and friendships.

Staying on-site allows participants to fully immerse themselves in the programme and build strong connections with teammates.

Evenings are filled with organised activities such as team challenges, quiz nights, and group games, creating a fun and relaxed atmosphere after a day of training. These moments often become the highlight of the camp, helping players bond and create lasting memories.



Shared Bedrooms



Bathroom Facilities



Comfy Common Rooms

All accommodation is fully supervised by experienced staff, with player welfare and safety as the top priority. Staff are available at all times to ensure every participant feels comfortable, supported, and included.





ACTIVITIES

Alongside hockey training, players will enjoy a range of fun and engaging activities designed to help them relax, recharge, and build friendships.

These include supervised swimming sessions, team building exercises on our climbing wall, as well as a variety of evening games in the sports hall such as team challenges, dodgeball, and fun competitions that encourage teamwork and participation.

STAY ACTIVE, BUILD FRIENDSHIPS & HAVE FUN

Evenings also feature relaxed movie nights, giving players the chance to unwind together after a busy day of training. These quieter moments help create a welcoming, social atmosphere where players can connect and feel at home.

This balance of sport and social time is a key part of the residential experience, helping players make lasting memories both on and off the pitch.



PRICING & HOW TO BOOK

We offer flexible options to suit all players and families:

COURSE	PRICE	INCLUDES
RESIDENTIAL PLAYER	£390	Includes 2 nights' accommodation, all meals and refreshments, and the full programme of hockey training and activities and a Y1 Hockey merch bag
DAY PLAYER	£210	Includes all daytime coaching sessions, activities, lunch each day and a Y1 Hockey merch bag

This residential hockey camp is designed specifically for experienced club level players who are looking to challenge themselves and take the next step in their development. Due to the intensity and technical nature of the programme, the camp is not suitable for beginners or players at an early stage of their hockey journey.

Our residential option provides a fully immersive experience, allowing players to benefit from additional evening activities, team bonding, and a complete camp environment. The day option is ideal for those who prefer to travel in each day while still accessing the same high-quality coaching programme.

All bookings must be made online via our booking platform, where you can register your child's details, select your preferred option, and complete payment securely. You will also be asked to provide important information such as medical details, emergency contacts, and any dietary requirements to ensure we can fully support each player during the camp.

A confirmation email will be sent once your place is secured, along with further details about what to bring and arrival information.

Spaces are limited to maintain a high-quality coaching environment and favourable coach-to-player ratios. We strongly recommend booking early to avoid disappointment.



BOOK YOUR PLACE TODAY!



CONTACT US

hockeyacademy@caterhamschool.co.uk

<https://www.caterhamschoolsportscentre.co.uk/hockey-residential/>