

HOCKEY

“It is not my country’s duty to push me ahead. It is my duty to push my country ahead.” – **Major Dhyan Chand**



Hockey was introduced by the British. Field hockey is, in fact, the second largest team sport in the world played in over 100 countries. Hockey is India’s National Capital. Padma Bhushan Dayan Chand who earned three Olympic gold medals, known as *The Wizard* or *The Magician of hockey* for his superb ball control, played internationally from 1926 to 1949. India won the field hockey event in seven out of eight Olympics from 1928 to 1964. His birthday, 29 August, is celebrated as National Sports Day in India every year.

The *Indian Hockey Team* is the national men's hockey team of India. From 1928 to 1956, was the golden period for the Indian Hockey team. The Indian men's team remained unbeaten in the Olympics, gaining six gold medals in a row. The *Indian Women's Hockey Team* (nicknamed

the Nabhvarna) is the national women's team representing hockey in India. The national women's team was referred to as the "Jassi (Jasjeet) jaisi koi nahi" or "Golden girls of hockey," after winning the 2004 Hockey Asia Cup.

Playing Hockey improves lower and upper body muscle strength and builds coordination skills. **SIMATS** hockey provide athletes a place to develop and achieve their field hockey goals. We believe fitness and physical ability is a crucial element to one's success when playing competitive field hockey. We provide our athletes the power to compete at their peak levels of performance by focusing on developing our five pillars: speed, agility, endurance, power, and strength.

Whether you are discovering the sport for the first time or you are already involved in the sport we can help you dramatically improve your skills, help you determine and achieve your goals, and take you to the next level.

HIGHLIGHTS

This program is geared towards players of all abilities.

- stick work instruction & skills,
- technical & tactical training,
- offensive & defensive skills,
- positioning work.
- Goalie-specific training
- Speed sessions
- the most effective fitness and nutrition solutions.

Equipment's

- Hockey stick, mouth guard, shin guards,
- turf shoes (goalies must bring full goalie protective equipment)

If it doesn't challenge you, it won't change you.