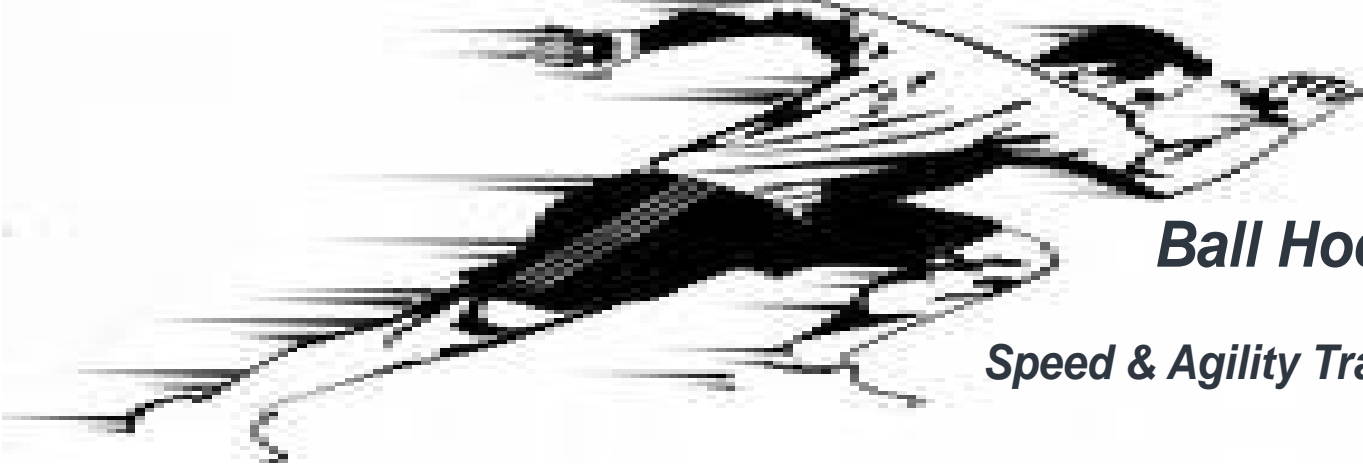




MEMBER OF THE JAPAN STREET AND BALL HOCKEY FEDERATION  
info@tokyobhl.com  
Amazing Square  
Kita-Senju  
Tokyo, Japan



## Ball Hockey

### Speed & Agility Training

#### FAQ

##### When?

An 8 week program starting Sunday April 25<sup>th</sup>.  
Choose two of the three sessions below. Last day will be June 27<sup>th</sup>.

Tuesdays 8:00pm to 9:30pm

Thursdays 8:00pm to 9:30pm

Sundays 10:00am to 11:30am

##### Where?

Locations will vary around Tokyo which will provide the best terrain for the scheduled workouts.

##### What?

Interval runs, competitive speed drills, agility drills, stairs, hills, fartlek, agility exercises and much more.

##### Cost?

4,000 yen. If you feel you will not benefit from this program, you may cancel any time before the 5<sup>th</sup> session and get a full refund.

##### Who?

Send registration form to [jlacara@gmail.com](mailto:jlacara@gmail.com).

##### Why?

Because you want to have an edge over your competition.

#### Looking for an extra edge over your ball hockey competition?

Running is a significant aspect of ball hockey. We have designed a program to help you improve your speed & agility for ball hockey and are so confident that you will benefit from this program that we have a money back guarantee if you feel you will receive no benefit.

The program will consist of 2 sessions per week devoted to speed work with a group. Due to the busy schedule of people in Tokyo, we have 3 sessions to choose from. You will also be provided with a training plan for days that are not group work. The speed work will include interval runs, stair running, hills, agility drills, speed drills, and much more. These exercises are high tempo and have been designed to be similar to game situation, such as one shift on and three shifts rests.

#### REGISTRATION

Name:

Phone:

Email:

Preferred Session (choose 2 of 3)

- Tuesdays 8:00pm to 9:30pm  
 Thursdays 8:00pm to 9:30pm  
 Sundays 10:00am to 11:30am

Note that you are not limited to the two days you chose, it's to have an idea for scheduling purposes.

Registration Deadline Sunday April 25<sup>th</sup>.

Group Training is as follows:

##### Sundays

April 25, May 9,16,23, June 6,13,20,27

##### Tuesdays

April 27, May 11,18,25, June 1,8,15,22

##### Thursdays

April 29, May 13,20,27, June 3,10,17,24