



PRE SEASON CHECKING CAMP

WHEN: August 21-25, 2023

WHERE: Allard Arena (80 Allard Ave. Wpg, MB R3K 0K6)

WHO: **2010 - first year U15 Bantam.** There will be a limit of 15 skaters per group.

SCHEDULE: 11:30am – 12:30pm

WHY: When players move from non-hitting to hitting hockey the game changes in many ways. Checking can either make a player more effective or less effective. Checking is a skill and players who understand how to use their bodies and protect the puck will be more effective players than players who do not.

The purpose of this camp is to teach players how to use checking to make themselves better players— correct checking technique, how to give and take a hit, learn how to properly protect the puck and use their body to create scoring chances or separate the opposition from the puck.

Players will be split into smaller groups to ensure they are getting lots of 1 on 1 attention and repetitions in all drills.

WHAT : The camp is to introduce first year U15 Bantam players to skill of body contact. There is more to body contact than just trying to knock the other player over. There are a number of components to the physical side of the game. Skating, angling, stick position, balance, confidence, giving and receiving a check. Awareness and heads up play lead into moving up to the level of body contact. I want to give the player the core skills to be prepared for contact, which leads to confidence on the ice. The camp will be a safe and solid introduction with explanation and demonstration of the skills.

REGISTRATION:

Registration will be on a first come first serve basis. There are will 15 spots open for each group.

COST: \$240

Payment can be cash at the first skate or an e transfer. If e transfer please contact Ryan for email address and security question/answer.

If interested please contact Ryan Smith at rsmith@spokanechiefs.com or call/text 509-270-5551.

Thank you,

Ryan Smith
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