



Skating/Explosiveness camp

Our Skating Speed & Explosiveness Camp is great for players who are looking to take their one-ice game to the next level. With a focus on skating, this program is designed to develop powerful, dynamic and agile athletes on the ice. Players will improve upon their skating skills and techniques while applying them to game-like situations in order to increase overall speed and acceleration with or without the puck. Athletes will receive high repetitions, corrective instruction and feedback because of our high coach-to-player ratio and small group dynamic.

Areas of focus for this camp will include:

- Backwards/ Forward skating
- Transition speed and power
- Edge work
- Balance and Agility
- Quick starts
- Stride length and recovery speed
- Quick starts
- Evasion and deception
- In-game tactics

Dates: July 8,10,15,17

U9/11:4:50-5:50pm U13/15: 6-7pm

Location: Jonathan Toews Sportsplex
(Dakota)

Cost \$220

