



GET THE EDGE!

35TH SUMMER!

PEHOCKEY.COM

A Day At Camp

2 ON-ICE SESSIONS PER DAY

Session 1: Focus on Individual Player Skills (skating, passing, shooting, stickhandling).

Session 2: Focus on Team Skills and game situations, including controlled scrimmage each day. (1-1's, 2-1's, battle drills, etc.)

DRYLAND/OFF-ICE TRAINING

Includes: Circuit training with Powerchutes, hand/eye coordination stations, foot speed drills, team handball and core strength stations.

CLASSROOM & VIDEO

Includes talks on equipment, goal setting, nutrition, and game prep. All students are videotaped on both individual skills and game situations. Instructors use this class time to show and make corrections of that video.



Classroom

All Players and Goalies are video taped during the week on Individual skills as well as game situations. Classroom time is used to watch and correct the players on their technique. All players are given a written evaluation of their video sessions as part of their report card.

On-Ice Sessions

Our Competitive stickhandling drills and "protect the puck" situations allows for faster puck handling decisions at game speeds. Players Edge "Shoot to Score" technique breaks down each shot into easy to learn and improve steps. Our shooters work on power, accuracy, and quick release!



Powerskating

With True Powerskating, high speed edge work, belts and ropes, you'll improve technique as well as stride length, leg power and quickness. Each On-Ice session includes Powerskating technique and game speed drills for improvement.



Testing

ON ICE TESTING INCLUDES:

Forward skating speed, backward skating speed, forward with puck, timed agility, passing accuracy, radar of wrist shots, radar of slap shots.

OFF ICE TESTING INCLUDES:

1 min push ups, 1 min sit ups, timed agility, 40 yard sprint, long jumps.

All test results will be put into each students Report Card that is recieved at the end of Camp.