



EXPLOSIVE POWER SKATING 2020

U11 AND U13

2008 / 2009 / 2010 / 2011 BORN PLAYERS

AUGUST 4TH TO AUGUST 7TH (NO TRAINING MONDAY AUGUST 3)

3 GROUPS:

4 DAYS 2008 / 2009 (12 PLAYER MAX) \$399 +GST

4 DAYS 2010 / 2011 (12 PLAYER MAX) \$399 +GST

3 DAYS 2008 / 2009 / 2010 / 2011 COMBINED (12 PLAYER MAX) \$349 +GST

Explosive Skating is the most valuable and demanding aspect to skating for a hockey player. Having dynamic speed and changing the game with your feet is on demand at every level. Hockey is a game of sprints; players must have the ability to generate power and speed in a short amount of time and space- this will result in impacting the game both offensively and defensively.

In this camp players work on the technical aspects of explosive speed as well as the athletic tools required. This camp starts with technical and mechanical training which is the foundation of players understanding of how to maximize their athletic potential. Once players have a strong mechanical base, we evolve the camp into a high intensity and dynamic skating development.

The ice is broken into a circuit training environment, within this training platform players use a variety of training tools such as:

- Parachutes
- Harnesses
- Medicine balls
- Bungee cords
- Sleds

The main goals of this camp are to focus on and improve in the following areas:

- Explosive power
- Change of speed
- Lateral mobility
- Foot speed
- Top end speed
- Reaction time
- Dynamic acceleration

Each ice session is high paced, players will be pushed each day to help them get to new levels of speed and power. Our training is broken up into small area developmental stations and groups are built based on age, skill level and size- this way players are challenged by the appropriate competition level.

DRYLAND TRAINING

Dryland training sessions will be age specific which will allow us to push and challenge the players to get faster, quicker and more explosive. The dryland portion of our program will incorporate body weight and partner exercises. The kids will work on conditioning, coordination, core strength and balance in a fun and challenging environment. All sessions will be implemented and structured by the IHD trainers.

This will be a fun and rewarding hockey experience for all the players.