



COMPLETE HOCKEY DEVELOPMENT 2020

U11 AND U13

2008 / 2009 / 2010 / 2011 BORN PLAYERS

AUGUST 10th TO AUGUST 14th

3 GROUPS:

5 DAYS 2008 / 2009 (12 PLAYER MAX) \$499 +GST

5 DAYS 2010 / 2011 (12 PLAYER MAX) \$499 +GST

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

THIS PROGRAM IS FOR PLAYERS LOOKING FOR THE ULTIMATE IN PLAYER DEVELOPMENT!

DAY 1 – Technical Skating Development:

No pucks, only skating! On this day, we teach the foundation of all skating mechanics, posture and balance including the essential tools and movements that players need to master.

DAY 2 – Positional Development:

Forwards are at one end of the rink and D at the other on day 2. separating the group into smaller working groups enables players to target the critical aspects of their unique game.

DAY 3 – Puck Skill and Scoring

Breaking the ice into stations targets specific puck skills and creates a productive environment for learning and teaching.

DAY 4 – Explosive Skating

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 cord

Day 5 – Battle + Compete

Compete is a word that can truly define a hockey player but is a skill as much as an effort level. Players are working in an intense learning environment where they will learn skills to take their game to the next 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.