

INTENSE, FOCUSED, ELITE **YELLOWJACKETS** HOCKEY TRAINING

Weeks 1 & 4: SKATING

(Week 1 - 6/12, 6/14, & 6/15, Week 4 - 7/10, 7/12, & 7/13)

The most important "skill" in hockey. Players will focus on the skating mechanics of forward and backwards skating; balance and edge control, knee bend, stride/recovery and agility/acceleration.

Weeks 2 & 5: SHOOTING and STICK HANDLING

(Week 2 - 6/19, 6/21, & 6/22, Week 5 - 7/17, 7/19, & 7/20)

Focus is on the wrist shot, backhand and slap shot (age appropriate) Skating and footwork associated with proper shooting technique will have players move from stationary position all the way to shooting in stride at high speeds. Players will also learn different techniques of stick handling. One-on-one dekes will be emphasized. Players will gain confidence with the puck in both open ice and small area settings.

Weeks 3 & 6: BATTLE/BODY CONTACT

(Week 3 - 6/26, 6/28, & 6/29, & Week 7/24, 7/26, & 7/27)

Learn how to get the edge on your opponents physically in the corners and in small areas protecting the puck with proper body positioning

GROUP TIMES:

10:10AM - 11:10AM SQUIRT (2013, 2014) & 11:20AM - 12:20PM PEE WEE (2012, 2011)

12:30-1:30PM BANTAM (2010, 2009) & MIDGETS (2008, 2007, 2006, 2005)

OF WEEKS FEES

1 WEEK for \$135

2 WEEKS for \$235

3 WEEKS for \$315

6 WEEKS for \$600

SIGN UP FOR ALL 6 WEEKS PLUS THE ELITE CAMP AND ONLY PAY \$950 FOR ALL

MON/WED: SKILLS

THURSDAYS: SMALL AREA GAMES / 3V3 SCRIMMAGES

*10 OR LESS SKATERS per COACH ON THE ICE per SESSION

GOALIES ARE FREE- LIMIT 2 GOALIES PER SESSION

Players may pick and choose which weeks they would like to participate this summer.

Contact Hockey Director, Steve Martins for additional information. 847-558-9199



CRYSTAL ICE HOUSE

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