

Spring 2011 Junior Hockey Camp

April 11th through May 5th

Price Includes:

- 22 training days, 6 days a week Monday through Saturday
- Camp jersey, T-shirt and beverages

One day of training includes:

- 3 hours of on ice
- 1 hour and 10 minutes of dry land
- and Rapid Shot sessions

Sample Schedule (subject to change)

Group 1	Group 2
8:00 am – 9:00 am On Ice	7:45 am - 8:45 am Rapid Shot
9:00am – 9:30 am Team Practice (on ice)	
9:45 am – 10:45am Rapid Shot	9:45 am - 10:45 am On Ice
11:45 am – 12:55 pm Dry Land	
1:30 pm – 2:00 pm Lunch* Break	
4:15 pm – 5:15 pm Rapid Shot	4:15pm - 5:15 pm On Ice
5:15pm – 5:45 pm Stick Handling (on ice)	
6:00pm - 7:00 pm On Ice	6:00 pm - 7:00 pm Rapid Shot
8:00 pm Dinner*	

*Not included in Camp Price

Camp program include:

- On Ice:
 - Skating Skills: edge control, forward/backward skating, and transitions
 - Shooting: wrist shot, back hand shot, slap shot, snap shot

- Passing: forehand, backhand, one-touch pass
- Stick Handling: dribbling variations, development of strong wrists and quick hands
- Puck Control Techniques: fake drills and moves, puck handling in diverse skating situations

- Dry Land:
 - Lower Body Routine
 - Abdominal Muscles
 - Speed Agility
 - Upper Body Routine
 - Cross-Country Running

Coach Tim Muenkel will focus on explosive hip extension, core strength and injury proofing, using plyometrics (jumping), gymnastic movements, sprinting, Olympic weightlifting (clean and jerk/snatch)

- Rapid shot:
 - Improving of hockey shooting techniques, such as reaction and accuracy