

## **Breakaways/Penalty Shots/Shootouts/Offensive Rushes Scoring Camp July 30<sup>th</sup> – August 2nd**

### **Monday, July 30th**

8:00 – 9:15 Scoring Opportunities & Offensive Rushes (On-Ice)

Break

9:30 – 10:45 Breakaway Moves & Skill Development Stations (On-Ice)

Break

11:00 – 12:00 Endurance & Off-Ice Shooting (Off-Ice)

### **Tuesday, July 31st**

8:00 – 9:15 Advanced Scoring & Game Situation Scoring (On-Ice)

Break

9:30 – 10:45 Penalty Shot Moves & Skill Development Stations (On-Ice)

Break

11:00 – 12:00 Quick Feet Agility, Plyometrics, & Shooting (Off-Ice)

### **Wednesday, August 1st**

8:00 – 9:15 Advanced Scoring, Game Situations, and Advanced Moves (On-Ice)

Break

9:30 – 10:45 Shootouts, Breakaways & Skill Development Stations (On-Ice)

Break

11:00 – 12:00 Endurance / Core Training / Shooting (Off-Ice)

### **Thursday, August 2nd**

8:00 – 9:15 Scoring In Game Situations Review (On-Ice)

Break

9:30 – 10:45 Shootouts, Breakaway, & Penalty Shot Review (On-Ice)

Break

11:00 – 12:00 Speed, Plyometrics, & Shooting (Off-Ice)