

## **Defense Combat Camp August 6<sup>th</sup> - 9<sup>th</sup>**

### **Monday, August 6th**

8:00 – 9:15 Defensive Play, Stick Checking & Angling (On-Ice)

Break

9:30 – 10:45 1 on 1 Battles & Skill Development Stations (On-Ice)

Break

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

### **Tuesday, August 7th**

8:00 – 9:15 Advanced Defensive Training, Body Usage, & Positioning (On-Ice)

Break

9:30 – 10:45 Puck Battling, Net Front Protection, & Skill Development Stations (On-Ice)

Break

11:00 – 12:00 Plyometrics & Core Training (Off-Ice)

### **Wednesday, August 8th**

8:00 – 9:15 Angling, Body Checking, & Stick Checking (On-Ice)

Break

9:30 – 10:45 1 on 1 and 2 on 2 Battles & Skill Development Stations (On-Ice)

Break

11:00 – 12:00 Strength & Core Training (Off-Ice)

### **Thursday, August 9th**

8:00 – 9:15 Angling, Body Checking, & Stick Checking (On-Ice)

Break

9:30 – 10:45 1 on 1 and 2 on 2 Battles & Skill Development Stations (On-Ice)

Break

11:00 – 12:00 Strength and Core Training (Off-Ice)