

# **Moylan 2011 Ultimate Camp Mites / Squirts**

**June 4 – 7 and 11 – 14**

## **Schedule**

### **Monday, June 4<sup>th</sup>**

8:00 – 9:15 Basic Power Skating and Edgework (On-Ice)

Break

9:30 – 10:45 Basic Puckhandling & Moves (On-Ice)

Break

11:00 – 12:00 Scrimmage & Individual Skill Development with Stations (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity

### **Tuesday, June 5<sup>th</sup>**

8:00 – 9:15 Advanced PowerSkating & Edgework (On-Ice)

Break

9:30 – 10:45 Advanced Puckhandling & Passing (On-Ice)

Break

11:00 – 12:00 Scrimmage & Individual Skill Development with Stations (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity

### **Wednesday, June 6<sup>th</sup>**

8:00 – 9:15 Backward Powerskating & Backward Edges (On-Ice)

Break

9:30 – 10:45 Passing & Shooting (On-Ice)

Break

11:00 – 12:00 Scrimmage & Individual Skill Development with Stations (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity

### **Thursday, June 7<sup>th</sup>**

8:00 – 9:15 Powerskating, Speed & Agility (On-Ice)

Break

9:30 – 10:45 Shooting and Advanced Moves (On-Ice)

Break

11:00 – 12:00 Scrimmage & Individual Small Area Games (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity

### **Monday, June 11<sup>th</sup>**

8:00 – 9:15 On Ice Power & Plyometrics (On-Ice)

Break

9:30 – 10:45 Puckhandling & Offensive Rushes (On-Ice)

Break

11:00 – 12:00 Scrimmage & Individual Skill Development with Stations (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity

### **Tuesday, June 12<sup>th</sup>**

8:00 – 9:15 Acceleration Starts & Stops & Skating Agility (On-Ice)

Break

9:30 – 10:45 Skating with Pucks & Shooting Accuracy (On-Ice)

Break

11:00 – 12:00 Scrimmage & Small Area Skill Games (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity

### **Wednesday, June 13<sup>th</sup>**

8:00 – 9:15 Forward, Backward Speed / Overspeed / Crossovers (On-Ice)

Break

9:30 – 10:45 Advancing Passing / One Touches / Backhand Skills (On-Ice)

Break

11:00 – 12:00 Scrimmage & Individual Skill Development with Stations (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity

### **Thursday, June 14<sup>th</sup>**

8:00 – 9:15 Powerskating Review (On-Ice)

Break

9:30 – 10:45 Skill Review (On-Ice)

Break

11:00 – 12:00 Scrimmage (On-Ice)

Break

12:15 – 1:00 Non Hockey Activity