

## **Powerskating & Shooting Camp July 23<sup>rd</sup> – 26<sup>th</sup>**

### **Monday, July 23rd**

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

Break

9:30 – 10:45 Basic Shooting, Wrist Shots and Backhands & Skill Development Stations (On-Ice)

Break

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

### **Tuesday, July 24th**

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

Break

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

Break

11:00 – 12:00 Quick Feet, Speed, & Core Training (Off-Ice)

### **Wednesday, July 25th**

8:00 – 9:15 Speed Acceleration Stops, Starts, & Plyometrics (On-Ice)

Break

9:30 – 10:45 Shooting Timers, Review, & Skill Development Stations (On-Ice)

Break

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

### **Thursday, July 26th**

8:00 – 9:15 Powerskating Review, Advanced Edging, & Plyometrics (On-Ice)

Break

9:30 – 10:45 Shooting Review & Skill Development Stations (On-Ice)

Break

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