

Puck Handling & Passing Camp July 9th – 12th

Monday, July 9th

8:00 – 9:15 Basic Handling & Basic Moves (On-Ice)

Break

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

Break

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

Tuesday, July 10th

8:00 – 9:15 Speed Puck Handling, Power Moves & Puck Protection (On-Ice)

Break

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

Break

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

Wednesday, July 11th

8:00 – 9:15 Puck Handling with Pressure, Puck Protection, & Advanced Moves (On-Ice)

Break

9:30 – 10:45 Passing with Game Situations & Skill Development Stations (On-Ice)

Break

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

Thursday, July 12th

8:00 – 9:15 Advanced Puck Handling, Advanced Moves, & Advanced Puck Protection Skills (On-Ice)

Break

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

Break

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