



## HOCKEY GOLF CAMP

- 2 age groups (8-11 or 12-15)
- Each day will be 50 minutes on ice skills, 50 minutes 3v3, Lunch and then bus to Oak Glen
- Once a week for 6 weeks



- Twice a week for 4 weeks.
- On and off ice training
- Skill based improvement camp
- Use of other sports off ice to improve athleticism and fun
- Early afternoons
- 6 to 1 Player to coach ratio



- Monday - Mites
- Tuesday - Squirts
- Wednesday - PeeWees
- Thursday - Girls
- No coaching, just fun rinkrat hockey. A LumberYard Trainer will divide up the teams and manage the games.
- Noon - 12:50 Lunch after icetime



- Squirt, PeeWee and Bantam
- Two week session Mon - Thr
- On and off ice training
- Skill based improvement camp
- Use of other sports off ice for better athleticism and fun
- Early afternoons
- 6 to 1 Player to coach ratio

Summer training at the Yard is about customized programs with choices. What is right for one player is not the same for all players. For some, training very hockey specific skills is important. For others, becoming an overall better athlete while working on hockey skills is desired. Either way, LumberYard summer training offers several programs to accommodate your needs. Maybe its a mix of both that makes the most sense for your player.

A) Train for hockey by training in hockey specific skills, drills and off ice all year long.  
 B) Train for hockey by becoming a better athlete and playing other sports as part of your development.  
 The LumberYard offers several programs to accommodate either belief. Maybe it's a mix of the two options that would make the most sense for your player. Your player may need help in their skating so you would want to enroll in the Power Skating program and then compliment that with one of our two week, age specific camps that mixes hockey training, athletic training and cross training with other sports. You may have a defenseman that would like to learn Dman specific skills but would also like to play some 3 on 3, improve their hockey skills and then play a round of golf. We have it all for the 2015 Greatest Summer Ever at the LumberYard! Go to our web site for more information and to register.

# GREATEST SUMMER EVER

**LASER FOCUS ON SKILL IMPROVEMENT**

**DEVELOP YOUR ATHLETICISM ALONG WITH YOUR HOCKEY SKILLS**

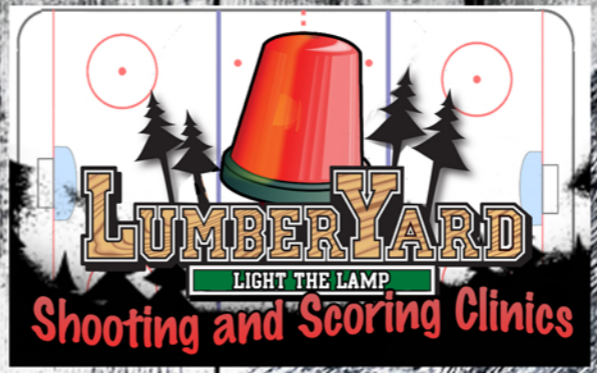
**ALL AT THE YARD**



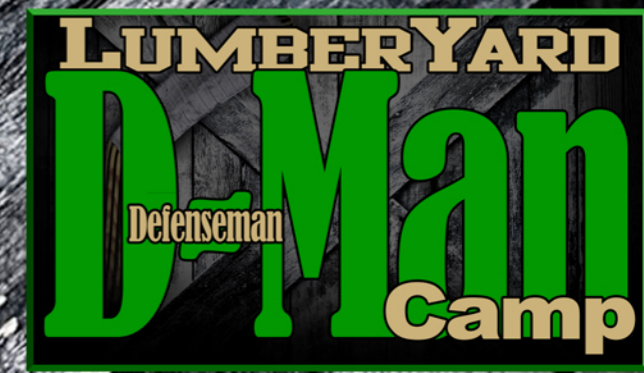
- 10 sessions over 5 weeks.
- Position, stride, balance, power, edge control, and speed
- Rigorous protocol to ensure the correct form while enforcing repetition and endurance.
- Led by Lee Erickson
- Players will get interactive feedback with video footage and instructor correction and demonstration.
- Improve players' overall skating as quickly as possible.
- Off ice training will consist of postural and explosive movements designed to enhance fundamental position, power and extension.



- It's all about the hands!
  - Small group training with detailed instruction and repetition training.
  - Control the puck with head up
  - Open ice moves
  - Expand reach
  - Top hand control
- Limited space, register now at [LumberYardSports.com](http://LumberYardSports.com)



- Learn to Shoot and Score
  - Reading the goalie
  - Where to shoot
  - How to create rebounds
  - How to score off rebounds
  - Moves around the net
  - Tips, deflections and redirects
  - Defenseman scoring
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- Backwards skating
  - Gap control
  - Puck retrieval
  - Net front
  - 1st pass,
  - Misdirections
  - Communication
  - Playing odd man rushes
- Limited space, register now at [LumberYardSports.com](http://LumberYardSports.com)

## LASER FOCUS ON SKILL THIS SUMMER RESULTS WILL SHOW NEXT SEASON

Note: This course is designed for players that can push themselves and be pushed to levels that are outside their boundaries.

**LUMBERYARDSPORTS.COM**

Limited space, register now at [LumberYardSports.com](http://LumberYardSports.com)



- Checking in open ice
  - Checking near the boards
  - Angling
  - Protecting yourself
  - Using the boards
  - Battles
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