



SCORING SPECIFIC CAMP 2019

ATOM + PEEWEE – 2010/2009/ 2008/ 2007

JULY 15th – JULY 19th

7.5 HOURS ON-ICE TRAINING / 5 HOURS DRYLAND TRAINING AT LANGELEY TWIN RINKS

INVESTMENT \$349 + GST (MAX 12 PLAYERS)

WWW.IMPACT-HOCKEY.COM

This camp is for players who want to learn how to become a more complete goal scorer. We will use multiple nets on the ice and break the group into small working stations. This will be the ultimate shooting and scoring learning experience. Becoming a complete scorer is about learning a vast variety of scoring situations. Each situation requires a different skill set. Repetition is the key to building quality habits. Developing these habits is the only way for scoring instincts to take over in a game situation

Players will learn to think like a goal scorer. We will teach the value of shot selections in various situations, what scoring percentage means and how to get pucks into areas where they can have success. Scoring goals is an absolute skill but it is also a mind set, players need to learn the confidence to use the skill they have in a game situation.

The camp will start off with basic shooting instruction and repetition for a variety of scoring situations:

- Basics of wrist, back hand and snap shot
- Shooting in stride
- Shooting laterally across the ice
- Quick release
- Eyes up
- Change of angle and deception in shots
- Net drives
- Walk outs
- Deke and moves
- Using screens
- Breakaway

DRYLAND TRAINING

After each ice session, the players will work with Impact Hockey strength and conditioning trainers off the ice. All of our dryland sessions will be age specific and push and challenge the players to get faster, quicker and more explosive. The dryland portion of the program will incorporate lots of body weight and partner exercises. The kids will work on coordination, core



strength and balance in a fun and challenging environment. Please note that the dryland training will be hockey specific movements and exercises.