IMPACT HOCKEY DEVELOPMENT

DEFENCE SPECIFIC CAMP 2020

U11 AND U13

JULY 13TH TO JULY 17TH

2008 / 2009 / 2010 / 2011 BORN PLAYERS

3 GROUPS:

5 DAYS 2008 / 2009 (12 PLAYER MAX) $499 +GST

5 DAYS 2010 / 2011 (12 PLAYER MAX) $499 +GST

3 DAYS 2008 / 2009 / 2010 / 2011 COMBINED (12 PLAYER MAX) $349 +GST

This program enables defensemen to target the imperative skills of the game specific to playing defense. Too often D are not able to work on the parts of their game that they need to. IHD D camp starts with defense specific critical skating components and works on the following essentials:

- Backwards quick starts and acceleration
- Backward stride
- Pivots and transition
- Lateral mobility and agility

Once players establish an exceptional skating foundation, we then advance the program into position specific skills:

- Gap Control
- Angling
- Defending 1-1
- Defending 2-1
- Break out pass variations
- Point shots
- Battle drills

DRYLAND TRAINING

Dryland training sessions will be age specific to push and challenge the players to get faster, quicker and more explosive. The dryland portion of the program will incorporate body weight and partner exercises. The kids will work on conditioning, coordination, core strength and balance in a fun and challenging environment. All sessions will be implemented and structured by the IHD trainers.