



2020 PRE REP- U11

2010 + 2011 BORN PLAYERS

WEEK 1 – AUGUST 24TH TO 28TH \$725 +GST

WEEK 2 – AUGUST 31ST TO SEPT 3 (4DAYS) 580 +GST

FULL DAY CAMP - 2 ICE SESSIONS, 2 DRYLAND SESSIONS + LUNCH EACH DAY + CAMP SWAG

(SEE CALENDAR ICON FOR ADDITIONAL DETAILS)

This full day camp is designed to prepare players for their upcoming rep tryouts. Each day consists of two ice times and two dryland sessions. Our training model is structured to prepare players to be at their best when it counts the most. Tryouts are at a tough time of year and IHD is committed to helping our athletes be at their best both mentally and physically.

Each day consists of the following:

Ice Time #1 - Player development – Individual skating and skill development

Ice Time #2 – Team concepts, Game situations, Compete and conditioning

Dryland #1 – Hockey specific and age specific off ice training

Dryland #2 – Fun games, Mobility and flexibility

DAILY STRUCTURE WK1:

DAY 1:

Ice session #1 – Skill + Skating development

Dryland session #1 – Full body hockey specific conditioning

Ice session #2 - Compete drills (1-1, 2-1, 2-2, 3-3) high level compete

Dryland session #2 – Speed and footwork development, Core strength + flexibility

DAY 2:

Ice session #1 – Positional Development – Split ice development – Forwards and Defense working on critical individual skills

Dryland session #1 – Plyometric training, sprints and conditioning

Ice session #2- Full ice flow and passing + Full ice competition drills

Dryland Session #2 – Fun games + team building – Races, team drills and competition

DAY 3:

Ice session #1 – Explosive skating development – Station training with parachutes, harnesses and medicine balls etc.

Dryland session #1 – Full body hockey specific conditioning

Ice session #2- Game situation development and compete. Break outs, transition attacking and defending in a variety of situations

Dryland Session #2 – Functional movement, mobility and core strength

DAY 4:

Ice session #1 – Skating and skill development. Foot speed and edge control with and without pucks

Dryland session #1 – Plyometric training, sprints and conditioning

Ice session #2- Full ice flow and passing + Full ice competition drills

Dryland Session #2 – Skill work and fun games **(PLEASE BRING A ROAD HOCKEY STICK)**

DAY 5: - LIGHT DAY/CAMP FINAL PREP

Ice session #1 – Review of weeks player development

Dryland session #1 – Light conditioning and mobility work – Flushing the body – Prepping to perform

Ice session #2- 5 on 5 full ice scrimmage with referees for a real game feel to prep for tryouts and an enjoyable end to camp

Dryland Session #2 – End of camp fun session

DAILY STRUCTURE WK2:

DAY 1:

Ice session #1 – Skill + Skating development

Dryland session #1 – Full body hockey specific conditioning

Ice session #2 - Compete drills (1-1, 2-1, 2-2, 3-3) high level compete

Dryland session #2 – Speed and footwork development, Core strength + flexibility

DAY 2:

Ice session #1 – Positional Development – Split ice development – Forwards and Defense working on critical individual skills

Dryland session #1 – Plyometric training, sprints and conditioning

Ice session #2- Full ice flow and passing + Full ice competition drills

Dryland Session #2 – Fun games + team building – Races, team drills and competition

DAY 3:

Ice session #1 – Explosive skating development – Station training with parachutes, harnesses and medicine balls etc.

Dryland session #1 – Full body hockey specific conditioning

Ice session #2- Game situation development and compete. Break outs, transition attacking and defending in a variety of situations

Dryland Session #2 – Functional movement, mobility and core strength

DAY 4: - LIGHT DAY/CAMP FINAL PREP

Ice session #1 – Review of weeks player development

Dryland session #1 – Light conditioning and mobility work – Flushing the body – Prepping to perform

Ice session #2- 5 on 5 full ice scrimmage with referees for a real game feel to prep for tryouts and an enjoyable end to camp

Dryland Session #2 – End of camp fun session

MEALS and SNACKS:

A hot buffet style lunch program has been curated for our athletes in which will be catered by Wild Wing at Langley Twin Rinks for the duration of the week. IHD will also provide snacks throughout the day in between training.

Please email admin@impacthockeydevelopment.com with any special allergy requests and be sure to fill out a medical form which can be found on our website in the top left corner. Our menu will be sent out to all camp participants closer to the start date.

IHD pre rep camps are very popular and **ALWAYS** sell out. We encourage you to register early to secure your place as we are not able to go over capacity due to fire regulations. Once camps are full we start a waitlist but generally speaking we don't have people give up spots so don't wait too long to sign up.

Make next season your best season, prepare for tryouts and give yourself the best opportunity to make your hockey goals a reality. Success occurs when preparation and opportunity meet so come out and be prepared, to be at your best!