



POWER SKATING CAMP 2019

ATOM + PEEWEE – 07/08/09/10

JULY 8TH – 12TH

6.25 HOURS ON-ICE TRAINING / 5 HOURS DRYLAND TRAINING AT LANGLEY TWIN RINKS

INVESTMENT \$309 + GST (MAX 22 PLAYERS)

WWW.IMPACT-HOCKEY.COM

Power skating is a very popular phrase in the hockey industry. It is often misunderstood and overused. Coaches and camps use power skating as a way to sell a camp. But what is power skating and how do you know when you are in a great program or not?

Impact Hockey has been coaching skating science and mechanics for over 13 years, a true skating program must have a few critical elements:

- | | |
|-----------------------|-----------------------|
| 1- Instruction | 3- Repetition |
| 2- Correction | 4- Progression |

This camp will have all of the above, Tim Preston has taught players from H1 beginners, to NHL All Stars, Olympic gold medalist and Stanley Cup champions. IHD has players from all across North America come to skate under Tim's direction and expertise.

This will truly be a skating camp, no pucks, no goalies, only skating. The camp will begin with the foundation of skating mechanics, posture and balance and then will progress into essential tools and movements that all players must master.

The key focus will be as follows:

- | | | |
|---|-----------------------|-----------------------|
| • Basic stance -
Foundation
development | • Linear acceleration | • Cross-overs |
| • Forward Stride | • Lateral movement | • Pivots and mobility |
| • Backward Stride | • Edge control | • Foot speed |
| | • Tight turns | |

It is key to establish correct mechanics at a young age, this will be the building blocks for years to come. Addressing and targeting those building blocks and growing them will be to key focus for this camp, as it is only one week we will not master everything but will make progress.



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