



March Break Hockey Detail/Goalie Detail Camp 2018 12th-15th March - 9.15am-1.15pm

3 groups of 15-18 skaters (54 max)
3 groups of x 6 goalies (18 max)

Skaters: \$275.00 plus HST
Goaltenders: \$275.00 plus HST

Smaller focused groups with approx. 400 minutes of ice time, (8X50)
Off-ice hockey specific movement training.
Detailed breakdown of skills, increased repetition and correction

DAY 1 DETAIL FOCUS

On-ice I: Edges WU, Balance, Stride, FW, BW
On-ice II: Edges WU, Weight Shift, Puck Control, Deception, Eyes up Play, Small area game
Gym: Stretching, Lower Body, Power, Balance training

DAY 2 DETAIL FOCUS

On-ice I: Edges WU, Power turns, Lateral Movement, Crossovers, Shooting 1
On-ice II: Edges WU, Lateral Crossovers, Pass Reception, Shooting, Play making, Positional Specific (FW &D)
Gym: Hockey Specific Upper/Lower Separation movements

DAY 3 DETAIL FOCUS

On-ice I: Edges WU, Cut-offs, Collections, Fakes and Escapes, Cutbacks Passing
On-ice II: Edges WU, Passing, Shooting, Scoring, Net Drives, Positional Specific (FW &D)
Gym: Core Strength, Agility, Quickness Drills

DAY 4: DETAIL FOCUS

On-ice I: Edges WU, Pivots, and Transitions, Positional Specific (FW &D) Small Area Game
On-ice II: Edges WU, Positional Specific (FW &D) Small Area Game
Gym: Hockey Specifics Explosive training lateral and linear movements

**Please confirm your spot by registering and paying in full (\$310.75)
via e-transfer to:**

**mike@hockeydetail.com or cheque made payable to: Ellis Hockey Detail Inc,
21 Pine Valley Drive, St Thomas, N5P 0A8**