



2021 SUMMER HOCKEY SERIES

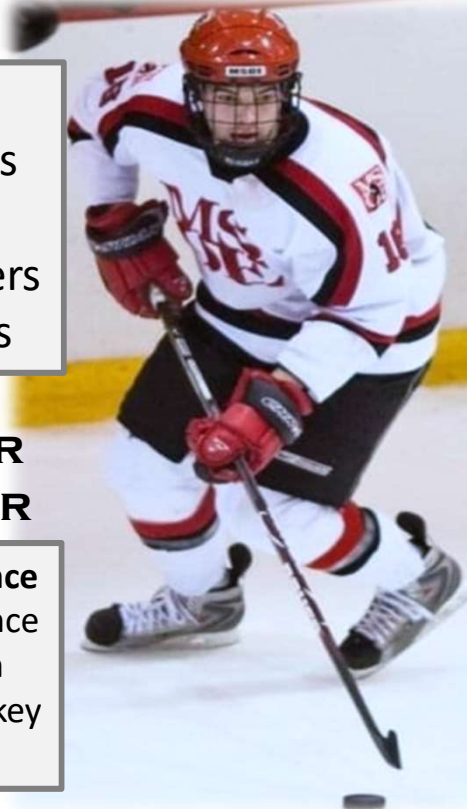
POWER SKATING CAMP

Mon, Wed, Fri from 6:15 pm to 7:15 pm Iceland Sports Complex, Louisville, KY

The game of **hockey is getting faster**, and skating is the most fundamental skill for players to learn. This camp is designed to teach skaters the fundamentals needed to **become an excellent skater!** Skating is the foundation for being able to pass, shoot, stickhandle, hit, and play the game. This is why we focus on skating first in the Summer Hockey Series. The skating skills learned in the **Power Skating Camp**, will allow players to better learn other skills that will be part of the **Skills Camp** such as passing, shooting, and stickhandling.

SKATING STRIDES COVERED

Forward Stride
Forward Crossovers
Backwards Stride
Backwards Crossovers
Turns & Transitions



POWER SKATING OBJECTIVES

Better Balance
Quicker Agility
Full Stride Extension
Powerful Push Off
Full Stride Recovery

CAMP DIRECTOR BRADEN ZEHNER

21 Years Hockey Experience
9 Years Coaching Experience
2007 WI All State Team
Played NCAA College Hockey
at MSOE

CAMP DETAILS

Ages 5 to 18
9 Practice Sessions
Start Date: June 7th
End Date: June 25th

Registration Information

Contact Braden Zehner at braden.r.zehner@gmail.com or (502)-260-5115 to register, or to ask for more information. Skater cost is \$300 if registered by May 21st, \$325 if registered after May 21st.



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SKILLS CAMP

Mon, Wed, Fri from 6:15 pm to 7:15 pm Iceland Sports Complex, Louisville, KY

In the Skills Camp we focus on developing individual skill sets to help each player improve in all areas of the game. The camp will focus on stickhandling, passing, shooting, and fundamental game play. The drills for each skill set are designed to replicate game type situations, so that with enough practice the skills learned in this camp will become instinctive when the player is put in an actual game.

STICK HANDLING SKILLS

Puck Control
Puck Protection
1 on 1 Attacking

SHOOTING SKILLS

Wrist Shots
Slap Shots
One Time Shots
Backhand Shots

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PASSING SKILLS

Forehand Passes
Backhand Passes
Area Passes
One Touch Passes

GAMEPLAY SKILLS

Offensive Attack
Defensive Breakouts
Transition Drills
Small Area Skills

CAMP DETAILS

Ages 5 to 18
9 Practice Sessions
Start Date: July 5th
End Date: July 23rd



Registration Information

Contact Braden Zehner at braden.r.zehner@gmail.com or (502)-260-5115 to register, or to ask for more information. Skater cost is \$330 if registered by May 21st, \$350 if registered after May 21st. Goalie cost is \$100.