



STRENGTH AND SKILL DEVELOPMENT CAMP

BANTAM-U18

DAY CAMP • SUMMER 2017

YORK ICE ARENA

CAMP FOCUS

Teach and develop the core hockey skills needed to be a more offensive and competitive player.

CORE ON-ICE SKILL DEVELOPMENT

- **Skating** - control & over-speed
- **Passing** - vision in traffic
- **Shooting** - positional scoring and attack

2 Ice Sessions Per Day

Situational Skating Practice
Offensive Concept Practice

FRIDAY GAME DAY!

OFF-ICE WORKOUTS

Strength & Technique Building
Athletic Movement & Conditioning

MENTAL-GAME DEVELOPMENT

Focus Sessions & Educational Video/Chalk-Talks

“OFF-SEASON WORK... IN-SEASON THREAT”

Instructors:

Matt Doyle - YIHC Coach and Director

Alex Doyle - Philadelphia Revolution EHL Captain, NCAA D3 Commit

Adam Eby - Pal Junior Islanders USPHL Premier, NCAA D3 commit

CAMP AGENDA

8:30 - 9AM Player Drop-Off
9 - 3PM Hockey Camp
3 - 4PM Player Pickup

CAMP DATES

June 26 - 30th

Lunch Price: \$350

NO Lunch Price: \$300

REGISTRATION

Matthew Doyle
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