



# 1<sup>st</sup> Annual Steve Sullivan Summer Hockey School



August 2-6, 2010 at A-Game

*Get prepared for the upcoming season!*

*Only 20 skaters and 4 goalies will be accepted at each age group:*

Mite (birth year 02 ,03)

Squirt (birth year 00 ,01)

Pewee (birth year 98 ,99)

Tim McAllister- Head On Ice Instructor

Brad Guzda –Head On Ice Goalie Instructor

Hockey school will consist of:

## ON ICE SESSIONS

### ***Morning Ice Session***

Each Morning session will focus on fundamental skill development.

Each player will be constantly motivated in the following skill categories: Forward Stride, Backward Skating, Explosive Starts, Stopping, Edge Control, Passing, Stickhandling, & Shooting

### ***Afternoon Ice Session***

Each Afternoon Ice Session will focus on tactical skill development.

Players will be introduced to team tactics including: offensive attack options and defensive zone coverage.

Players will also participate in various “Battle Drills” to work on and develop proper defensive positioning and offensive scoring opportunities.

## OFF ICE SESSIONS

### ***Morning Off Ice Session***

Each morning session will focus on speed, strength, and stability. Players will be put through the paces by our off ice instructors learning proper technique and being introduced to plyometric & isometric exercises.

### ***Afternoon Off Ice Session***

Each afternoon session will focus on fun. Players will be challenged through various team oriented games and races

### **TEAM BUILDING SESSION**

Players will participate in a wide range of activities, initiative games, and group problem solving exercises to help develop problem solving skills and effective communication amongst players .

### **VIDEO/CHALK TALK**

Each session will have a different topic and will involve heavy participation of players through questions *and answers*.

### **Mite Camp Schedule (Typical Day)**

Time	Activity
7:30am	Arrive at Rink
8am - 9:15am	Ice Session #1
9:30am - 10:30am	Off Ice Session #1
10:30am - 11:15am	Team Building Session
11:15am - 11:45am	Lunch
12:15pm - 1:30pm	Ice Session #2
1:45pm - 2:45pm	Off Ice Session #2
2:45pm - 3:30pm	Video/Chalk Talk
3:30pm	Pick Up



### **Squirt Camp Schedule (Typical Day)**

Time	Activity
7:45am	Arrive at Rink
8:00am - 9:00am	Off Ice Session #1
9:25am - 10:40am	Ice Session #1
10:55am - 11:40am	Video/Chalk Talk
11:40am - 12:10pm	Lunch
12:10pm - 1:10pm	Off Ice Session #2
1:40pm - 2:55pm	Ice Session #2
3:10 - 4:00pm	Team Building Session
4:00pm	Pick Up



### Peewee Camp Schedule (Typical Day)

Time	Activity
8:15am	Arrive
8:30 - 9:20am	Team Building
9:20am - 10:20am	Off Ice Session #1
10:50am - 12:05pm	On Ice Session #1
12:20pm - 12:50pm	Lunch
12:50pm - 1:40pm	Video/Chalk Talk
1:40pm - 2:40pm	Off Ice Session #2
3:05pm - 4:20pm	On Ice Session #2
4:30pm	Pick Up

### Camp Highlights

**Floor Hockey Tournament:** Throughout the week, players will be put on teams and will participate in a week long floor hockey tournament.

**Thursday Night (Camp In / Camp Out):** Bring a sleeping bag and pillow! Players will spend the night at A- Game. Players will be fully supervised for a lock-in at A Game where players will play Laser Chase and enjoy a movie and popcorn.

**Friday:** Parents and relatives come and watch as players will participate in a full ice game for their final ice session