

Camp Dates

Name: July 13th -17th, 2009
Ages 7-16

Cost \$450.00 (lunch Included)

**Please send a \$200.00 non-refundable deposit to:
Ice Line**

**700 Lawrence Drive
West Chester, PA 19380**

**The Hill School Hockey Camp
will provide lunch daily for each camper.**

Address: _____

Phone: _____

Emergency

Phone: _____

Parents

Names: _____

Age: _____

Jersey Size: Circle One

YS YM YL S M L XL

Team/Level: _____

Position: Forward Defense Goalie

Years of

Experience: _____

Email: _____@_____._____

Group (Ages 7-11) (Ages 12-16)

Circle one: Group 1 Group 2

Daily Schedule:

8:00 a.m.	Drop off at Ice Line	
8:30 –10:00	Group #1 Ages 7-11	On Ice
8:30 –9:45	Group #2 Ages 12-16	Dry land
10:15 –11:30	Group #1 Ages 7-11	Dry land
10:15 –11:45	Group #2 Ages 12-16	On Ice
11:45 –1:00	Lunch for both Groups	
1:00-2:15	Group #1 Ages 7-11	On Ice
1:00 –2:15	Group #2 Ages 12-16	Dry land
2:45 –4:00	Group #1 Ages 7-11	Dry land
2:45 –4:00	Group #2 Ages 12-16	On Ice
4:00–4:30	Pick Up at Ice Line	

Camp Details:

Daily Video & Classroom Sessions.

2 3/4 Hours on Ice daily.

2 1/2 Hours off ice conditioning & games.

Daily off ice training provided featuring:

1. **Plyometrics**
2. **Bungee Cord Training**
3. **Speed & Resistance Training**
4. **Weight Vest Training**
5. **Agility Ladder-Quick Feet**

All Groups will be based on age, ability and experience. Movement among groups may occur on the opening day of camp. Such movement will occur to ensure both a safe and challenging environment .

Camp Overview:

The Hill Hockey Camp focuses on a player's overall skill development. Whether an individual is a beginner or an experienced hockey player; The Hill Hockey Camp defines itself through the fundamentals of the game. The camp is open to all position players ages 7-16, including goaltenders who will receive individual instruction.

Individual Skills:

Power Skating

Hockey Stance
Forward/Backward Skating
Crossovers, Agility & Control
Power Turns

Shooting (Age Appropriate Techniques)

Snap Shot
Wrist Shot
Back Hand
Slap Shot

Passing & Receiving

Forehand
Backhand
Cushioning the Puck
Timing & Accuracy

Stick Handling

Fakes & Dekes
Controlling the puck

Game Strategy

Concepts & Coverage
Positional Play (all zones)
Cycling

Goalie Training

Goalie Stance
Recovery
Lateral Edge Control
Save Techniques
Mental Preparation