

# Sample Hockey Camps

## 4 week Camp- 2X/Week

### Week #1

#### Day 1

##### Off-Ice-Fitness Assessment

- Sports Conditioning Presentation
- BIA (Body Impedience Analysis)
- Cardio (Pacer Test)Flexibility Test
- <Muscular Endurance (Mod. Sit Up & Timed Wall Sit)
- Flexibility Test (Sit & Reach)

##### On Ice

- Skating Skill Evaluation
- Explosive Start Evaluation #1(Quick Start)
- Goal to 1<sup>st</sup> Blue

#### Day 2

##### Off-Ice

- From Ice to Inline-Intro to distance skatingIntro to Yoga/Stretching
- Strength conditioning-upper, lower, middle (body weight only)
- Plyometrics
- Super Abs & Back
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- Core Hockey Skating Skills

##### On Ice

### Week #2

#### Day 1

##### Off-Ice

- Inline Distance Session
- Ropes
- Super Abs & Backs
- Breath work

##### On Ice

- Perfect Form
- Power Crossovers (Forward/Backward)
- Conditioning: Endurance Skate (20 minutes)

#### Day 2

##### Off-Ice

- Yoga
- Strength
- Cardio: Ropes/Running
- Breath Awareness

##### On-Ice

- Core Hockey Skating Skills review
- Quick Starts-Half Ice (15)
- Conditioning: Intervals (15 minutes)

### Week #3

#### Day 1

##### Off-Ice

- Power Inline
- Yoga/ Breath work
- Super Abs & Backs

##### On-Ice

- Skills: Transitions, agility work
- Speed: Flying 2 lap drill(X5)

#### Day 2

##### Off-Ice

- Ropes
- Strength
- Super Abs & Back

##### On-Ice

- Perfect Form
- Speed: Various sprints
- Explosive Start Evaluation #2 (Quick Start)

### Week #4

#### Day 1

##### Off-ice

- **10K Challenge**

##### On-ice

- Core Hockey Skills Review

#### Day 2

##### Off-Ice-Fitness Assessment

- BIA (Body Impedience Analysis)
- Cardio (Pacer Test)Flexibility Test
- <Muscular Endurance (Mod. Sit Up & Timed Wall Sit)
- Flexibility Test (Sit & Reach)

##### On-Ice

- Core Hockey Skills Assessment
- Flying lap time (X2)
- Explosive Start Evaluation #3 (Quick Start)

## 1 Week Intensive

The 1 week intensive is a combination of the skating skills development program and the on and off ice conditioning program. During the 9:00am-3:00pm day, players will experience a "camp-like" atmosphere as they train both on and off the ice. In addition to skating, a variety of training and movement activities will be offered throughout the week.

The hockey camp is open to players 8yrs-13yrs. Depending on the number of participants, additional coaches will be added to split the groups according to playing level and/or ability to maintain an ideal 12:1 coach to player ratio.

## Sample Summer Camp Agenda

### Monday

9:00-9:15 am	Drop Off
9:15-9:45am	Warm-up/ Flexibility Testing
9:45-10:30am	Yoga for Skaters
10:30-11:00am	Plyometrics
11:00-11:15pm	Skates On (Inline)
11:15-11:45pm	Skating Skills (Inline)
11:45-12:15pm	Puck Handling
12:15-12:45pm	Lunch
12:45-1:30pm	Classroom Presentation Hockey Video (Skating)
1:30-1:45pm	Skates On (Ice)
1:45-2:45pm	Skating Skills (On Ice)
2:45-3:15pm	Skates Off/Pick Up

### Tuesday

9:00-9:15 am	Drop Off
9:15-9:45am	Warm-up/ Yoga for Skaters
10:00-10:30am	Upper Body Conditioning
10:30-11:00am	Middle Body Conditioning (Abs)
11:00-11:30pm	Run (Interval Training)
11:30-12:00am	Classroom Presentation: Sports Nutrition Activity
12:00-12:30pm	Lunch
12:45-1:15pm	Street Hockey-Puck Handling/ Shooting
1:15-1:45pm	Breath Awareness/Control
1:45-2:00pm	Skates On (Ice)
2:00-3:00pm	Video Players Skating Skills
3:00-3:30pm	Skates Off/Pick Up

### Wednesday

9:00-9:15am	Drop Off
9:15-10:00am	Yoga/ Breath Control
10:00-10:30am	Plyometrics
10:30-11:15am	Upper Body/Lower Body
11:15-11:30am	Skates On (Inline)
11:30-12:15pm	Skating Skills/Positioning
12:15-12:45	Lunch
12:45-1:15pm	Classroom Presentation: Player's Skating Skills Video Review
1:15-1:30pm	Skates On (Inline)

1:30-2:30pm	Distance Skate
2:30-3:00pm	Scrimmage
3:00-3:15pm	Pick up

### Thursday

9:00-9:15am	Drop Off
9:15-9:45 am	Yoga/Breath Awareness/Control
9:45-10:15am	Run (Easy pace/Hills)
10:15-10:30am	Middle body (Abdominals)
10:30-10:45am	Skates On (Inline)
10:45--11:30am	Inline Soccer/Basketball
11:30-11:45am	Skate Off/Cool Down
11:45-12:15pm	Relaxation Session
12:15-12:45pm	Lunch
12:45-1:30pm	Classroom Presentation:Hockey Video (Puck Handling)
1:30-1:45pm	Skates On (Ice)
1:45-2:45pm	SkatingSkills/Conditioning Session
2:45-3:00pm	Pick-up

### Friday

9:00-9:15am	Drop Off
9:15-10:00am	Yoga/Flexibility Testing
10:00-10:30am	Plyometrics
10:30-11:00am	Weight Training-Upper body
11:00-11:15am	Middle Body (Abdominals)
11:15-12:00am	Relaxation Activity
12:00-12:45pm	Special Lunch (Pizza)
12:45-1:00pm	Skates On (Ice)
1:00-1:45pm	Skating Skills
1:45-2:15pm	Passing/Shooting
2:15-2:45pm	Scrimmage
2:45-3:00pm	Pick-up

*\*Camp Activities Subject to change*