



## HIGH PERFORMANCE CAMP

**Excel Hockey High Performance Camp** is a summer development program designed to maximize a players off season development. The camp will consist of 12 hours of ice time over 9 weeks. Players will be pushed in a structured and competitive environment. 6-1 Player to coach ratio



Scoring is the objective. Players will practice countless repetitions of the various shots required by the sport. Players will work on shooting mechanics, deceptive scoring tactics and position specific shooting.

### SHOOTING



Skating efficiency and edge control will be a top priority. Players will will develop explosive starts, dynamic edge control and an efficient stride. Overspeed and cross acceleration will be areas of focus.

### SKATING



Excels rigorous stick handling program will improve player vision, muscle memory, puck protection and evasive maneuvers. Passing will also be a point of emphasis, hard, touch and using deception to create lanes will all be part of the program.

### PUCK CONTROL



Specialized practices will aim to connect players hands and feet through high tempo skating-passing- touch drills. Hockey is getting faster and faster, reactive training is critical and long term player development.

### REACTION

**Mondays (Off July 4th)**

**June 20- August 22nd**

**Graf Rink- Newburyport MA**

**2:30-3:50PM- Group 1**

**4:00-5:20PM- Group 2**

**Cost: \$425 (Includes Jersey)**

**Register: Training - Clinics**

**Register at [ExcelHockey.com](http://ExcelHockey.com)**