



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 over 40 hours of ice time over 10 weeks. Players will be pushed in a structured and competitive environment. 6-1 Player to coach ratio



SHOOTING

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.



SKATING

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.



PUCK CONTROL

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.



REACTION

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.

Tue, Wed, Thur

June 21- August 25th

Skate 3 - Tyngsboro, MA

5:30-6:50PM- U16 Elite

7:00-8:20PM- Highschool

Cost: \$1300 (Includes Jersey)

Register: Training - Clinics

Register at ExcelHockey.com