

EXCEL

/// HOCKEY DEVELOPMENT ///

PRE-SEASON CAMP

Excel Hockey High Performance Camp is a summer development program designed to maximize a players off season development. Players will improve upon skating, puck control, deception, reaction, shooting and more. 6-1 Player to coach ratio!

Tuesdays & Thursdays August 3rd - August 26th



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 is the most important facet of the game. Skating efficiency and edge control will be areas of focus. Players will develop explosive starts, dynamic edge control and an efficient stride.



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/Thur 12:00-1:20

Skate 3, Tyngsboro MA

2010-2006' Birth Years

Cost: \$325

Register: Clinics- Skate 3 Afternoon

Register at Excel-Hockey.com