

June 28—July 1, 2010

Individual Skills Camp

Campers will select skills to focus on based on their individual needs in a 4:1 player— coach environment. Players will choose 3 skills to focus on during the week with the coaches.

- Email selected skills prior to camp
- 2 Hours of ice daily
- Off-ice Training for Agility, Strength, and Flexibility

Camp will be limited to 24 players.



February 16 – 19, 2010

February Vacation

Speed and Shooting Camp

August 9 – 13, 2010

Camp will focus on the development of the following skills:

- Acceleration and over-speed training for forwards and defensemen
- High speed edge work
- Long strides
- All shots covered – Slap, wrist, snap, and backhand
- Passing skills
- 1-on-1, 2-on-1, 2-on-2, 3-on-2
- Game concepts
- Shooting while skating
- Attacking the net
- Team concepts
- Off-ice Training for Agility, Strength, and Flexibility



Hockey Development Camps 2010



Please visit the ***Hockey Summer Clinics*** section of our website www.theedgesportscenter.com for more information regarding our upcoming Camps and Clinics.

Coaches

Paul Kennedy

Scott Fusco

Mike McGrath

Registration Form 2010 Camps

PLAYER NAME: _____

DATE OF BIRTH: _____

PARENTS/ GUARDIANS NAMES:

ADDRESS:

CITY, STATE, ZIP:

Cell Phone: _____

Email: _____

Camps: (Please circle choices)

Speed and Shooting Camp

February 2010 9:00 - 11:00 AM \$150

August 2010 8 AM - 1:00 PM \$300

Individual Skills Camp 8 :00 -11:30 AM \$500

Basic Skills Camp 8 AM-1:00 PM \$300

Check, pass and score 8 AM-1:00 PM \$300

Please make checks payable to:

The Edge Sports Center, 191 Hartwell RD

Bedford, MA 01730

MC or Visa _____

Exp: _____

August 2 – 6 , 2010

Basic Skills Camp

Camp will focus on the development of all the necessary skills of hockey:

- **Skating**
 - Edges
 - Backward Thrusting
 - Long Strides
 - Balance and Agility
 - Starts, Acceleration, Stops
- **All Stick Skills**
 - Stick handling
 - All shots covered—Slap, wrist, snap, and backhand
 - Passing skills
 - Scoring
- **Small Area Games**
- **Game Concepts**
- **Off-ice Training**
 - Agility, Speed, Strength
 - Shooting

August 16 – 20, 2010

Check, Pass, and Score Camp

Camp will focus on the development of the following skills:

Checking

Body check

Stick check

Body position

Shoulder Check

Hip check

Angling

Pinning

Passing

Angle pass

Flip pass

Back hand pass

Drop pass

Back diagonal

Cycling

Tape to tape

Scoring

Attacking the net

1-on-1, 2-on-1, 2-on-2, 3-on-2

Game concepts

- Off-ice Training for Agility, Strength, and Flexibility