

## Shooting/Puck Control Camps

The Shooting/Puck Control Camps will focus on shooting, handling the puck, and scoring!

- Learn how to make the **Goal Hunter Grip** for proper shooting **power and accuracy!**
- **The ability to handle the puck and keep it for long periods of time is very important**
- **Using a stick with the proper lie, length and curve** will maximize the player's ability to shoot with speed and accuracy and to handle the puck properly. Ask us questions!
- Some of the shots taught: forehand, backhand, one-timer and slap shot, learn how to shoot while moving, shoot for the corners, quick release, deke the goalie, patience with the puck, getting into position to score and putting the puck away!

### Keys to shooting and puck control:

- 1.) Hold the stick using the **proper** grip.
- 2.) Use a stick that makes it possible to transfer power to the puck and control the puck.
- 3.) Develop the proper technique needed to consistently shoot hard and accurately.
- 4.) Develop strength in the muscles used in shooting (triceps, forearm, shoulders, hands).
- 5.) **Shoot 100's of pucks the proper way**

## Defencemen Camp

The Defencemen camp will focus on all the aspects and details of the defensive game.

**Main Components of the camp:** Skating, puck-handling, passing, shooting, body contact, positional play, stick play, offensive attack, net play and defensive tactics.

The details are the main key, with a premium placed on understanding the defensive side of things. Defensive Zone play along with Offensive Zone play will be covered. Both offensive and defensive defencemen are welcome. Players are encouraged to learn all aspects and details of the defensive world.

## Power Skating Camps

Become a better skater.

We take a **hockey approach** in making our Power Skating program **fun and fast paced** and have found this to be a perfect formula for making players faster and stronger while developing balance, speed and agility .

Players will work on:

- Forward strides, building power
- Tight turns, agility skating
- Crossovers both forwards and backwards
- Backwards skating
- Pivots, Mohawk transitions
- Speed and strength development.

**Skating is the most important skill in hockey, but training to skate better doesn't have to be boring (we use pucks)!**

## Checking Camps

This camp has 3 components:

**Body Checking, Power Skating and One vs One Play; this includes attacking and defending skills.**

For **Second Year Atom** players wanting to learn to check and **Peewee** players wanting to improve their ability to body check, take a check properly and safely while building their **overall strength, balance and agility**. They will learn proper body position, develop awareness and the ability to separate their opponent from the puck (or keep the puck!)

The camp will also focus on **corner and small zone play**. Players will learn to battle in small spaces while **developing power, speed and balance**.

Other skills to be taught:

- **Angling techniques**
- **Team communication**
- **Defensive gap control**



# 2011-12 Christmas & Mini Camps

- ♦ Shooting/Puckhandling Camp
- ♦ Power Skating Camp
- ♦ Checking Camp
- ♦ Defencemen Camp
- ♦ Hockey Skills Camp

[www.torjagerhockey.com](http://www.torjagerhockey.com)



## Torjager Hockey Mini Camps 2012

Camp	Age & Time	Cost & Code
<b>Crowfoot</b> Feb 16+17	PS- Novice/Atom D-men- 10-15 yrs	
<b>Power Skating Defencemen</b>	9:45-10:45am 11:00-12:00pm	\$125 CCNA \$150 CCDC
<b>Okotoks</b> Feb 23+24	PS- Novice/Atom HS- Atom/PW	
<b>Power Skating Hockey Skills</b>	10:15-11:15am 11:15-12:30pm	\$125 OMCP \$150 OMCH
<b>Stu Peppard</b> March 23	2nd yr Atom & all Peewees	
<b>Checking</b>	1:30-3:00pm	\$80 MCCC

### Private Training:

We offer Sessions for Defencemen, Checking, Stickhandling, Powerskating and Shooting. Shooting Sessions are run on Sundays at the Goalie Shop and are 45 minutes in length. All other sessions are Sundays, are 1 hour in length and are held at World Pro Goaltending. We teach the techniques to make sure they know the right way to use every skill.

### Team Sessions:

Have us come out to your practice and work on shooting, stickhandling, passing, checking, powerskating and many others at your request.

**We need goalies for all of our Camps!**  
**Only \$75.00 for 4 sessions or \$40.00 for 2.**  
**They will get 100's of Shots in the shooting camp and great work in all the other camps.**

## Christmas Camp 2011 Schedules

Camp	Time	Cost
<b>Power Skating</b> Novice/ Atom  <i>Code: NAPS</i>	9:00 am to 10:30 am	\$250.00 gst included
<b>Power/Checking</b> Peewee/Bantam  <i>Code: CKPB</i>	10:30 am to 12:00 pm	\$250.00 gst included
<b>Defencemen</b> 10-15 yrs old  <i>Code: BDMC</i>	12:30 pm to 2:00 pm	\$275.00 gst included
<b>Shooting/ Puckhandling</b> Atom/Peewee  <i>Code: APSS</i>	2:15 pm to 3:45 pm	\$250.00 gst included

To sign up for the our Camps, either as a Skater or a Goalie please mail registration with a cheque to:

Torjager Hockey  
240-70 Shawville Blvd SE  
Suite # 1066  
Calgary, AB  
T2Y 2Z3

**For information please call:**

**Wade Davis - Executive Director**

Phone: **403-275-3948**

E-Mail: wade@torjagerhockey.com

**(Registration confirmed when cheque cashed)**



**Brentwood  
Arena**  
Northmount Dr &  
35th St. NW

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_ Ph: \_\_\_\_\_

Age \_\_\_\_\_ (male/female) \_\_\_\_\_

E-Mail \_\_\_\_\_  
(please provide)

Position Played \_\_\_\_\_

Camp Code \_\_\_\_\_

Payment enclosed \$ \_\_\_\_\_  
(Include full payment)

**Cheque** (payable to **Torjager Hockey**)

In consideration of the participant being permitted to participate in Torjager Hockey Camps, we do discharge, Torjager Hockey Ltd., Wade Davis and any person connected herewith from all manner or action, injury, damages, costs, claims or demands which of such participation in the program. It is further agreed that Torjager Hockey and associated parties are not responsible for any lost or stolen hockey equipment or personal articles. The release shall be binding on our heirs, assigns, executors and administrators.

Signature of Parent \_\_\_\_\_ Print Name \_\_\_\_\_

Date \_\_\_\_\_

