

Shooting/Puck Control Camps

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

- **Each player will be advised** on which stick is best suited for them.
- An off-ice training program to accelerate shooting development is available under Shooting Camps at www.torjagerhockey.com.
- Learn how to make the **Goal Hunter Grip** for shooting **power and accuracy!**
- **Sticks will be on hand** for players to try out.
- **The ability to handle the puck and keep it for long periods of time are becoming very important!** (The *New* NHL!)
- **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.
- **Four shots** will be taught: forehand, backhand, flip shot and slap shot, learn how to shoot while moving, shoot for the corners, quick release, one timers, deking 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!**

Power Skating Camps

Become a better skater while doing hockey drills! 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 forwards strides, turns, cross-overs 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!**)

Quote...

"While recovering from a pretty serious neck injury, I knew I needed to do something different to keep my skills at a high level. I decided to hire a shooting coach, and well, Marty Yewchuk at Torjager Hockey was the guy.

He has made small adjustments to my shooting style, that have had a big impact on my shot. My snap shot and quick release have improved dramatically under his instruction. The shooting sessions have been fun and interesting, and have definitely improved my shot and its accuracy."

- **Cassie Campbell**

Olympic Gold Medalist, Salt Lake City 2002

Marty Yewchuk- Head Torjager

- ◆ **Bachelor of Physical Education** Degree from the University of Alberta majoring in **Sport Administration** with a minor in **Coaching**.
- ◆ **NCCP Coaching Level 3**.
- ◆ **7 seasons professional hockey** experience in Germany, ECHL and British Superleague. Member of **4 Championship teams and Canadian National Team**.
- ◆ **20 years of teaching experience** with the University of Alberta Hockey Camp, Black Elk Hockey School, and my own To The Top Roller Hockey Camp.
- ◆ **Shooting Coach** for members of the 2006 Olympic Gold Medal Canadian Women's Hockey team in Turin.

Checking/Power Camps

This camp has 3 components:

Body Checking, Power Skating and One vs One Play; this includes attacking and defending skills. For **Peewee and Bantam** 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** (where much of the game is played)...being able to battle in small spaces while **developing power, speed and balance**.

www.torjagerhockey.com



2009 Christmas Camps

- ◆ **Shooting/Puckhandling Camps**
- ◆ **Power Skating Camp**
- ◆ **Checking/Power Camp**
- ◆ **Goalie Camp**





The Goalie Shop Goalie Camp

Once again, **Torjager Hockey** and the **Goalie Shop** are offering a **Christmas Camp** for goal-tending training and development. Goalies may attend 2 or 4 sessions.

Goaltender Skills Training Camp (GDC1)

This camp is designed for goalies at the beginner to intermediate levels of play. Highly recommended for goalies aged 7-12 years of age.

Comprised of a daily **1.5 hour ice time**, this camp will help you tune up your skills for the New Year in a fun and energetic atmosphere.

Goaltender power skating, flexibility training, basic movement and puck stations; warm-up and cool-down activities will be included in the sessions.

Key training points:

- **Strength and conditioning**
- **Balance, agility**
- **Crease Movement**
- **Rebound Control, smothering the puck**
- **Angles, net awareness**
- **Breakaways**
- **Puck handling**
- **Game situation drills**

To sign up for the Goalie Camp (GDC1):

Fill out Registration Form and drop off or Fax with payment to:


The Goalie Shop

#2010, 2600 Portland Street SE
Calgary, AB
Phone: 244-2022 Fax: 244-2191



We need goalies for the Shooting Camps!
Only \$75.00 for each session for 100's of Shots!

Camp Schedules

Camp Dates: December 27, 28, 29, 30.		Brentwood Arena Northmount Dr & 35th St. NW
Camp	Time	Cost
Power Skating Novice/ Atom <i>Code:</i> NAPS	9:30 am to 11:00 am	\$250.00 gst included
Checking/Power Peewee/Bantam <i>Code:</i> CKPB	11:00 am to 12:30 pm	\$250.00 gst included
Goaltender Development Camp <i>Code:</i> GDC1	12:45 pm to 2:15 pm	2 sessions \$150.00 4 sessions \$250.00 gst included
Shooting/ Puckhandling Novice/Atom <i>Code:</i> NASS	2:30 pm to 4:00 pm	\$250.00 gst included
Shooting/ Puckhandling Atom/Peewee <i>Code:</i> APSS	4:15 pm to 5:45 pm	\$250.00 gst included
Shooting/ Puckhandling Peewee/Bantam <i>Code:</i> PBSS	6:00 pm to 7:30 pm	\$250.00 gst included

To sign up for the Shooting, Checking or Power Skating Camps, either as a Skater or a Goalie please mail registration with payment to:

Torjager Hockey Ltd.

#929,105-150 Crowfoot Cres. NW

**Calgary, Alberta
T3G 3T2**

For information please call:

Marty Yewchuk

E-Mail:

(403) 275-3948 marty@torjagerhockey.com

(we will confirm registration by
e-mail, please provide)

Registration Form

Name _____

Address _____

Postal Code _____ Ph: _____

Age on Dec 31/2009 _____ (male/female) _____

E-Mail _____
(please provide)

Position Played _____

Camp Code/Dates _____

Payment enclosed \$ _____
(Include full payment)

Cheque (payable to **Torjager Hockey** for hockey camps
(payable to **The Goalie Shop** for **GDC1**)

VISA / MasterCard (credit card payments **only** accepted
by The Goalie Shop for GDC1.)
Torjager does not accept credit card payments.

Card # _____ Expiry Date: ____/____

Cardholder _____ (signature)

In consideration of the participant being permitted to participate in **Torjager Hockey Camps** we do discharge Marty Yewchuk, Torjager Hockey Ltd. 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 Marty Yewchuk 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 _____

