

Shooting/Puckhandling Camp

This Camp will focus on shooting, handling the puck, and scoring!

- Learn how to make the **Goal Hunter Grip** for proper **power and accuracy!**
- **The ability to handle the puck and keep it for long periods is 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.
- Some shots taught: forehand, backhand, one-timer and slap shot, learn shooting while moving, shoot for the corners, quick release, deke the goalie, patience with the puck, and getting into scoring positions.
- Each player will have their **shooting analyzed using video...**they will learn by seeing themselves shoot and recognize what they are doing correctly/incorrectly.

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 properly**

4 on 4/5 on 5 Game Play Camp

Learn how to think the game, with elite Instruction

Players will have Pro Coaches on the bench and ice. Coach in game instruction will allow players to learn real time, ask questions and progress above all. Players are split into teams and play full ice games with controlled stoppages for learning. Full rules!! This way winning the game won't be front and center and players can focus on individual, situational, positional and team learning. IT WILL BE FUN!!

Power Skating Camp

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 make it FUN

Defencemen Camp

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

Main Components of the camp: Skating, puckhandling, passing, shooting, body positioning, positional play, stick play, offensive attack, net play and defensive tactics.

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

Other skills to be taught:

- Shooting from the point
- First pass
- 1 on 1, 2 on 1 play
- Blue zones play



Fall & Winter Camps 2021/22

- ◆ 4on4/5on5 Game Play Camp
- ◆ Shooting/Puckhandle Camp
- ◆ Power Skating Camp
- ◆ Defencemen Camp
- ◆ Checking Camps

www.torjagerhockey.com



Torjager Hockey Camps

- Our 21st year.** Our business has a solid reputation for teaching methods that produce results!
- Our on-ice program.** This takes a skills approach; designed to challenge players of all levels and develop the core skills required to play the game.
- Our Camps.** They are great for learning without getting bored. We find the players are excited to get back on the ice and they improve as the week goes on... Teaching is No.1.
- Our Staff.** Each of our instructors have played high level hockey and most have University degrees. They are very passionate about teaching, are highly trained and experienced!
- Our Students.** Visit our web site to read testimonials sent to us from players and parents describing their experiences with Torjager Hockey.
- The Details.** We take pride in all details; on and off the ice.

Registration

Forms are found on our website under registration. Check our website for full details. Camp dates, times and locations subject to change.

Goalies

We need goalies for all of our Camps! Only \$75.00 for 4 sessions or \$50.00 for 2. They will get 100's of Shots in the shooting camp and great work in all the other camps.

Christmas Camps

Camp	Time	Cost
Power Skating Novice/Atom/ Peewee U7-U13 <i>Code: NAPS</i>	9:00 am to 10:30 am	\$250.00 plus gst
Defencemen 9 -14 years old <i>Code: BDMC</i>	10:45 am to 12:15 pm	\$250.00 plus gst
Shooting/Puck Novice/Atom/PW/ Bant U7-U13 <i>Code: NASS</i>	12:30 pm to 2:00 pm	\$250.00 plus gst
4 on 4/5 on 5 game play Camp 11-13 yrs old <i>Code: PBSS</i>	2:15 pm to 3:45pm	\$250.00 plus gst

Registration forms are found on our website.
Please email registration form with e-transfer to:

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

You can also mail the form with a cheque for payment to us prior to Dec 1.

Wade Davis - Executive Director

Phone: **403-698-1751**

E-Mail: wade@torjagerhockey.com

Reg confirmed when cheque/e-transfer cashed

Checking Camp - Max Bell Arena March 12, 2022

1:00pm - 2:30pm cost \$75

This camp has 3 components:

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

For **2nd Year Peewee/Bantam** players wanting to learn to check, improve their ability to 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 it)

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**

Private Training -

We offer Sessions for Defencemen, Stickhandling, Powerskating and Shooting. All sessions run Sundays at World Pro Goaltending and are 1 hour in length. We teach the techniques to make sure they know the right way to use every skill. Max of 5 kids on the ice.

Team Sessions

Have us come out to your practice and work on shooting, stickhandling, passing, checking, power-skating and others at your request. Give your coaches a break and help your kids build some more skills and have fun doing it.

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