# Hockey Training School

## Hockey Skills & Training Program

Presented by the Lakeville South Boys High School Hockey Coaching Staff

# South -Bantam Level

**Dates: JUNE 14th – JULY 22nd, 2010**

The **Synergy Training program** is a comprehensive on-ice hockey training program that is specially designed to help young men prepare and develop their hockey skills to meet the demands of impacting the game at the Bantam level. It is therefore designed for players who are going to be Bantams during the 2010-2011 hockey season.

**We are also excepting 2nd year Peewees who are serious about their development.**

New this year, the **Synergy training program** is specifically design to accelerate development of skills and strategic/situational understanding that are necessary to play at the bantam level. Synergy is designed to give forwards & defensemen the competitive edge on the ice. The camp will focus on spatial understanding, explosive scoring techniques, face-offs, dominating along the boards, cycling, puck protection, creating time and space, battling, attack principals, 1 vs 1, 2 vs 1, 2 vs 2, 3 vs 2.

Each week players will learn how to compete in situational play. We will focus on specific game situations and teach players how to successfully compete in these situations. We begin with individual skills, teaching players how to read and understand the situation. Then we escalate these situations into multiple player situations, small areas, spatial assessment and then competitive games. We attack each situation from both the offensive and defensive perspective.

***Our training principles will include visualization, learning through video analysis, situational strategies and execution, shooting technique, spatial intelligence, stick agility mechanics, small area games.***

***Philosophy:***

The principles behind the idea of **Synergy** (all together at the same time) are to develop all the skills necessary to execute hockey game situations at a level that will produce effective results.

Because all players are on a continuum of development, where either their understanding of situational play or their skill sets are limiting factors to their ability to create time and space. The ability to produce time and space produces more positive decisions and effective outcomes.

***Standard approaches to training assume all players have both the skill set and the knowledge base to just go out and be successful.*** Yet when you watch hockey games you realize they very seldom do***. In fact, it is the rare player who can create time and space. And thereby get the most accomplished in a game.***

Players who are missing either the skill sets or the understanding of how to effectively play in many different situations will have limited success.

It is our plan, through video analysis and highly effective on-ice instruction, to focus intensely on situational play, skill sets and knowledge necessary to produce success.

# This Comprehensive program includes:

***On-Ice Skills, Situations and Game systems- 4 times per week (Monday-Thursday)***

On ice activities will focus on pushing players out of their comfort zone in situational play and skill development.

## Cost -$300

***** No Refunds will be given after May 15th*****

**Registration is due by April 30th, 2010**

A deposit of 50% ($150) is required for registration or payment in full.
Final full payment is required by May 15, 2010.

***Make checks payable to: Synergy Hockey***

***Mail to: 9990 199th St W, Lakeville MN 55044***

**Calendar:**

**There will be no activities the **Week of the 4th** of July.

| June | Monday-14th | Tuesday-15th | Wednesday-16th | Thursday-17th |
|---|---|---|---|---|
| 8:00-9:00 | South Bant/PW | South Bant/PW | South Bant/PW | South Bant/PW |
| 9:15-10:15 | South HS Boys | South HS Boys | South HS Boys | South HS Boys |

| June | Monday-21st | Tuesday-22nd | Wednesday-23rd | Thursday-24th |
|---|---|---|---|---|
| 8:00-9:00 | South Bant/PW | South Bant/PW | South Bant/PW | South Bant/PW |
| 9:15-10:15 | South HS Boys | South HS Boys | South HS Boys | South HS Boys |

**No Skating the Week of July 1-7th (Family Time)**

| June | Monday-28th | Tuesday-29th | Wednesday-30th | Thursday-8th |
|---|---|---|---|---|
| 8:00-9:00 | South Bant/PW | | | |
| 9:15-10:15 | South HS Boys | | | |
| 10:30-11:30 | | South Bant/PW | South Bant/PW | South Bant/PW |
| 11:45-12:45 | | South HS Boys | South HS Boys | South HS Boys |

**No Skating the Week of July 1-7th (Family Time)**

| July | Monday-12th | Tuesday-13th | Wednesday-14th | Thursday-15th |
|---|---|---|---|---|
| 8:00-9:00 | South Bant/PW | South Bant/PW | South Bant/PW | South Bant/PW |
| 9:15-10:15 | South HS Boys | South HS Boys | South HS Boys | South HS Boys |

| July | Monday-19th | Tuesday-20th | Wednesday-21st | Thursday-22nd |
|---|---|---|---|---|
| 8:00-9:00 | South Bant/PW | | | |
| 9:15-10:15 | South HS Boys | | | |
| 10:30-11:30 | | South Bant/PW | South Bant/PW | South Bant/PW |
| 11:45-12:45 | | South HS Boys | South HS Boys | South HS Boys |

# South-Bantam Level

## Quicker/ Stronger/ Faster

# *2010 Bantam Registration Form*

Player Name: _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____

Parent(s) name(s) _____

Emergency Phone _____

Position _____ Jersey Size _____

I/We, the parents of (player's name) _____ . Give permission for this child to participate in the Synergy Hockey Training School. We assume all risks and hazards related to the participation in and from activities related to this program.
I/We waive, release and absolve any indemnity and agree to hold harmless all staff employed by the Synergy Hockey Training School for any claim arising from any injury to my/our child. It is specifically agreed that Synergy Hockey Training School will not provide any insurance covering my/our child.
I/We agree that any employees of the Synergy Hockey Training Schools, together with medical, hospital and emergency personnel may carry out all treatment determined by them to be necessary in case of injury or illness. This includes rendering of emergency care.

**My/ Our child is covered for sickness, accident or injury under the following policy:**

_____
Name of Insurance Company

_____ _____
Policy Number Insurance- Contact Number

_____ _____ _____
Child's Physician Phone Number e-mail address

_____
Child's Allergies

_____
Medication(s) currently taking

_____
Parent/Guardian Signature Date

**Mail to:**

**Synergy Hockey**
**9990 199th St. W.**
**Lakeville, MN 55044**

**Have Questions –call Kurt Weber (South Boys High School Coach) @ 952-469-1787**

*** Make sure all the information is complete and include a check for 50% or payment in full.**