

5 Skills Camp!

The 5 skills in hockey....

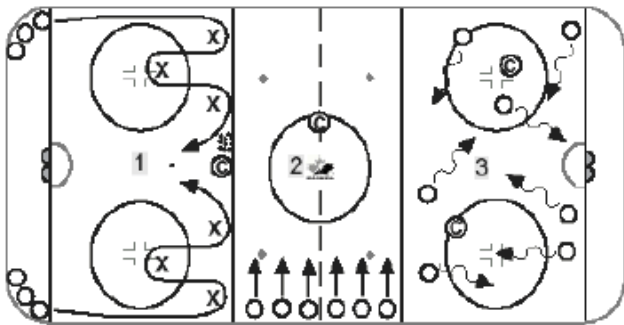
LEARN THEM... WORK THEM... PERFECT THEM



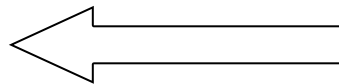
- Skating**
- Passing**
- Shooting**
- Puck handling**
- Battles**

This camp will focus on 5 hockey skills including skating, passing, puck handling, shooting and battles. All drills will be designed to be executed in a high-tempo manner, so that skills are learned and developed at full speed rather than half speed. Development and refinement of these basic skills will allow you to read the ice, set up plays, react quicker and make better decisions in high-tempo game situations.

Innovative Training Techniques will be used to incorporate the 5 skills of hockey into your game .



Camp will feature on Ice rotating stations



Bring shorts and tennis shoes for off-ice conditioning and skills games.

Flip flops are not acceptable.

Lunch is provided at an additional cost

Lead Instructor: Dean Nelson

Other Instructors: KCIC Staff and Stars Coaches

Online registration is also available.

Player name: _____ DOB: _____
Hockey level: _____
Parent names: _____ Phone #: _____
Email: _____

Check out our battle camp Aug 5th - Aug 9th!

\$325 per camp

or (\$600 if you do the skills and battle camp)!!

Date: July 29th- Aug 2nd

Time: 9 A.M - 4 P.M

Cost: \$325

Age Groups:

Squirts and Peewees (01' - 04')

Bantam and high school (96' - 00')

4 goalies (1/2 price)

Camp limited to the first 30 per group

For more information or questions please email :

Dean Nelson at dnelson@kcicecenter.com