



## Pre-Season Skills Camp!

**When:** August 13-August 17; 12:00-1:20

**Cost:** \$85/player; \$25/goalie

**Where:** Ann Arbor Ice Cube

**Who:** U12/14 Players (capped at 22 skaters and 4 goalies)

**Register by July 1<sup>st</sup>:** <https://goo.gl/forms/X6p6hNXuhbK5h3sz1>

AAAHA's Pre-Season Skills Camp is designed to prepare U12/14 players for the upcoming season by providing an opportunity to continue to focus on, develop, and work on their: 1) performance skating skills, 2) puck control and stickhandling, and 3) game/competitive skills through Small Area Games. The Camp will primarily focus on performance skating skills and puck control with an emphasis on proper mechanics for:

- Forward and Backward Stride
- Starting/Stopping
- Turning
- Transitions/Pivots
- Edges/Balance

Each Session will include:

- 30-40 minutes dedicated to performance skating skills
- 20-30 minutes of puck control/reactive/balance training
- 20 minutes of Small Area Games

Additional Information:

- Open to all U12/14 players (Travel, House, Girls) – *must be USA Hockey registered*
- NO body checking

Please contact Rich Tuzinsky at (517) 944-0507 or [rich.tuzinsky@gmail.com](mailto:rich.tuzinsky@gmail.com) with questions or additional information needs.