



HOCKEY GOLF CAMP

- 1 day per week, 10 am - 4pm
- Each day will be 50 minutes on ice skills, 50 minutes 3v3, Lunch and then bus to the course.
- Early drop off available
- Once a week for 5 weeks



- On and off ice training
- Skill based improvement camp
- Use of other sports off ice to improve athleticism and fun
- Early afternoons
- 6 to 1 Player to coach ratio
- Twice a week for 4 weeks.



- Monday - Mites
- Tuesday - Squirts
- Wednesday - PeeWees
- No coaching, just fun rinkrat hockey. A LumberYard Trainer will divide up the teams and manage the games.
- Noon - 12:50 Lunch after icetime



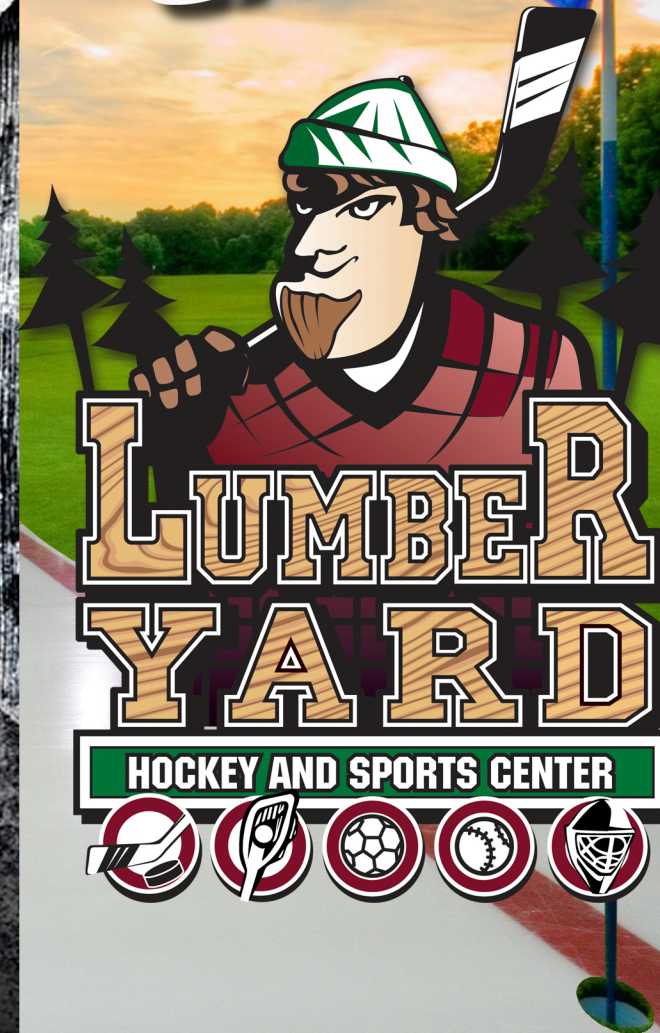
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Summer training at the Yard is about customized programs with choices. What is right for one player is not the same for all players. For some, training very hockey specific skills is important. For others, becoming an overall better athlete while working on hockey skills is desired. Either way, LumberYard summer training offers several programs to accommodate your needs. Maybe its a mix of both that makes the most sense for your player.

A) Train for hockey by training in hockey specific skills, drills and off ice all year long.
B) Train for hockey by becoming a better athlete and playing other sports as part of your development.

The LumberYard offers several programs to accomodate either belief. Maybe it's a mix of the two options that would make the most sense for your player. Your player may need help in their skating so you would want to enroll in the Power Skating program and then compliment that with one of our two week, age specific camps that mixes hockey training, athletic training and cross training with other sports. You may have a defenseman that would like to learn Dman specific skills but would also like to play some 3 on 3, improve their hockey skills and then play a round of golf. We have it all for the 2015 Greatest Summer Ever at the LumberYard! Go to our web site for more information and to register.

SUMMER CAMPS



REGISTER AND SEE DETAILS AT WWW.LUMBERYARDSPORTS.COM OR CALL 651-439-2011



- 10 sessions over 5 weeks.
- Position, stride, balance, power, edge control, and speed
- Rigorous protocol to ensure the correct form while enforcing repetition and endurance.
- Led by Lee Erickson
- Players will get interactive feedback with video footage and instructor correction and demonstration.
- Improve players' overall skating as quickly as possible.
- Off ice training will consist of postural and explosive movements designed to enhance fundamental position, power and extension.

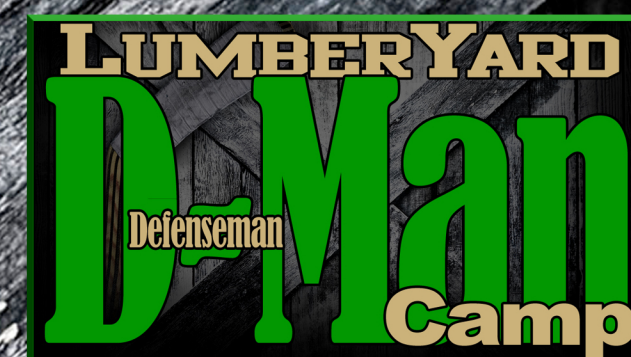
Note: This course is designed for players that can push themselves and be pushed to levels that are outside their boundaries.



- It's all about the hands!
- Small group training with detailed instruction and repetition training.
- Control the puck with head up
- Open ice moves, Expand reach, and Top hand control
- 2 days per week for 3 weeks. 1 hour on-ice and 1 hour off-ice each day.



- Learn to Shoot and Score
- Reading the goalie
- Where to shoot
- How to create rebounds
- How to score off rebounds
- Moves around the net
- Tips, deflections and redirects
- Defenseman scoring
- 2 days per week for 3 weeks. 1 hour on-ice and 1 hour off-ice each day.



- Backwards skating
- Gap control
- Puck retrieval
- Net front
- 1st pass,
- Misdirections
- Communication
- Playing odd man rushes
- 4 on-ice sessions



- Small group training with detailed instruction.
- Shooting, rebounds, tips and redirects
- Where to go and how to score!
- 2 days per week for 3 weeks. 1 hours on-ice and 1 hour off ice each day.



- Possibly the most important camp your player will attend!
- Techniques and execution on passing and receiving
- Situational awareness
- Maximum reps each day.
- 2 days per week for 3 weeks., 1 hours on-ice and 1 hour off ice each day.



- Checking in open ice
- Checking near the boards
- Angling
- Protecting yourself
- Using the boards
- Battles
- Four 1 hour sessions

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