



COQUITLAM
MINOR HOCKEY

CMHA WINTER DEVELOPMENT PROGRAMS

*** Open to CMHA Players only**

DATES: JANUARY 4 - FEBRUARY 28

*** Please note that there will be no sessions from February 18-20**

Mini C's Phase 2 (Please note that registration, is only for players currently in Phase 1)

Sundays, 11:30 am-12:30 pm Ar2 and 12:45-1:45 pm Ar2

Lead Service Providers:

Ty Babych and Ryan Campbell

Camp Overview:

The Mini C's will continue to work on skill development, improving on skills they have been working on in Phase 1. The focus is to try to keep the ice times as fun as possible.

Cost:

\$229

U6/U7 Fundamentals

Fridays, 3:45-4:45 pm Ar1

Lead Service Providers:

Jason Mann and Todd Mckave

Camp Overview:

The focus of this group is to develop the players skills, as well as keep the session as FUN as possible.

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and Acceleration. Along with passing, stickhandling and shooting skills.

Cost:

\$200 per player and free for goalies.



COQUITLAM
MINOR HOCKEY

U8 Skating and Skills

Mondays, 3:45-4:45 pm P11

Lead Service Providers:

Jason Mann and Todd Mckave

Camp Overview:

This group will continue to build the skills they have learned, with their teams this season. The focus for the service providers will be to reinforce any good habits the players have learned, but more importantly try to correct any bad habits they may have developed. The main focus will be skating skills, but Todd and Jason will also help the players to build their stick skills and shooting.

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. As well as passing and shooting skills.

Cost:

\$200 per player and free for goalies

U9 Skating and Skills

Mondays, 5:00-6:00 pm P11

Lead Service Providers:

Jason Mann and Todd Mckave

Camp Overview:

This group will continue to build the skills they have learned, with their teams this season. The focus for the service providers will be to reinforce any good habits the players have learned, but more importantly try to correct any bad habits they may have developed. The main focus will be skating skills, but Todd and Jason will also help the players to build their stick skills and shooting.

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. As well as, Passing and Shooting skills.

Additional info continued below...



COQUITLAM
MINOR HOCKEY

*For any players that wanted to sign up for U9 development in the Fall but couldn't because it was full, this camp will be free of charge.

Cost:

\$200 per player and free for goalies

Junior C's

Fridays, 3:45-4:45 pm PI3 and 4:45-5:45 pm PI3

Lead Service Providers:

Jordan Gould, Max Fritz and Liam Duncan

Camp Overview:

This camp is offered to the U9 group and will give players the opportunity to participate in full ice drills, introducing positional play, while also developing individual skills and tactics. As many of these players have not played full ice hockey, the goal of this camp is to prepare the players for spring hockey, or their first year of U11. This will also help them decide which position they would like to play. All players will get offensive and defensive opportunities, during skills, as well as scrimmages.

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. Passing and Shooting skills. 1-1 and 2-1 as well as battle and compete situations.

Cost:

\$200 per player and free for goalies

U11 Skills 3-3 Camp

Thursdays, 4:15-5:15 pm Ar1

Lead Service Providers:

Players: Ty Babych and Mike King. Goalie: Austin Caktas

Additional info continued below...



COQUITLAM
MINOR HOCKEY

Camp Overview:

This camp is a combination of skills and small area game play. For the first half of practice, players will focus on skill development and the second half of the session, players will participate in cross ice 3-3. During the skills portion, the players will work with the service providers and the goalies with Austin Caktas. In order for this camp to run properly, we will need 12-16 skaters and 4 goalies.

Skills and Tactics covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. Passing and Shooting skills. 1-1 and 2-1 as well as battle and compete situations.

Cost:

\$250 per player and \$125 per goalie

U11 House F/D Camp

Tuesdays, 3:45-4:45 pm PI 2

Lead Service Providers:

Ty Babych and Mike King

Camp Overview:

For these sessions, the forwards will separate from the defense for the first half of the session, to work on position specific skills. During the second half of the sessions, the players will compete against each other and put their skills they have learned into game-like situations.

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. Passing and Shooting skills. 1-1 and 2-1, as well as battle and compete situations. As well as, game play situations like forecheck and breakout.

Cost:

\$200 per player and free for goalies



COQUITLAM
MINOR HOCKEY

U13 House F/D Camp

Tuesdays, 4:00-5:00 pm PI3

Lead Service Providers:

Craig Fraser and Bryan Kim

Camp Overview:

For these sessions, the forwards will separate from the defense for the first half of the session, to work on position specific skills. For the second half of the sessions, the players will compete against each other and put the skills they have learned into game-like situations.

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. Passing and Shooting skills. 1-1 and 2-1, as well as battle and compete situations. As well as, game play situations like forecheck and breakout.

Cost:

\$200 per player and free for goalies

U11/U13 Rep Forward/D Camp + U15 Rep and House Forward / D Camp

U11: Wednesdays, 4:00-5:00 pm PI2 (Option 1)

Lead Service Providers:

Players: Ryan Campbell and Keith Peterson. Goalies: Austin Caktas/Justin Mulholland

U11: Wednesdays, 6:15-7:15 pm PI3 (Option 2)

Lead Service Providers: Players: Ryan Campbell and Matt Gauld. Goalies: Austin Caktas/Justin Mulholland

U13 + U15 Rep and House Forward / D Camp:

Wednesdays, 5:15-6:15 pm PI2

Additional info continued below...



COQUITLAM
MINOR HOCKEY

Lead Service Providers:

Players: Ryan Campbell and Matt Gauld. Goalies: Austin Caktas/Justin Mulholland

Camp Overview:

These sessions are designed so that each player can focus on their position specific skills, with a service provider that has strengths and experience in that position. The forwards will work on building their skills with Ryan Campbell, the defense with Keith Peterson, or Matt Gauld and the goalies will work with Austin Caktas, or Justin Mulholland. The first half of the session will be broken up into the 3 positions and then the second half the players will come together to put the skills learned into action.

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. Passing and Shooting skills. 1-1 and 2-1 as well as battle and compete situations. As well as game play situations, such as forecheck and breakout.

Cost:

\$250 per player and \$125 per goalie

U13+U15 Shooters and Goalie Camp

Fridays, 3:45-4:45 pm P11

Lead Service Providers:

Players: Craig Fraser and Austin Caktas

Camp Overview:

Players will work with the service providers to focus on all types of shooting and scoring skills. They will have half of the practice to work on their shooting and the other half, they will come together with the goalies. Goalies will have 30 minutes with the goalie instructor and 30 minutes with the shooter.

Skills and Tactics Covered:

Shooters: Snap, wrist, and slap shot. Quick release and shooting in stride. Tips and deflections, dekes and small area scoring. Goalies: Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. Passing and Shooting skills. 1-1 and 2-1 as well as battle and compete situations.

Cost:

\$200 per player and \$100 per goalie



COQUITLAM
MINOR HOCKEY

U15A Rep Battle and Checking Camp

Fridays, 4:45-5:45 pm Ar1

Lead Service Providers:

Todd Mckave and Jason Mann

Camp Overview:

This camp will focus on battle and compete. It will also have a large component that focuses on body checking. This will be an excellent chance for second year U13 players, as well as first year U15 that played "C" and want to play rep hockey. The players will learn how to give and receive a check safely, stressing that the intent is to separate the opponent from the puck. Players will have the opportunity to participate in drills that will let them work on both offensive and defensive checking skills and tactics.

Additional info continued below...

Skills Covered:

Weight transfer, Edge work, giving a hit, and receiving a check. The dangerous ice areas will be shown and how to protect yourself. As well as, stick checking and small area battle and compete situations.

Cost:

\$200 per player

U11/U13/U15 Drop In Skills

Fridays, 6:45-7:45 am

Lead Service Provider:

Keith Peterson

Camp Overview:

For all of the morning bird players, this will be a full gear stick and puck session. Keith Peterson will be there to supervise and provide instruction to any players who are interested. There will be 20 spots available and it will be first come/first served, with a sign-up sheet sent out weekly.

***Players must participate in full gear**

Cost:

\$15 per session for players. Goalies are welcome to attend at no charge.



COQUITLAM
MINOR HOCKEY

U11+U13 Dynamic Skating and Stick Skills

U11+U13: Saturdays, 8:15-9:15 am Ar1

Lead Service Provider:

Bryan Kim

Camp Overview:

Our U11A1 coach Bryan Kim, is running a Dynamic Skating and Hockey skills camp, for both rep and house players. The focus of this camp will be skating, but will also cover other hockey skills, such as shooting, passing and stickhandling.

Additional info continued below...

Skills and Tactics Covered:

Forward and Backward Stride, Edges, Pivots and Transitions, Quick feet and acceleration. Passing, stickhandling and shooting skills. 1-1 and 2-1, as well as battle and compete situations.

Cost:

\$200 per player and free for goalies.