

Holiday Break Skills and Skating Camp

Two-day camp during the week of holiday break. This camp is designed as a tune-up for the second half of the season with on- and off-ice training to engage their mind and body. Players will be challenged to learn new skills and tactics, including a proper warm-up and cool-down.

DATES:

December
28 and 29, 2022

SCHEDULE:

Birth Years 2013-2012:
8:00am-2:15pm

Birth Years 2011-2008:
10:30am-4:15pm

COST:

\$185/player



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Website: valleysports.academy



REGISTRATION:

Birth years 2013-2012 click [here!](#)

Birth years 2011-2008 click [here!](#)

COACHING STAFF & BIOS:

- *Jonathan Garcia (Power Skating Coach at VSA)*
 - 2014 Sochi Olympic Winter Games; Speed Skating
 - 2018 Pyongcheng Olympic Winter Games; Speed Skating
 - 4+ years' experience in both on & off-ice development

- *Alex Timm (Skills Coach at VSA)*
 - 1 season with the Minnesota Blue Ox (USPHL)
 - 1 season with North Iowa Bulls (NA3HL)
 - 1 season with Finlandia University (NCAA D3)
 - 3 years coaching youth development

- *Emily Bauer (Skills Coach at VSA)*
 - 4 season UWEC Women's (NCAA D3)
 - 4+ years of youth development experience

TRAINING DESCRIPTION:

1. On-Ice:

- **Power Skating:** Stride mechanics, strength in skating position, force production
- **Edgework:** Overspeed, evasive skating,
- **Tactics:** Offense at puck, offense away from puck, defense at puck, defense away from puck
- **Puck Control:** Hand and stick coordination, puck protection
- **Passing:** One and two touch passing, deceptive passing, backhand passing
- **Shooting:** Wrist shots, snap shots, one and two touch, off the pass, shooting in stride, deceptive
- **Offensive concepts:** Two vs.one and three vs.two concepts, creating space
- **Defensive concepts:** Defending the rush, one vs one

2. Off-Ice:

Synthetic:

- **Shooting in Stride:** Shooting in different positions, single leg, double leg
- **One Touch shooting:** One timer, one-touch shooting, catch and release, off hand receptions
- **Deceptive Shooting :** Pre-shot angle change, pull shooting, push shooting, one and two touches
- **Passing:** One and two touch passing, smooth catch and release, backhand and forehand receptions, saucer passes
- **Stickhandling:** Hand placement, proper use of top and bottom hands, soft hands, quick hands, weight shifts

Skating Specific Dryland Training:

- **Skating Mechanics :** building strength, range of motion, and coordination in the Skating position.
- **Conditioning-** intensive interval based dryland designed to increase aerobic Capacity.
- **Explosive power -** plyometric jumps to maximize force production

Warm Up & Cool Down:

- **Proper warm up & cool down :** focusing on increasing mobility and injury prevention .

QUESTIONS GO TO:

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