



PICK UR HOCKEY POISON WEEK 2

AUG 16TH TO 20TH



Pick your Hockey Poison Week was created to give players a non-traditional clinic format so they can choose what skills they feel they need the most development on. Each Day is a one and a half hour clinic day. Players can choose how many days they want to attend or they can sign up for the full week. Each day of the week will focus on specific training so players can get the most out of the day.

Hockey Director: Justin Stanlick

Monday

Power Skating & Puck Skills – Power Skating will concentrate on Balance, Posture, edge control, stride extension & stride recovery. Puck Skills will consist of Stick Handling, Passing, Puck Protection, and some shooting.

Tuesday

Shooting & Scoring – This day will be dedicated to the proper shooting techniques (Weight transfer, quick release, & accuracy) and the ability to score goals. Arms will be tired by the end of the day with all on-ice and off-Ice work being dedicated to just shooting.

Wednesday

Power Skating & Puck Skills – Power Skating will concentrate on Balance, Posture, edge control, stride extension & stride recovery. Puck Skills will consist of Stick Handling, Passing, Puck Protection, and some shooting.

Thursday

Shooting & Scoring – This day will be dedicated to the proper shooting techniques (Weight transfer, quick release, & accuracy) and the ability to score goals. Arms will be tired by the end of the day with all on-ice and off-Ice work being dedicated to just shooting.

Friday

Over-Speed Scrimmage Day – Friday is all about scrimmaging in a controlled and safe environment. Players will be able to just get on the ice and Play while Coaches will be stopping the scrimmages to teach and correct the decisions made and positioning of players. 8&U group will follow USA Hockey's ADM and will only be playing cross-ice & Half ice games.

TIMES FOR THE CLINIC

MITES/SQUIRTS CHECK IN 9:15 AM

On Ice 9:45 am to 11:15 am PICK UP 11:30 AM

PW/BANTAMS CHECK IN 11:45 AM

On Ice 12:15 am to 1:45 pm

PLAYERS MUST BRING THEIR OWN JERSEYS

PRICING: \$300.00 FOR 5 DAYS

FOR INDIVIDUAL SIGN UPS BY DAY \$60.00 EACH DAY

REGISTER ON LINE AT www.icevault.com

10 Nevins Road Wayne NJ 07470. Phone 973-628-1500