

The Edge Sports Center Hockey Camps 2019

Shooting & Scoring February 19—22, 2019

8:40 AM - 11:40 AM

This camp will focus on all aspects of shooting and scoring for four 3 hour sessions. Skills to be developed include the following.

- All shots
- One-timers
- Dekes and puck handling
- Passing
- Screens and tips
- Positioning and scoring areas

Power Skating June 17—20, 2019

6:00—6:50 PM

This camp will focus on all aspects of skating for four 50 minute sessions on week night evenings. Skills to be developed include the following.

- Long Strides
- Backward Thrusting
- Inside/Outside Edges
- Edge Control
- High Speed Edge Work
- Power and Stride Work
- Agility



Please visit the *Hockey Summer Clinics* section of our website www.theedgesportscenter.com for registration and more information regarding our upcoming Camps and Clinics.

Coaches: Kory Falite

Bobby Jay

Hayley Moore

Scott Fusco



Total Skills Camp July 29—August 1, 2019

1:00 PM —4:00 PM

Camp will focus on the development of all the necessary skills of hockey:

Skating

Edges

Long Strides

Balance and Agility

Starts, Stops, Acceleration

Scoring

All Stick Skills

Stick handling

All shots covered—Slap, wrist, snap, and backhand

Passing skills

Small Area Games

Game Concepts



Speed & Shooting Camp August 5 – 8, 2019

1:00 PM —4:00 PM

This camp will focus on all the skills needed by forwards and defensemen to raise their game to the next level!

- Acceleration and over-speed training for forwards and defensemen
- High speed edge work—Long Strides
- All shots covered – Slap, wrist, snap, and backhand
- Shooting while skating
- Passing skills
- 1-on-1, 2-on-1, 2-on-2, 3-on-2, Game concepts

Registration Form 2019 Camps

PLAYER NAME: _____ DATE OF BIRTH: _____

PARENTS/ NAMES: _____ ADDRESS: _____ CITY,

STATE, ZIP: _____

Cell Phone: _____ Email: _____

Camps: (Please circle choices)

Shooting and Scoring - Feb	8:40 - 11:40 AM	\$325
Power Skating	6:00—6:50 PM	\$125
Adv. Defense Camp	8:30—11:30 AM	\$375
Total Skills Camp	1:00 —4:00 PM	\$325
Speed and Shooting	1:00 —4:00 PM	\$325

Please make checks payable to:

The Edge Sports Center, 191 Hartwell Road, Bedford, MA 01730

MC, Visa, Amex _____

Exp: _____

Advanced Defense Camp June 24—27, 2019

8:30 AM —11:30 AM

This camp is for the accomplished player looking to reach the next level at their chosen position. This camp is for highly skilled players only. This is not a learn to play defense camp.

Recommendations are required.

Defense Skills

- Backward Skating and Transitions
- Transitions with Pucks
- Defenseman Passing Drills
- 1 on 1, 2 on 1, 2 on 2, 3 on 2

