

POAPST HOCKEY

DEVELOPMENT

DATE:

JUNE 25 - JUNE 28

SHOOTING CAMP

9:00 - 10:20 AM \$175.00/WEEK \$50/DAY

DEFENSE CAMP

10:30 - 12:00 PM \$175.00/WEEK \$50/DAY

BOTH CAMPS \$295.00/WEEK \$85.00/DAY

LOCATION:

DARIEN SPORTSPLEX

SHOOTING & DEFENSE CAMPS

Shooting Camp:

This camp will provide the player with the proper techniques and concepts that will help improve their shot. Players will work on shooting in stride, 1-timers, quick catch and release, changing the shot angle, and deception moves. All drills are designed to help improve not only the players shot, but their also their chances of scoring more goals.

Defense Camp:

This camp is specifically designed for the defenseman. Players will work on skating techniques specific to the position, puck retrievals, blue line shooting, defending the rush, 1v1's, 2v1's, transitions, gap control, joining the rush and more. All drills are designed to help defensemen gain confidence from both the defensive and offensive side of the position.

Name:	Contact Information:
Age:/	Email:
Last Team/Level:	Phone#:
	Parents Contact Information:
Make Checks Payable to:	Name(s):
Poapst Hockey Development	Phone#:
208 E. Washington Street	Email:
Villa Park IL 60181	POAPSTHOCKEY.COM