



## The “APEX” Defenseman Camp

This camp is a must for any defenseman serious about taking their game to the next level.

Our 8 week long progression Clinic will reinforce all aspects of the defenseman position backwards skating techniques, puck handling, passing and shooting, as well as battle drills. Skill mastery demands individual attention. For each session we strive to maintain a ratio of 1 coach for every 8 players

APEX will focus primarily on defensemen specific Drills

Hockey Specific Power skating (with a strong focus on Backwards crosscuts)

Quick, explosive transitional skating

Pivots and lateral mobility

Angling and gap control

Hinge play and first pass

Correct positioning in odd man rush situations

Stick and net positioning

Shot selection

Elusive Moves

Elite Puck Control

Down low battles and positioning

Cost: \$295 (EHD Jersey included)

Thursday Nights June 16 — August 11

6:30pm-7:20pm

24 player max

Birth years 2003 thru 2008



## Advanced Hockey Programs

**Peak Hockey Performance-Total Skills Hockey Program (Invite Only)**

**Summit Battle and Small Area Games Clinic**

**Apex Defenseman Clinic**

# GET THE EDGE!!!

**FOR FURTHER INFORMATION PLEASE CONTACT**

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## Peak Hockey Performance (PHP)

Elite Hockey Development (EHD) coaches; Kurt Mallett and Riley Armstrong, along with The Athletic Performance Center (APC) trainer; Taylor Chace, have combined their efforts to create the complete hockey training program called Peak Hockey Performance (PHP). This 8-week camp offers the best on-ice and off-ice training, instruction, and development for athletes ready to focus 100% on becoming a better hockey player.

PHP was created and designed by professional hockey players and seasoned coaches with the knowledge and ability to transform your play. This program is intended for the serious and committed youth Hockey player wanting to bring their game to the highest level. Peak Hockey Performance is designed for the dedicated player who wants both athletic and personal self-improvement.

Our new program is the best available in New Hampshire! We offer professional-level strength training AND professional-level hockey coaching.

The Athletic Performance Center of Exeter Hospital is responsible for all off ice training for the Seacoast Spartans Hockey teams. All age levels, from Squirts to Bantams, have the opportunity to train with certified strength and conditioning coaches that make up the APC Sport Performance staff. During the hockey season, Spartans off ice training sessions last an average of 40-50 minutes. Off ice sessions focus on developing balance, core strength, skating stride power, speed and injury prevention. The APC staff believes in creating an environment in which the Spartans athletes treat their off ice training as an extension of the on ice skill development.

### Off Ice Training: Athletic Performance Center

- Injury Prevention ● Teach the fundamental concepts of exercise
- Promote self-confidence through repetition and success

### On-Ice Training: Elite Hockey Development

- Coach-to-athlete ratio: 1/6 ● Individual skating and skill training
- Situational and combative drills by position ● Acceleration and over speed training
- Creative thinking and reacting drills ● Working outside the comfort zone, expanding your limits

### “Chalk Talk” (Video): Elite Hockey Development....

Chalk talk is designed to help players understand the game from a different point of view. This will give every player a chance to bring their game to the next level.

- Defensive zone coverage ● Breakouts ● Neutral zone and offensive zone fore-check ● Scoring ● Written Evaluation<sup>1</sup>

### PEAK HOCKEY PERFORMANCE PROGRAMS :

2005-2006 Elite: Tuesday and Thursday on Ice 10:00AM-11:30AM Chalk Talk 11:45AM-12:15PM & Off ice training 12:15PM-1:15PM

2002-2003-2004 Elite: Tuesday and Thursday on Ice 12:00PM-1:30PM Chalk Talk 1:45PM-2:15PM & Off ice training 10:45AM-11:45AM

Cost: \$995.00 (EHD Jersey, Workout Shorts and Shirt included)

June 21—August 11  
20 player max (invitation only)



## The “Summit” Battle and Small Area Games Clinic

Knowing and utilizing tactful body positioning and proper stick checking technique allows players to maintain puck possession, disrupt that of their opponent and, most importantly, to compete *safely*. The Summit Hockey Battle & Small area game Clinic is designed to teach players proper angling and stick checking techniques, engaging through the hands and avoiding stick checks. This Clinic will enhance a player's strategies to win battles along the boards and to confidently possess the puck in tight areas.

Progressive drills and competitive Small area games will target and reinforce specific strategies and techniques. Players will be given plenty of opportunities to use, and gain confidence in, their angling and checking skills. After this 8 session progression learning experience, players will more confident in initiating and receive body contact, possess and take away the puck, and battle along the boards.

Proper angling

Stick checks

Protecting the puck & puck possession

Escaping with and controlling the puck along the boards

Proper defensive position

Establishing body position

Establishing body contact

Handling the puck in tight areas

Cost: \$295.00 (EHD Jersey included)

Thursday Nights April 21 —June 9

6:30pm-7:20pm

24 player max

Birth years 2003 thru 2008

