The “APEX” Defenseman Camp

The Apex 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 June15 — August 10

6:30pm-7:20pm - (July 20th 7:00pm-7:50pm)

24 player max

Birth years 2004 thru 2008

Contact Kurt Mallett at kurtm@therinksatexeter.com to reserve your spot and receive registration information

GET THE EDGE!!!!