



KNIGHTS OF COLUMBUS  
LEDUC HOCKEY SCHOOL

# AUGUST 17-21, 2020

## Leduc Recreation Centre, Leduc, AB

### Summer Hockey With the University of Alberta Golden Bears



In partnership with the Knights of Columbus Fr. Leduc Council #7061, the Golden Bears Hockey School is again coming to Leduc. A major objective for both organizations is to make this a positive learning experience for the participant in a fun-filled environment.

**Enjoy the fantastic on and off-ice facilities of the Leduc Recreation Centre. Four different camps to choose from for players 5 to 10 years of age.**

#### Camp 1 - FUNdamentals

**Ages 5 & 6 - Capacity 25 skaters - \$325**

10:15 a.m. - 12:40 p.m. each day, last day scrimmage

This program is designed for the first time or beginner hockey player (but is not a learn-to-skate camp) and will emphasize hockey skills and skating development in a positive and fun-filled environment.

**10:15 a.m. - 11:30 a.m.**

- 35 min of power skating
  - Emphasize proper technique, stops, starts, turns and balance through drills and games
- 40 min of on-ice skills development
  - Emphasize basic technique, puck control, passing and receiving, shooting and skating skills

**11:50 a.m. - 12:40 p.m.**

- 50 min of off-ice program
  - Emphasize development through fun games and play

This camp emphasizes fun through games and drills.

#### Camp 2 - FUNdamentals Plus

**Ages 6 & 7 - Capacity 30 skaters + 4 goalies\* - \$390**

8:15 a.m. - 11:45 a.m. each day, last day scrimmage

This program will further enhance skills learned in the first few years of hockey and emphasize skills and skating development through fun games and drills.

**8:15 a.m. - 9:15 a.m.**

- 1 h of power skating
  - Enhance proper technique, stops, starts, turns, balance and agility

**9:35 a.m. - 10:25 a.m.**

- 50 min of off-ice program
  - Emphasize developing balance and agility through fun games

**10:45 a.m. - 11:45 a.m.**

- 1 h of on-ice skills development
  - Improve hockey skills, passing and receiving, puck control, shooting and skating skills

This camp emphasizes skills development enhancement through fun drills and games.

#### Camp 3 - Skills & Concepts

**Ages 7 & 8 - Capacity 30 skaters + 4 goalies\* - \$390**

9:30 a.m. - 1:00 p.m. each day, last day scrimmage

This program is designed to improve hockey and skating skills and continue growth as a hockey player.

**9:30 a.m. - 10:30 a.m.**

- 1 h of power skating
  - Emphasize improving starts, stops, edge control, balance, coordination, turns and agility

**10:50 a.m. - 11:40 a.m.**

- 50 min of off-ice program
  - Develop balance and agility through a combination of drills and games

**12:00 p.m. - 1:00 p.m.**

- 1 h of on-ice skills development
  - Emphasize improving skating, puck control, passing and receiving and shooting technique

This camp emphasizes the continuing development of skills in a fun-filled and positive environment.

#### Camp 4 - Skills Development

**Ages 9 & 10 - Capacity 30 skaters + 4 goalies\* - \$390**

9:00 a.m. - 12:45 p.m. each day, last day scrimmage

This program is designed for skills development and improving skating and hockey skills.

**9:00 a.m. - 10:00 a.m.**

- 1 h of power skating
  - Enhance skating technique with edge control, acceleration, balance, agility, stops and starts

**10:20 a.m. - 11:20 a.m.**

- 1 h of off-ice program
  - Continue to enhance balance, acceleration, speed and agility through drills and games

**11:45 a.m. - 12:45 p.m.**

- 1 h of on-ice skills development
  - Enhance skills development, passing and receiving, shooting, skating drills and puck control

This camp emphasizes skills development in a fun-filled and positive environment.

**More information at**

**[www.leduckhockeycamp.ca](http://www.leduckhockeycamp.ca)**

**email [info@leduckhockeycamp.ca](mailto:info@leduckhockeycamp.ca)**



**\* Practice goalies: no charge**