



KNIGHTS OF COLUMBUS
LEDUC HOCKEY CAMP

AUGUST 22-26, 2022

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 Camp 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.

Camp 1 - FUNdamentals

Ages 5 & 6 - Capacity 34 skaters - \$315

9:30 a.m. - 11:55 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.

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

This camp emphasizes fun through games and drills.

Camp 2 - FUNdamentals Plus

Ages 6 & 7 - Capacity 30 skaters + 4 goalies* - \$380

8:45 a.m. - 12:15 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.

- 1 h of power skating per day
 - Enhance proper technique, stops, starts, turns, balance and agility
- 50 min of off-ice program per day
 - Emphasize developing balance and agility through fun games
- 1 h of on-ice skills development per day
 - Improve hockey skills, passing and receiving, puck control, shooting and skating skills

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

*** Practice goalies: No charge**

Camp 3 - Skills & Concepts

Ages 7 & 8 - Capacity 30 skaters + 4 goalies* - \$380

10:00 a.m. - 1:30 p.m. each day, last day scrimmage

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

- 1 h of power skating per day
 - Emphasize improving starts, stops, edge control, balance, coordination, turns and agility
- 50 min of off-ice program per day
 - Develop balance and agility through a combination of drills and games
- 1 h of on-ice skills development per day
 - 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* - \$380

8:15 a.m. - 11:55 p.m. each day, last day scrimmage

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

- 1 h of power skating per day
 - Enhance skating technique with edge control, acceleration, balance, agility, stops and starts
- 1 h of off-ice program per day
 - Continue to enhance balance, acceleration, speed and agility through drills and games
- 1 h of on-ice skills development per day
 - 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
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