

# NEWBRIDGE ACADEMY SUMMER HOCKEY CAMPS

**Camps are available for players born between the years 2003-2011**

Hockey Camp Drop off at Dartmouth 4 -Pad 7:30am-8:15am

Hockey Camp Pick up at 1:00pm-1:30pm

Edventures Camp Pick-up at Newbridge Academy 4:00pm-5:30pm

This year's summer hockey camps will consist of four camps focused on different areas of skill and development. Camps include two hours of on-ice training and one hour of off-ice training daily. Sessions will be delivered by our team of professional coaches and instructors. Camps will be held at the Dartmouth 4-pad and at Newbridge Academy in the new, state of the art training facility.

Newbridge Academy also offers a fantastic Summer Edventures Camp. This camp runs daily at the Newbridge Academy Campus with pickup from 4:00pm until 5:30pm. Pair the two for later pick up options and even more fun!

## Pricing

-\$300 per individual camp.

-\$500 for two camps

-\$750 for three camps.

-\$1000 for all four camps.

-Add \$100 a week to pair with Edventures camp for pick up as late at 5:30pm

\*Early Bird Deal: Register for all four camps before April 15th, and receive the Edventures Addition for free! \$200 deposit required.

### **Camp #1: July 9-12** Power Skating, Puck Control, Puck Protection.

- Quick starts, stride length, edge work, balance, pivots, transitions, backwards skating (everything with and without pucks).
- Toe drags, small stick handles, big stick handles, fakes, use of feet, handling in small spaces, creating space, cutbacks and more.

### **Camp #2: July 16-19** Passing, Defensive Awareness, Competition and Battle.

- Forehand and backhand passing, one-touch passing, passing using feet, saucer passing, area passing.
- Defensive zone awareness, using stick, body, and head.
- Competing for time and space, puck races, 1vs1, 2vs1, 2vs2, 3vs2, 3 vs3 battles

### **Camp #3: August 7-10** Creativity, Offensive Awareness, Goal Scoring.

- Puck handling to create offensive chances, get to high percentage areas, using your stick and feet creatively.
- Offense through the neutral zone, give and goes, net drives, creating second chances, shooting, changing shooting angles, tips/redirects, 2 on 1's, 3 on 2's, below the goal line, breakaways.

### **Camp #4: August 13-16** Hockey IQ, Game Situations, Small Area Games.

- Using your head and stick, how to play in small areas with and without the puck, how to best utilize your teammates,
- How to exploit opponents, how to defend small areas, how to generate offensive opportunities.



Registration forms can be found at [www.newbridgeacademy.ca](http://www.newbridgeacademy.ca) under the community tab

Email complete registration forms and payments to [sam@newbridgeacademy.ca](mailto:sam@newbridgeacademy.ca) or

**Visit us at 361 John Savage Avenue, Dartmouth Nova Scotia**

Please direct any program questions to [matt.anthony@newbridgeacademy.ca](mailto:matt.anthony@newbridgeacademy.ca)