

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 under the community tab

Email complete registration forms and payments to sam@newbridgeacademy.ca or

Visit us at 361 John Savage Avenue, Dartmouth Nova Scotia

Please direct any program questions to matt.anthony@newbridgeacademy.ca