

Adult Hockey Camp

Camp Focus: Situational game play ie. defensive zone coverage/transition, neutral zone coverage/transition offensive zone forecheck/attack transition/coverage, power play 5-4, 5-3, penalty kill forecheck/D-zone

Why This Camp? Hockey is a game played away from the puck. Skills are learned and mastered through repetition but how to play the game correctly is a mental attribute. It is often the player who “see’s” the game better who will have an advantage.

This camp will focus on the educational side of the game, teaching proper positioning during play. Thinking of the game in lanes and zones and understanding how to properly attack and defend within different areas of the ice.

Who: Adult players 18+ who would like to increase their knowledge of the game. A goalie coach will be present.

Cost: \$125 per player, goalies \$50. Limited to 25 participants.

When: Thursdays, June 9th, 16th, 23rd, 30th 5:30pm-6:45 (Prior to the class on the 9th and the 30th a 1 hour chalk talk will be included to look at the game from a different angle.)

Registration: Register and pay at the front desk of the Park City Ice Arena. Limited to 25 participants

Head Instructor



Aaron Dufford

Level 3 Certified USA Hockey Coach
Ann Arbor Ice Dogs AAA(MEHL) 1999-00
3 years Jr A Experience
Team USA World University Games 2005
Head Coach WSU 2007-08
Assistant Coach U-16 Chadders 2008-09
Licensed and Insured Private Lesson Instructor

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