

Functional Hockey presents...

# MASTERS OF HOCKEY CAMP

[www.functionalhockey.com](http://www.functionalhockey.com)

## POSITION-SPECIFIC FUNCTIONAL HOCKEY TRAINING

Edge Arenas

June 26<sup>th</sup> – 29<sup>th</sup>  
(Monday through Thursday)

**Group 1: 95-97**

**Group 2: 92-94**

**Program Fee**  
**\$295**

Space will be limited to 20 players per session!  
So reserve your spot now!

From our perspective, functional training for the game of hockey should center around flow and tempo. The ability to apply your skill base in the context of the game (ie. the development of “hockey sense”) is the core ingredient to becoming a successful hockey player.

With this in mind, this program is designed using a high-tempo, high-flow philosophy. High-tempo drills allow players to execute offensive and defensive skills at a game-like pace, thereby developing a hockey-specific training effect. High flow drills elicit game-like responses, ensure maximum player participation, and create a higher quality and quantity of repetitions for optimal skill development.

This program will systematically break down the skills and responsibilities of each position (forward and defense). Player instruction will stress both technical and tactical skills using a step-by-step progression through creative, demanding drills that focus on the finer points of playing offense and defense, leading up to specific game situations.

Technical development sessions will focus on improving the fundamentals of the game (skating, passing, shooting, puck handling and checking) using our unique drill philosophy. Tactical development sessions teach the optimization of space and time, read and react skills, as well as offensive and defensive group dynamics. Defensemen will also be taught the art of using their stick as a defensive tool.

The goal of this program is to help you become a top-caliber player through functional hockey development.

[Intensive 4-day camp](#)  
[at the Edge Arenas in Bensenville!](#)

**8 hours of on-ice instruction!**  
**4 hours of class-room instruction!**  
**4 hours of off-ice instruction!**

### Camp Format

Gr 1	0840-0910 AM	Class
	0930-1030 AM	On-ice
	1050-1120 AM	Off-ice
	1130-1200 PM	Class
	1200-1230 PM	Lunch
	1250-0150 PM	On-ice
	0210-0240 PM	Off-ice
Gr 2	0950-1020 AM	Class
	1040-1140 AM	On-ice
	1200-1230 PM	Off-ice
	1240-0110 PM	Class
	0110-0140 PM	Lunch
	0200-0300 PM	On-ice
	0320-0350 PM	Off-ice



