

COMBAT HOCKEY CAMP



at the Rochester Recreation Center - Rochester, MN

AUGUST 16TH - 17TH
6:45PM - 7:45PM



INCREASE YOUR COMPETE LEVEL

\$50

CREATE TIME & SPACE

BUILD A CONFIDENT MINDSET

WIN 1 ON 1 BATTLES

MAINTAIN PUCK POSSESSION

The Combat Hockey Camp is for forwards and defense. Imagine there is a loose puck in the corner as you race in, are you going to be the player that comes out of the corner with the puck! You don't have to be big to win battles for pucks or position, but you do need to know how. Our Combat Hockey Camp will teach the necessary skills including agility, angling, balance and puck protection. A must do camp that will make you a more complete and competitive player. Improve play on offensive and defensive sides of the puck ,winning battles, confidence with the puck, improved passing and receiving, increase scoring chancesn creating time and space, and having more with a competitive and confident mindset to set yourself apart from others.

Needed:

- Max Strength
- Isometric Strength
- High Load Power



Positioning Battles

- Knee, hip, torso extension
- Total body rotation / anti-rotation



SCAN TO REGISTER/INFO