



# DEFENSEMAN CAMP

at the Rochester Recreation Center - Rochester, MN

**August 6th - 9th**  
**7:15pm - 8:15pm**

Defensive Skills & Concepts Covered:

- Gap Control
- Lateral Mobility
- Foot Speed
- Backward Skating
- Playing the Rush
- Positioning in all Zones
- Breakout Options
- Creating Passing Angles
- Reading Pressure

**\$90**



**SCAN TO REGISTER/INFO**

This program will focus on the key defensive fundamentals such as backwards skating, lateral mobility, foot speed, transitional footwork, gap control, and more. Game situational drills focus on defensive zone positioning, play in front of the net, play from the corners, breakout options, creating passing angles, containment, reading pressure, supporting your partner, playing the rush 1 vs. 1 and 2 vs. 1, and more. The program utilizes station work allowing players to be grouped by age and ability to allow for maximized training opportunities.

