



S4 SKILL DEVELOPMENT



SKATING | SHOOTING | SCORING | STICK HANDLING

DEFENSEMANS CAMP - December 17, 2016 at Terwillegar Arena A

By: Serdachny Power Skating & Hockey

Group	Birth Year	Time
Session 1	2008, Tiers 1 – 3A only	9:30 am – 10:30 am
Session 2	2007, Tiers AA – 3A only	10:45 am – 11:45 am
Session 3	2006, Tiers AA – 3A only	12:00 pm – 1:00 pm
Session 4	2005/2004/2003, Tiers AA – 3A only	1:15 pm – 2:15 pm

S4 SKILLS

This program & initiative is provided free of charge to all players & coaches. This is made possible by the generous support of the Stollery Family Day Classic tournament. This special event is dedicated to promoting active, healthy kids who care and play the greatest game in the world. It supports the world class Stollery Children's hospital and promotes kids staying active through the game of hockey. Special thanks to our partners that help make this happen; ATB Financial, Murray's Trucking, Go Auto Group, Dolce Vita Homes, D'Amores Mercato, Great Canadian Roofing & Siding, Hockey Edmonton, Serdachny Powerskating & Hockey.

S4 Skills is the ultimate program for players wanting to elevate their game and skills! This specialized program has been specifically developed for our players to learn and develop skills for success.

S4 Skills is specifically designed to give serious players the competitive edge they need for ultimate skating and hockey performance. Players will train with purpose with the S4 Skills hockey specific skating and skills instruction.

DEFENSEMANS CAMP

Defense is a dynamic position that requires elite level skating, puck handling and decision making ability. This camp is specifically designed for Defensemen who want to take their game to the next level. The program will focus on improving and teaching superior defensemen specific skills as they relate to the game of hockey, both defensively and offensively. Each skill is demonstrated with excellent technique, and then broken down into crucial components. Students are shown how to strengthen weak areas, so they can continue to grow and develop their skills and move onto more advanced abilities. The program teaches and emphasizes proper technique, form and skill for defensemen, including:

- D specific Skating and Mobility
- Defensive Techniques and tactics
- Defending
- Strategic Positioning
- Proper Form and technique
- Defensive Mentality



Serdachny Power Skating and Hockey will be providing this unique and dynamic Defencemans program. The program focuses upon position specific defensive skill development. This program teaches and emphasizes proper technique, form, speed and skill as they apply to the game of hockey. All camps will provide and implement a positive and productive learning environment for the students to gain maximum benefits.

Too many times skills are taught by demonstrating the end result. When students fall short of achieving them they do not know why. There are basic building blocks to learning all skills. With better understanding and a clear knowledgeable instruction they are able to accelerate their learning and develop their skills to a new plateau

Serdachny Hockey is player centered for maximum learning potential. The system will demonstrate excellent technique, but will not stop there. It teaches students of all skill levels to break down their stick handling and puck skills into crucial components. The students are shown how to strengthen weak areas, so they can continue to grow and develop their skills and move onto more advanced abilities. The overall program has been designed to stretch and develop the ability of the player. This is a program for serious hockey players and is not a learn to skate program. Players must have specific skating proficiency to participate in this specific camp.

All sessions will be high tempo, but allow each player to be challenged and develop at their own individual pace. The program will not only improve the students skills but equip them with the tools for **MAXIMUM PERFORMANCE ON ICE.**