



## Merritt Centennials Junior A Hockey



### Club

### Cents Skill Development Camp For Future Cents

The staff and players of the Merritt Centennials will focus on developing the young players of Merritt Minor Hockey as complete players with a focus on skating mechanics, puck control skills and shooting.

Focus:

#### Skating Mechanics

- Proper knee bend and upper body posture
- Stride length and frequency
- Edge control (turns, crossovers, power pumps, etc.)
- Transitional turns & skating

#### Puck Skills

- Stickhandling (fakes/dekes)
- Puck control paired with skating
- Puck movement
- Scoring (learning angles of attack, and goalie positioning)
- Shooting (shooting options, shot selection, and changing angles)

The Centennials are looking forward to developing future Centennials throughout the Cents Skill Development Camp.

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