

PRIDE TRADITION EXCELLENCE

# Calgary Northstars Summer Player Programs 2020



Space is limited. [REGISTER NOW](#)

All programs will be led and supported by our CNHA AA and AAA coaching staff and other elite skill instructors. All programs will involve goalies and goalie instruction.

COVID-19 protocols will be in place.

# ELITE SUMMER SKILL SESSIONS

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## Program Description:

This program is designed to combine the technical fundamentals of skating, the technical and tactical skills of dynamic shooters and scorers as well as extreme stickhandling skills. Our focus is to get back on the ice and provide an environment for all players to be challenged and develop.

## Program Focus:

- Technical focus on skating technique
- Edge work
- Explosive power
- Speed
- Agility
- Shooting fundamentals
- Scoring tactics
- Offensive skills
- Deception
- Release and accuracy
- Puck Skills
- Small area games encouraging a high compete level but also ice awareness
- Individual skill work with emphasis on the mind, eyes, hands, and feet all working together
- Playing the game at a higher pace with and without the puck

## OPTION 1

**Dates** | July 14,16,21,23,28,30 (6 Sessions)

**Time** | Early Afternoon – (times to be communicated upon registration)

**Age** | 2003-2007 (grouped accordingly)

**Location** | Thorncliff Arena

**Cost** | **\$250**

## OPTION 2

**Dates** | July 13,15,17,20,22,24,27,29 (8 Sessions)

**Time** | 5:15pm – 6:15pm

**Age** | 2003-2007 (grouped accordingly)

**Location** | Thorncliff Arena

**Cost** | **\$325**

# HIGH PERFORMANCE POWER EDGE PRO CAMP

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## Program Description:

Power Edge Pro is the number one skill development provider in the world and is now coming to Calgary and the Calgary Northstars as an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training which involves engaging multiple motor skills simultaneously to develop a player's performance. All patterns are completed while maintaining puck control and are designed to provide 5 times as many repetitions as standard drill-based practices, leading to faster development of elite skills. To learn more about the PEP training concept, please visit [www.poweredgepro.com](http://www.poweredgepro.com).

## Program Focus:

- Stick handling & puck movement in confined areas
- Edge control
- Upper body coordination
- Constant quick feet action
- Read & react skills
- Change of direction
- Creativity
- Game situation & intensity in training
- Speed Training

## DETAILS

**Dates** | Aug 4,6,11,13,18,20,25,27 (8 Sessions)

**Time** | approx. 10am – noon (times to be communicated upon registration)

**Age** | 2003-2007 (grouped accordingly)

**Location** | Thorncliff Arena

**Cost** | \$375



# FUTURE NORTHSTAR POWER EDGE PRO CAMP

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## Program Description:

Welcome to PEP small area skills training. **Making skill development FUN!**

Training players to play in small, confined, high traffic areas promotes the ability to maneuver in congested areas during games, especially when statistics tell us that two thirds of any game is played with all players concentrated in one zone. This kind of resistance training will help players master puck and agility skills to quickly create **space** and **time** needed to make plays.

There are a lot of small area games like scrimmages and all types of other games that utilize small areas. These small area games are becoming more and more of a staple for today's hockey training programs. They are no match for training with PEP for developing small area performance.

The PEP training apparatus adds another dimension to small area training that other systems cannot. Space under the big apparatus allows for development and the distance between each piece can be reduced to increase resistance and reduce reaction time and enhance players to develop skills quicker and faster. To learn more about the PEP training concept, please visit [www.poweredgepro.com](http://www.poweredgepro.com).

## Program Focus:

- Stick handling & puck movement in confined areas
- Edge control
- Upper body coordination
- Constant quick feet action
- Read & react skills
- Change of direction
- Creativity
- Game situation & intensity in training
- Speed Training



## DETAILS

**Dates** | Aug 4,5,6,7 (4 Sessions)

**Time** | Late afternoon (times to be communicated upon registration)

**Age** | 2008-2011 (grouped accordingly)

**Location** | Thorncliff Arena

**Cost** | \$200



# DYNAMIC DEFENSE DEVELOPMENT SESSIONS

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## Program Description:

This program is designed for young defensemen who aspires to develop a well-rounded game. This program is based on the requirements to play defense in the modern up-tempo game.

## Program Focus:

- Puck retrievals
- Tactical skating skills
- Gap control
- Elite outlet passing
- Quick transition skills
- Joining the rush
- Taking advantage of the offensive zone blueline
- Defending

## DETAILS

**Dates** | Aug 5,10,12,14,17,19,24,26 (8 Sessions)

**Time** | Between 8am-11am (assigned times and groupings to be communicated upon registration)

**Age** | 2003-2007 (grouped accordingly)

**Location** | Thorncliff Arena

**Cost** | \$375



# CHECKING SKILLS

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## Program Description:

This program is designed to focus on the introduction of contact and the skills necessary to initiate and receive body contact safely and effectively. Once contact is introduced into the game, it is essential to know the proper techniques to protect yourself and to use body contact to your advantage in a safe manner. Speed and skill development in combination with contact is the basis to performance.

## Program Focus:

- Fundamentals of body contact
- Tactical Skating
- Situational and spatial awareness
- Angling
- Stick Checks
- Contact confidence
- Body position and protection
- Puck separation techniques
- Safety

## DETAILS

**Dates** | Aug 10,12,17,19 (4 Sessions)

**Time** | Afternoon (assigned times and groupings to be communicated upon registration)

**Age** | 2007-2013 (grouped accordingly)

**Location** | Thorncliff Arena

**Cost** | \$200



# NORTHSTAR PROSPECTS PREP CAMP

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## Program Description:

This program is designed for the next generation of Northstars to prepare for the upcoming season. This will target U11 and U13 players looking to get a competitive edge for the season ahead.

## Program Focus:

- A technical focus on skating technique
- Edge work
- Shooting fundamentals
- Scoring tactics
- Offensive skills
- Release and accuracy
- Puck Skills
- Small area games encouraging a high compete but also ice awareness
- Individual skill work with emphasis on the mind, eyes, hands and feet all working together



## DETAILS

**Dates** | Aug 11,13,18,20,24,25,26,27 (8 Sessions)

**Time** | Afternoon (assigned times and groupings to be communicated upon registration)

**Age** | 2008-2011 (grouped accordingly)

**Location** | Thorncliff Arena

**Cost** | \$325

# PREP WITH PEP

## Program Description:

Power Edge Pro is the number 1 skill development provider in the world and is now coming to Calgary and the Calgary Northstars as an on-ice player development system utilizing propriety equipment and training patterns. Hockey is a reactionary game. Today's game is about transition, performing at a high tempo and small area dominance with two thirds of the game being played in one zone. Skill training must combine individual skills in small areas with transition, change of direction, agility, decision, and reactionary type skills. This type of training is KEY in helping players develop quick thinking, creativity, and small area dominance necessary for today's game situations. Therefore, small area skills trainings that allow players to constantly handle the puck in small spaces while incorporating Power Skating techniques creates a major advantage for players. Combining that with decision making abilities provides additional pressure on the player BUT transfers those skills to real game situations. If you want to be good with the puck in HIGH TRAFFIC AREAS, then you need to PRACTICE with the puck IN HIGH TRAFFIC AREAS! The Power Edge Pro allows you to do exactly that. To learn more about the PEP training concept, please visit [www.poweredgepro.com](http://www.poweredgepro.com).

## Program Focus:

- Stick handling & puck movement in confined areas
- Edge control
- Upper body coordination
- Constant quick feet action
- Read & react skills
- Change of direction
- Creativity
- Game situation & intensity in training
- Speed Training

## OPTION 1 – U15

**Dates** | Aug 4, 5, 6, 7

**Time** | Evenings (times to be communicated upon registration)

**Age** | 2006-2007

**Location** | Don Hartman Northeast Sportsplex

**Cost** | \$225

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## OPTION 2 – U15 to Junior

**Dates** | Aug 17, 18, 19, 20, 21

**Time** | Evenings (times to be communicated upon registration)

**Age** | 2000-2007 (grouped accordingly)

**Location** | Don Hartman Northeast Sportsplex

**Cost** | \$325

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# CONDITIONING CAMPS

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## Program Description:

This program is designed to prepare athletes for upcoming evaluation skates by refining the fundamental skills while progressing the stamina and conditioning of each player. As the week advances player will continue to be pushed outside their comfort zone and be forced to play at a high pace while engaging in battles and drills that test the players compete level. Our focus is to get back on the ice and provide an environment for all players to be challenged and develop.

## Program Focus:

- Skating Skills
- Puck Skills
- Shooting fundamentals
- Checking Skills
- On-Ice conditioning
- Small area games encouraging a high compete but also ice awareness
- Individual skill work
- Playing the game at a higher pace with and without the puck

## OPTION 1

**Dates** | Aug 4, 5, 6, 7

**Time** | Evenings (times to be communicated upon registration)

**Age** | 2003-2007 (grouped accordingly)

**Location** | Don Hartman Northeast Sportsplex

**Cost** | **\$210**

## OPTION 2

**Dates** | Aug 10, 11, 12, 13, 14

**Time** | Evenings (times to be communicated upon registration)

**Age** | 2003-2007 (grouped accordingly)

**Location** | Don Hartman Northeast Sportsplex

**Cost** | **\$250**

## OPTION 3

**Dates** | Aug 17, 18, 19, 20, 21

**Time** | Evenings (times to be communicated upon registration)

**Age** | 2003-2007 (grouped accordingly)

**Location** | Don Hartman Northeast Sportsplex

**Cost** | **\$250**