



Top Prospects Hockey Summit 2019

Master schedule

Monday

- 08:00-09:00 Warm up and Power Skating on Ice/ Goaltending specific skating
- 09:00-09:30 One on one play. How to beat your opponent. Goaltending module 1
- 09:30-10:00 Cool Down and Morning Stretch
- 10:10-10:45 Hockey Theory. Odd man rushes. How to press the advantage
- 10:45-11:30 Balance and proprioception training
- 11:30-12:30 Cool Down and Lunch
- 12:30-13:00 Warm up and dress
- 13:00-13:45 Creativity Module. How to be creative/goaltenders competition module
- 13:45-14:30 Odd man rushes, developing offense from transition.
- 14:40-15:00 Cool down run
- 15:00-15:30 Hockey Breathing Module/ Relaxation and focusing techniques
- 15:30-17:00 Station work (4 stations)/small area games/ goalie specific station

Tuesday

- 08:00-09:00 Warm up and Power Skating on Ice/ Goaltending module 2
- 09:00-09:30 Acceleration Training/ Resistance Training on ice
- 09:30-10:00 Cool Down and Morning Stretch
- 10:10-10:45 Hockey Theory: movement away from puck. How to read and react
- 10:45-11:30 On ice: Scoring Clinic
- 11:30-12:30 Puck possession module. Winning battles on boards
- 12:30-13:00 Lunch
- 13:00-13:45 Warm up and dress
- 13:45-14:30 Defense work/offense work
- 14:40-15:00 Defense protecting the crease/ Offense: getting to the dirty areas
- 15:00-15:30 Off ice games
- 15:30-17:00 3 v 3 4 v 4, power play games. 5 on 5 below face-off circles, 5 v 5 full.
- 17:15-17:45 Peak Performance Module. Beginning mental preparation for success

Wednesday

- 08:00-09:00 Warm up and power skating/ Goalie module 3
- 09:00-09:30 Advanced stick handling. Puck protection in small areas.
- 09:30-10:00 20 meter sprints with proper rest ratio
- 10:10-10:45 Hockey Theory: what does a goalie see? What can a shooter look for
- 10:45-11:30 Warm up and dress
- 11:30-12:30 Battles. Body positioning.
- 12:30-12:50 Developing a quick stick. Rebound work
- 13:00-13:30 Lunch
- 13:45-14:30 Hockey Theory: Puck possession
- 14:40-15:00 Dryland Conditioning
- 15:00-15:30 Hockey Meditation and Recovery
- 15:30-17:00 On Ice Small Area Games
- 17:15-18:00 Electronic Testing Off-Ice By Global Sport Testing
- 18:00-18:45 Electronic Testing Off-Ice By Global Sport Testing

Thursday

- 08:00-09:00 Warm up and power skating, edge work, quick turns, transition skating
- 09:00-09:30 Quick stick passing module. Use eyes to fool goalies/ Goalie module 4
- 09:30-10:00 Cool Down and Stretch
- 10:10-10:45 Hockey Theory: Transition Offense to defense, defense to offense
- 10:45-11:30 On ice interval training
- 11:30-12:30 Cool down and lunch
- 12:30-13:00 Warm up and dress
- 13:00-13:45 Passing drills and skills, pass catching module
- 13:45-14:30 Indirect passing, quick release shooting, regrouping, area passing
- 14:40-15:00 Stretching for Hockey Module
- 15:00-15:30 Hockey Visualization
- 15:30-17:00 CHS Hockey Tournament—The CUP
- 17:15-18:00 Electronic Testing On-Ice By Global Sport Testing
- 18:00-18:45 Electronic Testing On-Ice By Global Sport Testing

Friday

- 08:00-09:00 Warm up and Power skating on ice
- 09:00-09:30 Playing outside your comfort zone
- 09:30-10:00 Shooting techniques and scoring module/goaltending module 5
- 10:10-10:45 Cool Down
- 10:45-11:30 Overspeed training on ice
- 11:30-12:30 Final games, small area games, puck possession contests
- 12:30-13:00 Lunch
- 13:00-13:45 NCAA Power Point Presentation
- 13:45-14:30 NCAA recruitment discussion...end of camp.