

Defense Only Camp

Cost: \$500

AUG 4 - 8

Defenseman need a very different skill set than players who play forward. This camp will instruct defenseman on the key points for playing that position. Campers will be instructed by Travis Richards who shares his extensive knowledge to give your players a very thorough and informative experience.

Key skills covered:

- Improving your feet
- Using the net
- Using your stick
- How to protect yourself
- Coverage in front of your net
- Playing 1-1's, 2-1's, and 3-2's

Schedule

On Ice 10-11:50am

Lunch 12-12:30pm

Off Ice 12:30-1:15pm

On ice 1:30– 2:50pm

Instructors:

Travis Richards: Defenseman Grand Rapids Griffins, U.S. Olympian

Dave VanDrunen: Defenseman Grand Rapids Griffins for 4yrs

Kory Karlander: Over 1000 games of Pro-Hockey

Taylor Keyworth: Fox Hockey Coach and TPH GR Director

Birth Years 2014-2010

Tier 1 & 2 Only

Register online at www.southsidearena.com/summercamp