

Summer Hockey School Programs



"I attended Andrews Hockey each summer as a young player. Their programs helped me advance my skills and improve my skating technique." **Brandon Gormley – NHL 1st Round Draft Pick – Phoenix Coyotes**

Advanced Female Shooter's & Skating Program

The Best Camp around for Female Hockey Development! This new program takes the best from our Modern Techniques of Hockey Skating and Elite Shooter's Programs to create a learning experience that every aspiring female player needs. The program goes in depth on the proper mechanics of stride length, frequency, edge control, glide turns, sharp turns, Mohawk turns, stops and transitional skating. Daily ice sessions on 'Smart Shooting' plus specialized off ice shooting sessions are accompanied by video analysis of shooting techniques along with our most comprehensive off ice training and stick handling program.

Modern Techniques of Hockey Skating/Smart Shooter's Camp

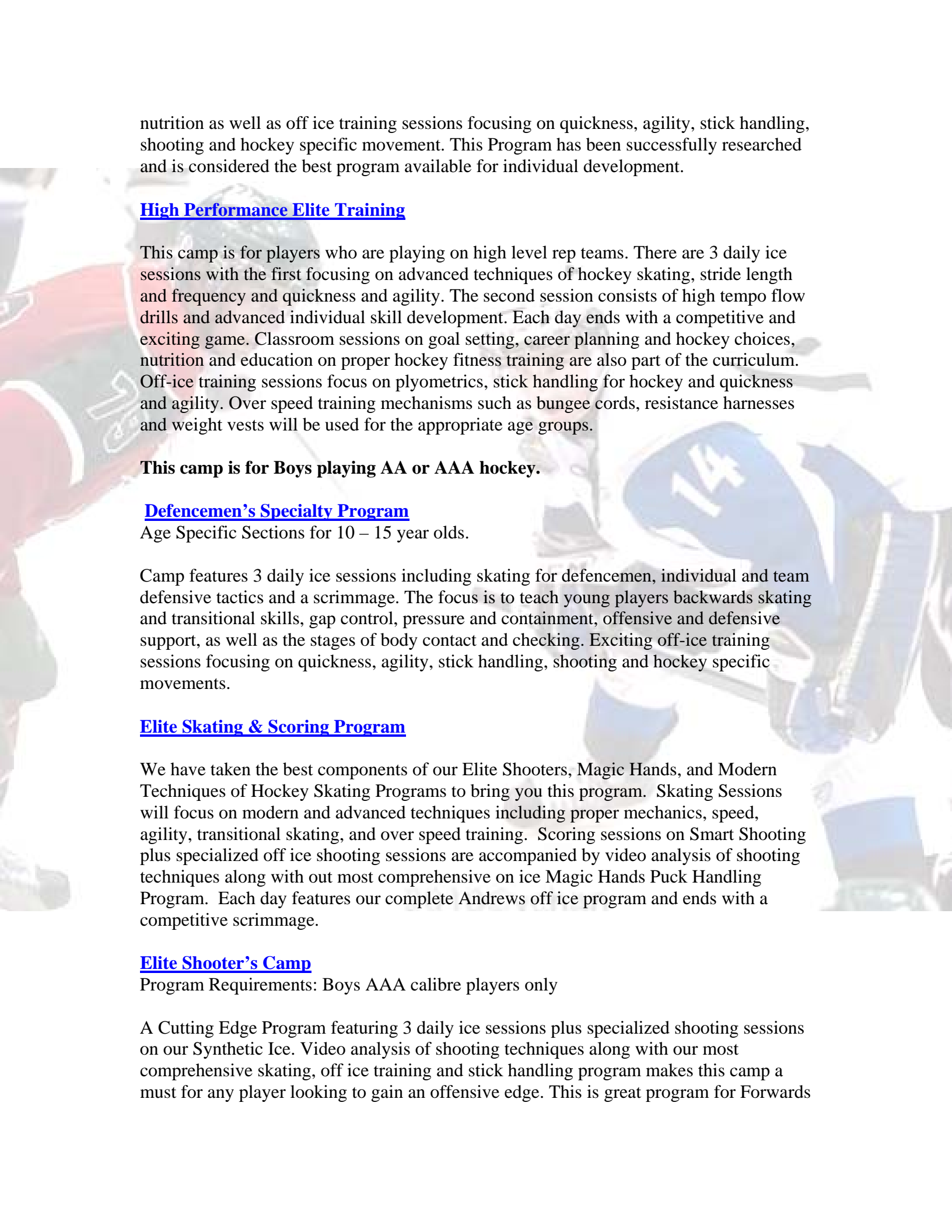
Considered by Hockey Experts to be the most Advanced Scientific Based Skating Program in Present Day Hockey; Our Modern Techniques of Hockey Skating Program has been researched, up graded and developed for over thirty years; this program is modified to teaching all levels from Beginner to Professional. The program goes in depth on the proper mechanics of stride length, frequency, edge control, glide turns, sharp turns, Mohawk turns, stops and transitional skating. Learn How to Skate the Hockey Way!

Our Smart Shooter's Program is Cutting Edge featuring daily ice sessions plus specialized off ice shooting sessions. Video analysis of shooting techniques along with our most comprehensive off ice training and stick handling program makes this camp a must for any player looking to gain an offensive edge. This is great program for Forwards and Defensemen alike.

Foundational Programs

The program that has helped mold players such as Sidney Crosby, Brad Richards, Nathan McIver and Drew MacIntyre.

This program is excellent for the development of skating and puck skills and features 3 on ice sessions per day including Modern Techniques of Hockey Skating, Puck Skills/Flow Drills and Daily Games. Our Computerized Testing and Analysis Awards Program allow players to work towards and achieve their goals. Also included are daily classroom sessions on goal setting, career planning, sports & education, and sports and



nutrition as well as off ice training sessions focusing on quickness, agility, stick handling, shooting and hockey specific movement. This Program has been successfully researched and is considered the best program available for individual development.

High Performance Elite Training

This camp is for players who are playing on high level rep teams. There are 3 daily ice sessions with the first focusing on advanced techniques of hockey skating, stride length and frequency and quickness and agility. The second session consists of high tempo flow drills and advanced individual skill development. Each day ends with a competitive and exciting game. Classroom sessions on goal setting, career planning and hockey choices, nutrition and education on proper hockey fitness training are also part of the curriculum. Off-ice training sessions focus on plyometrics, stick handling for hockey and quickness and agility. Over speed training mechanisms such as bungee cords, resistance harnesses and weight vests will be used for the appropriate age groups.

This camp is for Boys playing AA or AAA hockey.

Defencemen's Specialty Program

Age Specific Sections for 10 – 15 year olds.

Camp features 3 daily ice sessions including skating for defencemen, individual and team defensive tactics and a scrimmage. The focus is to teach young players backwards skating and transitional skills, gap control, pressure and containment, offensive and defensive support, as well as the stages of body contact and checking. Exciting off-ice training sessions focusing on quickness, agility, stick handling, shooting and hockey specific movements.

Elite Skating & Scoring Program

We have taken the best components of our Elite Shooters, Magic Hands, and Modern Techniques of Hockey Skating Programs to bring you this program. Skating Sessions will focus on modern and advanced techniques including proper mechanics, speed, agility, transitional skating, and over speed training. Scoring sessions on Smart Shooting plus specialized off ice shooting sessions are accompanied by video analysis of shooting techniques along with our most comprehensive on ice Magic Hands Puck Handling Program. Each day features our complete Andrews off ice program and ends with a competitive scrimmage.

Elite Shooter's Camp

Program Requirements: Boys AAA calibre players only

A Cutting Edge Program featuring 3 daily ice sessions plus specialized shooting sessions on our Synthetic Ice. Video analysis of shooting techniques along with our most comprehensive skating, off ice training and stick handling program makes this camp a must for any player looking to gain an offensive edge. This is great program for Forwards

and Defensemen alike. Individual analysis and testing on shooting techniques using video and accuracy & speed devices make this program one of a kind. Limited to 24 skaters.

Elite Defenseman's Specialty Program

Program Requirements: Boys AAA calibre players only

A Program designed for young defensemen aspiring to advance to high levels. Individual and Team Defensive Tactics will be taught at a high pace. A tremendous focus of this camp on how to play the position in today's modern, up tempo game. Individual analysis and testing on shooting techniques, stride length and transitional skating using video and accuracy & speed devices are the highlights of this program. Limited to 24 skaters.

Hockey for Tots

Sections for ages 4 – 6yrs.

Exciting program focusing on teaching the beginner the modern techniques of hockey skating and puck skills. Each day players receive 2 on ice training sessions, a fun and informative off ice session focusing on balance and movement and a classroom session to introduce the rules and basic concepts of the game.

Mini Guns Program (Invitation Only)

Players born in 2005 & 2004 – invitation only

Program for talented young players who show potential of playing at an elite level. This is an exciting new program combining the best of our signature Foundational Program with key components of the popular Young Guns Program. Included are 3 daily ice sessions, informative classroom and comprehensive off ice sessions featuring Hockey Haven and a scientific based testing program.

Young Guns Program (Invitation Only)


Age specific Sections for 2000, 2001, 2002 & 2003 birth years

An exciting comprehensive program for gifted young players who play advanced elite level and spring hockey. There are 3 on ice sessions per day focusing on Modern Techniques of Hockey Skating with an introduction to quickness, overspeed & resistance training, advanced hi tempo flow drills and daily games. The camp features our most extensive off ice program and exposes players to advanced elements of the game to help them grow.

Magic Hands & the Art of Scoring Goals

Age Specific Sections for 9 – 14 year olds.

Camp features 3 daily ice sessions including “Magic Hands” Stick handling. The Art of Scoring Goals, and a daily game. (Due to popular demand two daily ice sessions will be solely devoted to Stick handling and goal scoring) Off-ice stick handling, off-ice testing and training, and classroom sessions are also part of the curriculum.



“Magic Hands” stickhandling program includes over 50 stick handling agility techniques over 30 moves, fakes and dekes, dryland training for puck handling. “The Art of Scoring Goals” includes principles of scoring goals, shooting options, deking options, angle of attack, changing angles, position of goaltending, the reaction game, predetermined plan of attack.

Female Young Guns Program

Invitation Only for High Level Girls Aged 10-12

An exciting, comprehensive program for gifted young females who play advanced, elite level and spring hockey. There are 3 on ice sessions per day focusing on Modern Techniques of Hockey Skating with an introduction to quickness, overspeed & resistance training, advanced hi tempo flow drills and daily games. The camp features our most extensive off ice program and girls are exposed to high profile instructors and learn how to gain opportunities in the world of female hockey.

Advanced Female Skating and Training Program

Sections for 13 – 18 year olds

Focuses on training in advanced skating techniques including resistance training, overspeed training and quickness development. Off-ice advanced plyometric and hockey specific training methodology. Lectures on nutrition, goal setting and psychology of individual and team play.

Advanced Preparation Camp (Pre Showcase)

Pewee, Bantam & Midget players

This camp is designed for Pewee, Bantam & Midget players who are considered top players in their respective age groups. The focus is on Advanced Skating Techniques, On-Ice Over Speed and Resistance Training, Advanced Drills & Skills and Daily Scrimmages. Players will also train at the Hockey Haven Training Centre and will attend classroom sessions on nutrition, training for hockey and career planning.

Advanced Preparation Camp – (August Camp)

This camp is for Major Junior Players and Draft Picks as well as Junior A, University and Professional Players looking to get ready for their upcoming training camps. The camp will focus on Advanced Skating Techniques, On-Ice Over Speed and Resistance Training, Advanced Drills & Skills and Daily Scrimmages. Players will receive an intensive off ice training program at Hockey Haven Training Centre and in-depth Video analysis of their skating stride and technique.