



**3 on 3 Development Camp
"Pond Hockey Style"**

**26 years of player
development**

Our 2011 Fall "3 on 3" Development Camp is for boys and girls and will ensure that every player will receive considerable ice time. Increased ice time will allow for a vast amount of development in all areas of the game from the basics to more advanced skills. **This twelve session camp will run from September 11th thru October 20th, 2011 (Sundays and Thursdays). The first two sessions will be high intensity training and player evaluations.** Teams will then be drafted based on skill to ensure that there is even competition for players at all levels. **The remaining ten sessions will include fifteen minutes of on ice training and forty-five minutes of drop the puck and play pond hockey.**

Camp Features: Teams will consist of 9-11 skaters and one goalie (boys and girls may play together dependant on skills)

- ❖ 12 – Sixty minute high intensity sessions
 - 2 sessions strictly instruction and evaluation (60 minutes)
 - 10 sessions of instruction (15 minutes) and pond hockey (45 minutes) –Player Incentive Awards
- ❖ Each player receives a Woog "3 on 3" Development Camp Jersey and T-shirt
- ❖ Smaller ice surface (85x100) will force players to increase their speed and all aspects of the game
- ❖ 60 second shifts to ensure high tempo
- ❖ Goaltenders will see more action(50-70 shots per game)
- ❖ Fast paced, skating, stick handling, passing, shooting, scoring, back-checking, game sense and fundamental development (NO CHECKING)

"Our objective with this camp is to put kids on the ice and let them go. We want them to learn how to become better skaters, stick handlers and passers, get a better vision of the ice, develop their hockey IQ, get more creative and improve their competitive spirit. Kids will learn to think fast and play fast."

Former Golden Gopher Hockey Coach

A handwritten signature in cursive that reads "Doug Woog".