DEFENSEMEN CAMP

At CLIFF McNABB ARENA, NANAIMO, BC — July 7 and 8, 2017



SCHEDULE:

Group A: Atom & Pee Wee 8:30 am - 9:30 am Ice 9:45 am - 10:30 am Seminar 11:00 am - 12:00 pm Ice

Players sub grouped into age & skill level!

<u>Group B: Bantam & Midget</u> 9:45 am - 10:45 am Ice 11:00 am - 11:45 am Seminar 12:15 pm - 1:15 pm Ice

ON ICE CURICULLUM

Defensemen Skating

- ✓ Advanced backward skating
- ✓ Pivots forward to backward, backward to forward
- ✓ Agility and foot speed

Defensemen Puckhandling and Passing

- ✓ Backward and forward Puckhanding
- ✓ Puck Retrieval for breakout.
- √ 1st pass for break out

Defensemen Shooting

- ✓ Slap Shot
- √ Shooting from the point
- ✓ One timer Slap shots

Defensive Play for the Defensemen

- ✓ Defending the 1 on 1: a) in the corners and b) on the
- ✓ Defending 2 on 1, 3 on 2
- √ Front of net coverage

CLASSROOM CURICULLUM

- ✓ D man Puckhandling and passing
- ✓ Mental Training: Goal setting & Visualization
- √ Shooting: slap shot and 1 timers
- ✓ Defending 1 on 1 / 2 on 1 / 3 on 2.

HEAD COACH OF CAMP: Enio Sacilotto, 33 years of coaching experience. Coached Elite Men's pro levels in England, Italy, Denmark, Switzerland and Austrian (EBEL). Former Assistant Coach, currently Director of Prospect Development Victoria Royals, WHL, and A.C. for Team Pacific, U-17 World Challenge Silver Medalists. Check website for credentials.

Coach Enio will conduct the camp along with his highly qualified coaches who will assist him.

√ 7 to 1 PLAYER TO COACH RATIO

Classes limited to 21 skaters and 3 Goalies.

WE ARE A LEARNING & TEACHING CAMP, OUR GOAL IS TO MAKE YOU A BETTER PLAYER!

Cost: \$200. Extra Early Bird Christmas Special! Before December 24, 2016

\$225. Before April 30, 2017 / \$250.00 after April 30, 2017 (call for multiple camps and group rates)

REGISTER ON LINE (CLICK HERE)! WE ACCEPT INTERACT, VISA, & M.C.
GO TO <u>www.coachenio.com (click here)</u>
FIND OUT ABOUT OUR SPECIALIZED CAMPS, FREE RESOURCES &

ENTER A FREE DRAW AND WIN A CAMP!

CONTACT COACH ENIO AT: E-mail: cenio@coachenio.com CALL: 604 255 4747