



Full Day Camp Itinerary

The Pond Hockey Academy's Power Skating & Shooting

August 10-14 | 8:30am-4:00pm
All Levels

Overview

Summary:

The Pond Hockey Academy's Coaches lead a high-energy power shooting camp focused on developing proper shooting mechanics, increasing release speed and accuracy, and applying scoring skills through structured, game-like drills designed to translate directly into game situations.

What Players Can Expect:

- Positive on-ice instruction tailored to all skill levels
- Opportunities for well-rounded hockey development in a fun, structured setting
- Daily Off-Ice Conditioning
- Fun with The Pond's Arctic Alley Synthetic Ice Shooting Lane
- Daily On-Ice Scrimmages
- Indoor and outdoor sports, including soccer

Itinerary

- 8:30am** Drop off, check-in, lace up!
- 9:00am-10:00am** On ice skills session
- 10:10am-11:05am** Snack / change to shorts and tennis shorts / off ice conditioning
- 11:20am-12:20pm** Power skating & edge class (M-TH), Friday end of week scrimmage time
- 12:30pm-1:15pm** Bring your packed lunch. Pizza is provided on Fridays
- 1:40pm-2:30pm** Scrimmage with focus on game playing IQ
- 2:50pm-3:50pm** More ice! Stick and puck time
- 2:50pm-3:20pm** Artic Alley shooting tips!
- 3:20pm-3:50pm** Game room fun!
- 4:00pm** Parent pick up (Friday dismissal at 1pm)