



Full Day Camp Itinerary

The Pond Hockey Academy's Power Skating & Shooting

June 29 - July 3 | 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	Arctic Alley shooting tips!
3:20pm-3:50pm	Game room fun!
4:00pm	Parent pick up (Friday dismissal at 1pm)