



DRYLAND CHECKING AND SHOOTING SESSIONS

Acceleration North will be offering a dryland checking and shooting/scoring clinic again this summer. This camp is open to all pee-wee and bantam aged players.

This camp will run for six weeks and will consist of twelve 1½ hour sessions. Training sessions will include 45 minutes of checking technique/contact drills and 45 minutes of **Rapid Shot** and scoring drills.

Checking and contact drills that will be covered are

- Proper contact from side and front
- How to absorb and deliver contact
- Proper 3 points of contact
- Pressure and contain
- Balance drills for contact
- Moving your feet and angling opponents
- and many more

Rapid Shot and Shooting sessions will work on receiving, reaction time, shot speed and accuracy.

Players will work on all aspects of shooting and scoring.

- Forehand wrist and snap shot
- Slapshot
- Backhand
- “in tight” scoring drills
- Shooting and scoring from neutral, strongside and weakside position.

WHEN: Tuesdays and Thursdays beginning June 15th thru July 22nd

TIMES: 1pm – 2:30pm

COST: \$425 for an individual. Group discounts apply if you register more than 1 athlete.

Please contact Miles at (651) 486-0020 regarding questions on this program. Players can register at www.accelerationmn.com/ardenhills in the Athlete Registration under “Other Programs.”

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