

DRYLAND CHECKING AND SHOOTING SESSIONS

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

This camp will run for 6 weeks and will consist of 12, 1.5 hr sessions. Training sessions will include 45minutes 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

RapidShot 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.

Cost of this program is \$425. Sessions will be held Tuesdays and Thursdays beginning in June. Ask Miles for details and times.

Acceleration North
(651) 486-0020