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## Mite and Squirt Camp, Sample Practice Syllabus On-Ice Overview (5–Day Summer Camp)

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### **Day #1**

- Technical Skills: Skating – (Lot's of skating on day #1)
- Puckhandling, Passing, Shooting
- Team Competitions
- Small Area Games

### **Day #2**

- Technical Skills
- Individual Tactics
- Team Competitions
- Small Area Games

### **Day #3**

- Technical Skills
- Individual Tactics
- Team Tactics/Concepts
- Intro. Flow
- 1 vs. 1, 2 vs. 1, 3 vs. 0
- Read and React
- Team Competitions
- Small Area Games

### **Day #4**

- Technical Skills
- Individual Tactics
- Team Tactics/Concepts
- Review All
- Intro. Attack Triangle – Puck Support
- Team Competitions and Small Area Games

### **Day #5**

- Review and Refine All (Day 1 – 4)
- The "OV" Challenge Cup

\* Weekly/daily syllabus will correspond with detailed practice plan. The progression, complexity, and speed of our practice plans are dependent on the age and skill level of our participants. A low student/instructor ratio will ensure that your son or daughter receives the individual attention he/she deserves. Paul, Misha, Anthony, and Matthew will be on the ice for all sessions. \*

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