PRIDE. TRADITION. EXCELLENCE.

Calgary Northstars Summer Player Programs

Space is limited. REGISTER NOW

All programs will be led and supported by our CNHA AA and AAA coaching staff and other elite skill instructors. All programs will involve goalies and goalie instruction. Goalies pay a discounted fee on only programs except for the Goalie Acadamy.

ELITE SUMMER SKILL SESSIONS

REGISTER NOW

Program Description:

This program is designed to combine the technical fundamentals of skating, the technical and tactical skills of dynamic shooters and scorers as well as extreme stickhandling skills. Our focus is to get back on the ice and provide an environment for all players to be challenged and develop.

Program Focus:

- Technical focus on skating technique
- Edge work
- Explosive power
- Speed
- Agility
- Shooting fundamentals
- Scoring tactics
- Offensive skills
- Deception
- Release and accuracy
- Puck Skills
- Small area games encouraging a high compete level but also ice awareness
- Individual skill work with emphasis on the mind, eyes, hands, and feet all working together
- Playing the game at a higher pace with and without the puck

DETAILS

Dates | Tues/Thurs July 2-23 (7 sessions)
Time | Early Evening times to be communicated upon registration)
Age | 2009-2015 (3 groups grouped accordingly)
Location | Don Hartman Northeast Sportsplex

Full Program Cost | **$325**

Drop in Option | **$45/session**

HIGH PERFORMANCE POWER EDGE PRO CAMP

REGISTER NOW

Program Description:

Power Edge Pro is the number one skill development provider in the world and is now coming to Calgary and the Calgary Northstars as an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training which involves engaging multiple motor skills simultaneously to develop a player's performance. All patterns are completed while maintaining puck control and are designed to provide 5 times as many repetitions as standard drill-based practices, leading to faster development of elite skills. To learn more about the PEP training concept, please visit www.poweredgepro.com.

Program Focus:

- Stick handling & puck movement in confined areas
- Edge control
- Upper body coordination
- Constant quick feet action
- Read & react skills
- Change of direction
- Creativity
- Game situation & intensity in training
- Speed Training

DETAILS

Dates | Tues/Thur July 28 - Aug 20
Time |Mid-Late Morning (to be communicated upon registration)
Age | 2008-2015 (3 groups grouped accordingly)
Location | Don Hartman Northeast Sportsplex

Cost | **$375**

PEP
POWER EDGE PRO
HOCKEY

DYNAMIC DEFENSE DEVELOPMENT SESSIONS

REGISTER NOW

Program Description:

This program is designed for young defensemen who aspires to develop a well-rounded game. This program is based on the requirements to play defense in the modern up-tempo game.

Program Focus:

- Puck retrievals
- Tactical skating skills
- Gap control
- Elite outlet passing
- Quick transition skills
- Joining the rush
- Taking advantage of the offensive zone blueline
- Defending

DETAILS

Dates | Mon/Weds July 27 - Aug 19 (excluding long weekend)
Time | Mid-Morning (assigned times and groupings to be communicated upon registration)
Age | 2009-2015 (3 groups grouped accordingly)
Location | Don Hartman Northeast Sportsplex

Cost | **$375**

CHECKING SKILLS

REGISTER NOW

Program Description:

This program is designed to focus on the introduction of contact and the skills necessary to initiate and receive body contact safely and effectively. Once contact is introduced into the game, it is essential to know the proper techniques to protect yourself and to use body contact to your advantage in a safe manner. Speed and skill development in combination with contact is the basis to performance.

Program Focus:

- Fundamentals of body contact
- Tactical Skating
- Situational and spatial awareness
- Angling
- Stick Checks
- Contact confidence
- Body position and protection
- Puck separation techniques
- Safety

DETAILS

Dates | Aug 4,6,11,13 (4 Sessions)
Time | Mid-Afternoon (assigned times and groupings to be communicated upon registration)
Age | 2013 Born Athletes
Location | Don Hartman Northeast Sportsplex

Cost | **$200**

NORTHSTAR PROSPECTS PREP CAMP

REGISTER NOW

Program Description:

This program is designed for the next generation of Northstars to prepare for the upcoming season. This will target U13 players looking to get a competitive edge for the season ahead as U13 moves to the quadrant system.

Program Focus:

- A technical focus on skating technique
- Edge work
- Shooting fundamentals
- Scoring tactics
- Offensive skills
- Release and accuracy
- Puck Skills
- Small area games encouraging a high compete but also ice awareness
- Individual skill work with emphasis on the mind, eyes, hands and feet all working together

DETAILS

Dates | Aug 4, 6, 11, 13, 17-20
Time | Early Afternoon (assigned times and groupings to be communicated upon registration)
Age | 2014/2015 born players
Location | Don Hartman Northeast Sportsplex

Cost | **$375**

PREP WITH PEP

Program Description:

Power Edge Pro is the number one skill development provider in the world and is now coming to Calgary and the Calgary Northstars as an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training which involves engaging multiple motor skills simultaneously to develop a player's performance. All patterns are completed while maintaining puck control and are designed to provide 5 times as many repetitions as standard drill-based practices, leading to faster development of elite skills. To learn more about the PEP training concept, please visit www.poweredgepro.com.

Program Focus:

- Stick handling & puck movement in confined areas
- Edge control
- Upper body coordination
- Constant quick feet action
- Read & react skills
- Change of direction
- Creativity
- Game situation & intensity in training
- Speed Training

POWER EDGE PRO
HOCKEY

U13 to U18 Groups

Dates | Aug 17 - 20
Time | Evenings (times to be communicated upon registration)
Age | 2009-2015 (grouped accordingly)
Location | Don Hartman Northeast Sportsplex

Cost | **$275**

REGISTER NOW

HIGH PERFORMANCE GOALIE ACADEMY

REGISTER NOW

Program Description:

Northstars Goalie Academy is the perfect place to refine your game between the pipes. This program is design for advanced and elite goaltenders determined to take their game to the next level. Each goalie will receive an individual development plan to work and build off of throughout the program.

Program Focus:

- Angles, positioning, crease depth
- Puck tracking and shooting analysis
- Crease movement, lateral movement
- Puck handling and puck management
- Video analysis.
- Read & react skills
- Positional and tactical skills
- Rebound control
- Game situation & intensity in training
- Save selection and decisional making

Lead Instructor: Theo Zubot (Calgary Hitmen)

DETAILS

Dates | Week 1: Aug 4, 5, 6, 7
Week 2: Aug 10, 11, 12, 13, 14
Time | Early Evenings (times to be communicated upon registration)
Age | 2009-2015 (grouped accordingly)
Location | Don Hartman Northeast Sportsplex
Ratio | 3:1 – Max 12 goalies
Cost | **Week 1: $300 Week 2: $350**

CONDITIONING CAMPS

REGISTER NOW

Program Description:

This program is designed to prepare athletes for upcoming evaluation skates by refining the fundamental skills while progressing the stamina and conditioning of each player. As the week advances player will continue to be pushed outside their comfort zone and be forced to play at a high pace while engaging in battles and drills that test the players compete level. Our focus is to get back on the ice and provide an environment for all players to be challenged and develop. All sessions will be at Don Hartman Northeast Sportsplex and have groups for U13 – U18.

Program Focus:

- Skating Skills
- Puck Skills
- Shooting fundamentals
- On-Ice conditioning
- Small area games encouraging a high compete but also ice awareness
- Individual skill work
- Playing the game at a higher pace with and without the puck

WEEK 1

Dates | July 27 - 31
Time | Evenings (times to be communicated upon registration)
Age | 2009-2015 (grouped accordingly)
Cost | **$225**

WEEK 2

Dates | Aug 4 - 7
Time | Evenings (times to be communicated upon registration)
Age | 2009-2015 (grouped accordingly)
Cost | **$250**

WEEK 3

Dates | Aug 10 - 14
Time | Evenings (times to be communicated upon registration)
Age | 2009-2015 (grouped accordingly)
Cost | **$250**

WEEK 4

Dates | Aug 17 - 21
Time | Evenings (times to be communicated upon registration)
Age | 2009-2015 (grouped accordingly)
Cost | **$250**