## Player Development Camp

Letnany 10. - 12. 5. 2013







Petr Jonák F2
Hockey Academy
CZ +420603828813
US +12488219607
Hockey Academy Pl@omail.com.

Intensive, individualized programs for elite hockey players: born 1999, 2000 and 2001. Feature five hours of On-Ice instruction, plus video analysis & dry-land training.

(Maximum group size = 18 + 3 goalies)

Hockey Academy
Develop Camp is
designed for elite
players . Programs
include 3 day Hockey
Elite Training .
Petr Jonak
Head Instructor for this
camp is certified Master
Coach USA Hockey's
Coaching Education

Program Level 5 has experience with coaching

and teaching hockey techniques around the

world since 1999.

- Over Speed Drills
- Explosive Starts
- Puck Control
- Small Area Games
- Game Situation Training
- In Tight Scoring
- Rebound Scoring
- Net front Battle
- Detail Work

- Accountability
- Concentration
- Preparation
- Focus
- Determination
- Passion
- Love of the Game
- Never Give Up
- Hard Work