

HOCKEY MONTREAL SUMMER 2023

LCC ARENA (4025 Royal avenue, NDG, H4A2M4)

ALL programs include 3 hours on ice daily

60 minutes of POWER SKATING
60 minutes of puck drills and individual tactics
60 minutes of small space games and scrimmage.

JUNIOR GROUP: (born 2017-2014 all levels) 8:15-15:30pm

The Junior development program is designed to provide players with an opportunity to enhance their individual skills in a positive, learning environment. The primary focus of the program is centered around on-ice fundamental skills, balance, edge control, puck skills and FUN.

SENIOR GROUP: (born 2013-2009 all levels) 8:15-15:30pm

Our Senior Program is designed for the more accomplished player who is ready to participate in game-like situations. Refinement of individual skills and an intro to individual tactics is the focus.

Small space games are used to help the players understand proper offensive and defensive responsibilities.

ELITE FWD + DEF GROUP: (born 2013-2009) 8:15-15:30pm

Our "Elite forward and defense Group" focus on advanced skating techniques and puck skills. Players are taught how to effectively "read and react" at high speeds to various offensive and defensive situations. This program is for older or double letter players who can understand more complex instructions. We want our players to be prepared for double letter tryout camps.

GOALIE TRAINING: (all ages / all levels) 8:15-16:00pm

Our Goalie Program is designed for all levels. All the basic movements of the goaltender are covered. With strong fundamentals we are able to progress into more complex teachings. The more advanced goalies will focus on refining their movements and learn game strategies and be introduced to more of the mental challenges for a goalie. All our goalies are on ice for 3 to 4 hours daily.