



## **Paul Whintors**

from Complex Hockey Training

is running a

**Defense Session ~ \$120+tax**

**Aug. 20-23 ~ 4:30-5:30pm**

This 4 day session, is to teach players the individual skills and tactics required to become a better defensive player and defenseman. A valuable skill-set in today's game for both a forward and defenseman.

The Defense Camp provides all players (Forwards and Defense), the opportunity to improve the defensive side of their game, while also enhancing skating agility, mobility and puck skills. Players will work on:

- Explosive skating, agility and lateral mobility
- High pace dynamic puck control
- Shooting techniques and shot selection
- Puck management, passing and pass selection
- Defensive concepts and IQ training
- Positional responsibility and gameplay awareness
- In-Zone battles and defensive responsibilities

