

**52nd Annual
Eagle River Summer Hockey School
Girls Week Training Program**

July 14-18, 2025

Two age Groups- 2010-2011 BY and 2012-13 BY

Tentative Daily Program and Teaching Focus

Sunday

5:00 – 5:45 pm Registration and Open Skate Available
(Check-in on Monday @ 7:30-8:00am for those not able to do so on Sunday)

Monday – Friday*

- 9:00am On Ice– Skating Technique & Stride Development (both age groups)
- 10:00am On Ice - Puck Control and Stickhandling (small area skills stations within each age group).
- 11:00am Off Ice - Dryland Training, Hockey Strategy, Video Sessions (both age groups)
- Noon - Lunch On Your Own
- 1:00pm On Ice – Skills Development, Passing, Shooting (both age groups)
- 2:00pm On Ice – Team Practice: Schemes and Team Concepts (both age groups on the ice, but drills will be done with each age group separately).
- 3:00pm On Ice–Scrimmage (opposing lines to be of same age group)
- 4:00pm Wrap Up
- 4:15pm Private Lessons By Appointment

Note: there is a 10 minute break after each on ice session for resurfacing

*Friday's scrimmage starts at 2 pm in lieu of standard 2:00pm practice