



# SELECT SKILLS HOCKEY

Camp: Summer 09 - Malden  
 Location: Malden Valley Forum  
 Dates: every Wednesday for 12wks (starting 5/27/09)  
 Times: 5:00pm: 01 & 02 Vipers  
 6:10pm: 00 & 99 Vipers  
 7:20pm: 98, 97, & 96 Vipers  
 8:30pm: 95, 94 Vipers  
 Cost: \$255

DEVELOPMENT

Concentration: **"Better Skaters make Better Hockey Players"**  
 This camp's primary focus will be on improving skating stride, edgework, and power skating through repetition & corrective instruction. The best hockey players at any level are the players who have been repetitively trained in edge control and continue fundamental skate training through out their hockey careers.

BALANCE

Core Skills:

- Balance
- Stride Extension
- Stopping & Starting
- Cross-overs, Overspeed Training, Acceleration
- Backward Skating
- Puckhandling & Shooting

EDGEWORK

## About Matt Sanders:



### Playing Experience:

- Tampa Bay Lightning Organization, Detroit Vipers (IHL), 2000-01
- University of Vermont (c), 1996-2000
- Dartmouth College Ledyard Bank Tournament MVP, 1999
- UVM Rookie of the Year, 1997
- Northfield Mt. Hermon School (captain), 1994-1996
- All New England Prep School All Star, 1996
- Pingree School, 1992-1994
- Saugus High School, 1991

### Hometown:

- Salisbury, MA

SELECT SKILLS HOCKEY **Stride Development Program** was designed from personal playing experience and over 10yrs of coaching experience. No matter what the age level, all players should be trying to improve their skating. Skating is the foundation that all players should secure and reinforce. By improving an individual's skating ability, that individual's overall hockey ability will improve and therefore benefit the entire team. The **Stride Development Program** combines the core skills from both Power Skating & Overspeed Training which are both essential to building the complete skater. The SDP has become one of the areas premier focused-skating clinics. Besides our weekly summer camps, we also coordinate skills programs exclusively for many organizations throughout the North Shore.

- ✓ Town Youth Hockey Programs
- ✓ Select Youth Hockey Programs
- ✓ High School preseason training (Public, Prep & Catholic Schools)
- ✓ Division 1 College Recruitment Training

STRIDE

SPEED

Select Skills Hockey, LLC.  
 5 Patriot Way  
 Salisbury, MA 01952  
 info@selectskillshockey.com

www.selectskillshockey.com

# STEP OVER THE EDGE!