

COMPLETE HOCKEY JUST DEFENSEMEN HOCKEY CAMP

“Ask any coach who has been around hockey for any extended period of time and they will agree wholeheartedly: finding a good defenseman is a tough task. It is my desire to offer a camp that provides the necessary skill and positional development that gives young players the opportunity to become a “good defenseman.” —Larry Pedrie

Just Defensemen camp director Larry Pedrie is a former defenseman and played this position his entire career. Larry's 25-plus years of playing and coaching experience gives him the unique background, qualities, and understanding necessary to teach the fine points of the most difficult position in hockey. Larry answers some common questions:

Why is a good defenseman so hard to find? It is difficult to find position-specific instruction for defensemen.

What are the characteristics of a good defenseman? Mobile on his skates; handles the puck well; makes good passes; reads the ice well; uses his stick well; and is a strong defensive one-on-one player.

Why are good defensemen such valuable components to their team? They are the primary line of defense and the beginning of the team's offense. If a defenseman cannot effectively halt the opponent's attack or make that first pass to get his team moving up ice, a lot of time will be spent in the defensive zone.

What skills should a defenseman possess? I believe it's the ability to pass the puck, both as a skill and as a conceptual part of the game. A defenseman must make good firm passes, handle the puck in tight spaces, create the opening for a pass, learn to use his stick effectively when not in possession of the puck, and have strong skating skills.

What concepts a defenseman must learn to be effective? A defenseman must be able to evaluate the entire ice surface, offensively and defensively, in all three zones. A defenseman must handle the puck well under pressure in critical areas of the ice, and possess confidence and poise to find and get it to the open forward. He has to read the play to determine when to retreat and how quickly; how to control/create the proper gap; how to read the rush; how to defend a one-on-one in all areas; and how to read offensive rushes and determine when is the appropriate time to join.

A FOCUS ON SKILLS...

Defensemen will be drilled in these skill development areas:

- Forward skating quickness, speed, and agility
- Backward skating quickness, speed, and agility
- Passing
- Shooting
- Puckhandling
- Using stick as defensive tool

...AND CONCEPTS

Defensemen will receive instruction in the following concepts:

- How to read your team's offensive rush/when to join
- How/when to pinch in the offensive zone
- How/when to attack the net in offensive zone possession
- How/where to transition puck from defense to offense
- How to play along boards
- When to retreat on opponent's attack
- How to control/create proper gap on opponent's attack
- How to read and play the attack coming at you
- How to force attacks to least vulnerable area
- How to play below hashmarks

WHY THIS CAMP?

All defensemen at the youth level need to improve in some, if not all of these areas. It's likely the player has not received adequate instruction in most aspects of playing defense in the past. The many skills and concepts involved are what make it such a unique, difficult, challenging, and fun position to play.

The camp is recommended for the travel player. It is necessary for the player to have an existing base of skills to build on and to be able to execute many of the drills and concepts which will be taught.

CAMP FORMAT

The camp will be split into three groups, and within groups, will be matched against other players similar in age, size and skill level. Each group will be on the ice two times per day, with each session lasting 70 minutes. Also included will be a lecture, an activity, and time for lunch. A tentative daily schedule is as follows:

	Gp.1 ('99-'98)	Gp.2 ('97-'96)	Gp.3 ('95-'94)
On Ice	9:00–10:10am	10:20–11:30am	11:40–12:50pm
Activity	10:30–11:20am	11:50–12:40pm	1:10–2:00pm
Lunch	11:30–12:00pm	12:50–1:20pm	2:10–2:40pm
Lecture	12:00–12:35pm	1:20–1:55pm	2:40–3:15pm
On Ice	1:00–2:10pm	2:20–3:30pm	3:40–4:50pm

Parents will not be required to monitor or oversee their child throughout the day. However, all parents are encouraged to attend the On Ice and Off Ice sessions (space permitting).

APPLICATION FORM

Enrollment Agreement & Release

In consideration to my enrollment and participation in the Compete Hockey (hereinafter referred to as CH) JUST DEFENSEMEN hockey camp, I hereby release and discharge CH, together with their agents, employees, officers, owners, volunteers, and all other participants forward on behalf of myself, my children, my parents, my heirs, and assigns as follows:

1. I acknowledge that the sport of hockey involves known and unknown risks which could result in physical or emotional injury, paralysis, death, or damage to participants, to myself, to property, or to third parties, and that such risks simply cannot be eliminated. To that end, I further acknowledge that CH is not responsible for a participant's fitness, abilities, or the equipment being used.
2. I acknowledge and agree to accept and assume any and all of the risks attendant to this activity. My child's participation in this activity is purely voluntary and I elect to participate not withstanding the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless CH from any and all claims, demands, or causes of action which are in any way connected with my child's participation in this activity or my use of CH equipment or facilities whether "on" or "off" the ice, including any claims which allege negligent acts or omissions on the part of CH.
4. In the event CH, or anyone acting on their behalf, is required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold harmless for all such fees and costs.
5. I certify that my child has adequate insurance coverage for any injury or damage I may cause or suffer while participating, and I agree to bear any and all costs of such injury or damage. I further certify that my child has no medical or physical conditions which could interfere with my safety in this activity, and I am willing to assume all risks and costs that may result, directly or indirectly, from any such condition.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my child's participation in this activity, I have waived my rights to maintain a lawsuit against CH.

I have had sufficient opportunity to read this entire document. I understand it and I agree to be bound by its terms.

Date

Participant's Name (printed)

Participant's Signature

Parent's Signature

You must complete both sides of this application form

