



## **Schedule –Ouellette & Poulin Hockey Camp, Beauceville – June 28-30, 2019 a**

**Location: Beauceville Arena**

**116, 125e Rue, Beauceville, QC G0S 2R3**

### **Friday June 28**

8:00-8:30am Arrival at the rink and registration - Group 1 & 2

9:00-10:30am On ice session – Group 1  
Skating technique, stick handling and dekes. Small space competitions

10:45-11:45am Off-ice training - Group 1  
Focus : Speed & agility – running technique & sprints

9:00-10:00am Off-ice training - Group 2  
Focus : Speed & agility – running technique & sprints

10:30-12:00pm On ice session – Group 2  
Skating technique, stick handling and dekes. Small space competitions

12:00-12:30pm Lunch

12:45-1:30pm In class session – **Conference from Charline Labonté**

2:00-3:15pm On-ice session - Group 1

3:30-4:45pm On-ice session - Group 2

Stations work : passing, shooting, dekes. Position specific exercises. Competitions and breakaway games.

### **Saturday June 29**

8:30am Arrival at the rink - Group 1 & 2

9:00-10:30am On ice session – Group 1  
Skating technique, stick handling and dekes. Small space competitions

10:45-11:45am Off-ice training - Group 1  
Focus : Speed & agility – running technique & sprints

9:00-10:00am Off-ice training - Group 2  
Focus : Speed & agility – running technique & sprints

10:30-12:00pm On ice session – Group 2

Skating technique, stick handling and dekes. Small space competitions

12:00-12:30pm Lunch

12:45-1:30pm In class session – **Q & A with Olympians Marie-Philip Poulin, Charline Labonté, Julie Chu and Caroline Ouellette – Pictures and autograph session.**

2:00-3:15pm On-ice session - Group 1

3:30-4:45pm On-ice session - Group 2

Stations work : passing, shooting, dekes. Position specific exercises. Competitions and breakaway games.

### **Sunday June 30**

8:30am Arrival at the rink - Group 1 & 2

9:00-10:30am On ice session – Group 1  
Skating technique, stick handling and dekes. Small space competitions

10:45-11:45am Off-ice training - Group 1  
Focus : Speed & agility – running technique & sprints

9:00-10:00am Off-ice training - Group 2  
Focus : Speed & agility – running technique & sprints

10:30-12:00pm On ice session – Group 2  
Skating technique, stick handling and dekes. Small space competitions

12:00-12:30pm Lunch

12:45-1:30pm In class session - **Conference from Marie-Philip Poulin**

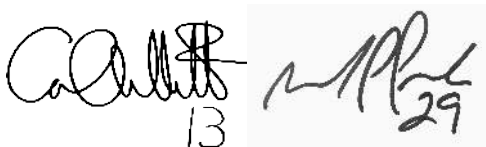
2:00-3:00pm On ice session - Group 1

3:15-4:15pm On ice session - Group 2

Competitions and collective games. Breakaway champ contest.

### **Important :**

- \* Full hockey equipment including neck guard.
- \* You will receive a hockey jersey and a Gatorade bottle. Bring hockey socks.
- \* We will provide Gatorade and snacks but players must bring their own lunches.



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