



**FREDAG 10 MAI
LØRDAG 11. MAI
SØNDAG 12. MAI**

**Off Ice Campen
koster kr 1.000.-
pr. person
som inkluderer
varm mat og frukt**

OFF ICE CAMP

i DNB Arena stavanger

FOR

SPILLERE I U12 TIL U14,

KEEPERE U12 TIL U18

OG

OFF ICE KURS FOR TRENERE



THE ATHLETIC CAMP IN STAVANGER

The camp will take place from the 10, 11 and 12th (Friday - Sunday) of May 2013. It largely addresses the basic needs for hockey players at the age of U12-14 but also includes goalie specific elements.

Benefits: The following benefits will be covered:

- > Introduction to and execution of necessary and needed steps and stages of a Dynamic and sports-specific Warm-Up
- > Introduction to and execution of Linear and Lateral Jumping and Running Techniques
- > Introduction to and execution of to the areas of Agility, Reactivity, Speed, and Quickness
- > Introduction to and execution of body weight based Strength Training
- > Introduction to and execution of effective and practical Usage Of chosen Simple Equipment - Introduction to and execution of Stickhandling and Coordination drills
- > Introduction to and execution of Goalie Specific Coordination drills
- > Introduction to and execution of Cool Down methods
- > Transfer of the taught elements into Game Situations
- > Exemplifying and motivational Video Sessions containing athletic training
- > Introduction to the theory behind the different areas conditioning that are taught within the camp in the Coaches' Seminars (a handout will be provided for each coach)

Talking numbers, the camp will include up to 18 hours of practical athletic training, 45 minutes of video and 3 hours of theoretical lessons only developed for coaches.

PROGRAM

Adjusting and elaborating the program for the group of athletes is a highly important component in the preparation phase of the camp. The idea behind the program is to enhance each athletes' performance by teaching practical tools and methods and lay the first foundation to move up one rung of the athletic ladder. Thus the camp will deal with the introduction and execution of basic areas of conditioning.

The development and modeling of the coaches' seminars plays another decisive role in the camp preparation phase.

The seminars will be presentations on the covered athletic program in the camp and follow certain guidelines, namely, being understandable and applicable. The most important intention is to provide practicality for the coaches in future off-ice training. Next to practical tools, if time permits, seminars will also try to roughly shed light on the theory behind the different athletic topics that are covered within the camp for a better in depth understanding.

- The only things that Total Athlete asks its athletes to purchase in advance is a tennis ball, or a golf ball, or a table tennis ball and a ball of your choice (not bigger than a tennis ball).

JA, TRENERE

**har mulighet til å filme treninger/øvelser på campen
- også trenere for eldre lag bør vise sin interesse for denne Off Ice Campen...
MELD DERE PÅ!**

Total Athlete - Basic 1 Program

FREDAG 10. MAI

15:00	TRAINING DAY I (START)	
15:15	- Introduction / Greeting	
16:00	DYNAMIC WARM-UP	Mobilisation / Stretching
16:15		+ Prehabs (Pre-Activation)
17:00		Proprioception / Movement-
17:15		Preps / Coordination
18:00	Core (with Equipment & without)	
18:15		
18:30		
19:00	Coaches' Seminar (Topic:	Game +
19:15	Dynamic Warm-up; Mobilisation/Stretching;	
19:30	Prehabs (Pre-Activation); Proprioception/	
19:45	Movement Preps (Lower Body); Core)	
20:00	Cool Down (8 pm - Training Day 1 end)	

LØRDAG 11. MAI

08:30	08:30 Training Day 2 (Start)	
08:45	Dynamic Warm-up	
09:00	Rest Time (Snack & Drinks)	
09:15	10:00-10:15 Linear Jumps (Take-off, Landing,	
09:30	Acceleration & Deceleration)	
09:45	11:15-11:30 Rest Time (Snack & Drinks)	
10:00	11:30-12:30	
10:15	Linear Jumps (Take-off, Landing,	
10:30	Acceleration & Deceleration)	
10:45	12:30-13:30 Lunch	
11:00	+ motivation video	
11:15	(1 hour)	
11:30	13:30-14:45	
11:45	Linear Jumps (Take-off, Landing,	
12:00	Acceleration & Deceleration)	
12:15	14:45-15:00 REST TIME (SNACK & DRINKS)	
12:30	15:00-16:15	
12:45	Linear Jumps (Take-off, Landing,	
13:00	Acceleration & Deceleration)	
13:15	16:15-16:30 REST TIME (SNACK & DRINKS)	
13:30	16:30-17:30	Game +
13:45	Coaches' Seminar (Topic:	
14:00	Linear & Lateral Jumping	
14:15	& Running Techniques)	
14:30	Cool Down (17:45 pm - Training Day 2 end)	

SØNDAG 12. MAI

08:30	08:30 Training Day 3 (Start)	
08:45	08:45-09:30	
09:00	Dynamic Warm-up	
09:15	09:30-09:45: Rest Time (Snack & Drinks)	
09:30	09:45-11:00 Speed Camp	
09:45	(Quickness, Agility (Multidirectional Speed),	
10:00	Reactivity, Speed)	
10:15	11:00-11:15 Rest Time (Snack & Drinks)	
10:30	11:30-12:30	
10:45	Speed Camp (Quickness, Agility	
11:00	(Multidirectional Speed),	
11:15	Reactivity, Speed)	
11:30	12:30-13:30 Lunch	
11:45	+ motivation video	
12:00	(1 hour)	
12:15	13:30-14:45	
12:30	Body Weight Based Strength Training	
12:45	14:45-15:00 Rest Time (Snack & Drinks)	
13:00	15:00-16:15	
13:15	Body Weight Based Strength Training	
13:30	16:15-16:30 Rest Time (Snack & Drinks)	
13:45	16:30-17:30	Game +
14:00	Coaches' Seminar	
14:15	(Topic: Speed,	
14:30	Quickness, Agility)	
14:45	Cool Down (17:45 pm - Training Day 3 end)	
15:00	Leave-Taking / Pick-Up Time	

MAKS
50
SPILLERE

• PÅMELDINGSFRIST SNAREST! - og sendes på email til: til ronny.gilje@ostraadtror.no

• Pris for Off Ice Campen er kr 1.000,- pr. person

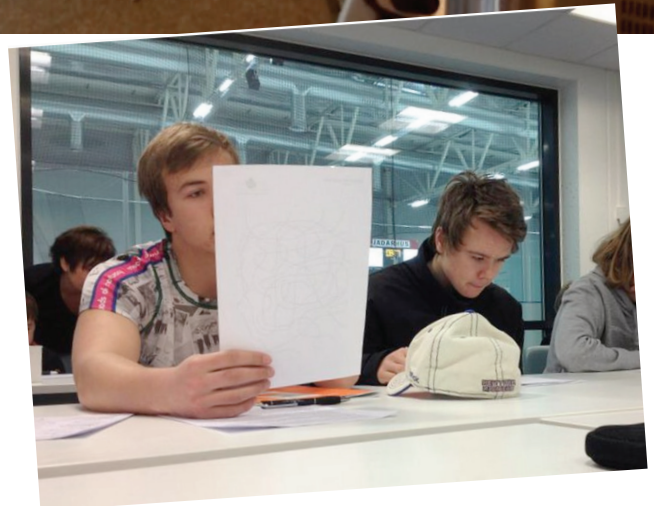
• BETALINGSFRIST ER OGSÅ SATT TIL SNAREST MULIG

og innbetales på sr-bank 1 konto nr.: 32010893800

NB! viktig og få med at når dere betaler inn påmeldingen husk å merke med:

NAVN • ALDER • LAG (f.eks IHK Stavanger) • Spillerposisjon eller Trener • og "off ice camp"

• For de tilreisende som trenger overnatting vil det eksempel komme på cirka kr 350,- pr natt i 3-4 mannsrom på Alstor Hotell eller ta kontakt også med Rica Forum som også har idrettspriser



JA, TRENERE
har mulighet til å filme
treninger/øvelser

- også trenere for eldre lag bør vise sin
interesse for denne Off Ice Campen...
MELD DERE PÅ!

**HUSK Å TA MED
SKRIVESAKER**

Betalingen inkluderer varm mat og frukt!