

October 26-28

Monday to Wednesday

For players **2012-2009** 

### **Arena:** Pinbackshallen, Märsta

3 ice sessions per day

Price: 280 Euro

Starzone Skills Camp jersey to all Camp participants

### Sign in:

Starzone website

#### Training:

High level of training of movement patterns and skills with in skating, stickhandling, passing and goal scoring. Individual training with a high level of details that is challenging and creative.

# SKILLS CAMP FALLBREAK - MÄRSTA

OCT 26-28 PINBACKSHALLEN

## Adapted and detailed Skills training for player ages 8-12- Training based on Starzones appreciated methodology and pedagogy.

The Starzone Camps will help our players to develop:

- The optimal body position
- · Correct and efficient movement patterns
- Motor skills and coordination
- Hockey specific mobility
- Good habits and focus
- Creativity and joy
- Passion for the sport of hockey

Our Skills Camps is for any player that loves to develop through detailed skills training.

## Player voices about Starzone:



Educated, with high level of pedagogy with the ability to get the most out of every player.



Very committed with a high level of knowledge . Always have time for questions from the players. Pro Coaches with a high level of pedagogy



The players love their incredible level of knowledge and ambition.