

SUMMER 2017 ERIK NATES EURO HOCKEY

914-939-4563 NATESHOCKEY.COM

At our intense week-long summer camps, players develop their individual skills through structured drills and innovative on-ice equipment. We offer a variety of programs throughout New York, New Jersey, Connecticut, North Carolina and Georgia, each varying in intensity from 15 to 25 and even 30 hours on the ice. Different camps help students improve in different aspects of the game, while our continued emphasis on balance and skating technique helps them become more complete hockey players.



Total Skill Development

During this camp, students are able to focus on individual skill development in all aspects of the game. Fundamental skills like skating, stick handling, shooting, passing, and checking are taught during each specialized hour, first through controlled instruction and then through repeated drills that enhance understanding and mastery. Finally, students are taught to incorporate the skills they have learned into game situations-and become more complete hockey players.

Our innovative training system challenges each student to the best of his or her ability. European equipment, including parallel bars and springboards, are some of the methods we use to help students develop their skills while having fun and enjoying the game.

Stick handling/Shooting

Our Stick handling/Shooting session focuses on helping students become more confident and creative with the puck and increase their playmaking abilities. First, we teach students the proper wrist roll, hand extension, and flexibility skills they need to control and shoot the puck. Students then learn proper stick handling techniques through focused instruction and innovative stationary drills that are repeated until students master them. Finally, we incorporate speed and teach students a variety of one-on-one maneuvers that can be used in game situations.

Checking/Shooting

During our Checking/Shooting session, students focus on improving specialized checking and shooting skills and building a more confident game. Checking is a part of hockey, and students first learn how to deliver and receive a body check. Afterwards, they engage in a variety of battling drills where they are encouraged to be more confident and aggressive in game situations.

We also break down the techniques students need to develop more power and accuracy while shooting. We teach the wrist shot, snap shot, and backhand and slap shot. We also emphasize weight transfer, body control, flexibility, and accuracy to enable students to become more efficient with every scoring opportunity.

SAMPLE DAILY SCHEDULE

Our programs vary in intensity from 15 to 25 and even 30 hours on the ice. Below is a sample schedule for our most intensive full day program.

9am – 9:55am Power Skating Equipment
10:05am – 11am Stickhandling/Passing
11:10am – 12pm Shooting/Conditioning
12pm – 1pm LUNCH**
1pm – 1:50pm Technical Skating (Striding, backwards, agility, etc.)
2pm – 2:55pm Game Situations/Small Games/Battling
3:05pm – 4pm Controlled Scrimmage

* The 15 Hour program is a minimized version of this schedule.

**Students are to bring their own lunches to all camps.



TESTIMONIAL

I attended Erik Nates Euro Hockey every summer, first as a camper and eventually as an instructor. The lessons Erik preaches are extremely useful and have helped me tremendously in my development. I owe a lot of where I am now to Erik and Erik Nates Euro Hockey— Kevin Shattenkirk

Erik Nates Euro Hockey Training System

At Erik Nates Euro Hockey, we understand the importance of proper technique, and we challenge students to be creative with everything they learn. Through unique, specially designed programs, we help players of all levels sharpen skills like skating, shooting, stick handling, and more—and improve in all aspects of the game.

The Erik Nates Euro Hockey system is comprehensive, intense, and focused. Drawing on traditional European methods, we use structured drills and innovative on-ice equipment to improve each student's individual skills, including skating stride, agility, edge control, body control, balance, stick handling, passing, shooting, and checking. Technique, repetition, and speed

By understanding these fundamental techniques, players of all ages and levels learn to become more complete hockey players. First, we break down each skill in a focused, controlled environment. Then we help students understand and master it through repetition. Finally, we incorporate speed to give them the edge over the competition.

We believe that the best place for hockey players to develop their game is on the ice. That's why we're committed to maximizing ice time at all our camps and clinics, and personalizing our programs with instructors who can relay the proper messages to these students and have fun.

Erik Nates

Erik Nates brings both expertise and experience to his hockey programs. He played Division I hockey with Iona College, and was a member of the highly regarded New York Apple Core Junior Program, where he was selected to the Apple Core Hall of Fame. He was also a participant in the Empire State Games and the USA Hockey Summer Select Festivals. A graduate of Iona College, Erik is deeply familiar with hockey programs, tournaments, and teaching methodologies throughout the tri-state area.



Erik has also taught hockey for more than 15 years. He began his teaching career with a long-standing engagement at one of New England's leading hockey schools, and founded his own company in 2003. He employs a variety of innovative techniques and training methods to help students develop their skills while having fun and enjoying the game.

The Team

Our experienced team of instructors includes players that are involved at the Professional level, NCAA Division I, NCAA Division III, Junior, and leading Prep and High School teams, or are current members of a coaching staff. They are passionate hockey players as well as talented teachers, trained to maintain a professional outlook while giving students the skills they need to get the edge over the competition.

At Erik Nates Euro Hockey, we understand the importance of good role models. Our staff members are selected not just for their hockey skills and teaching ability but for their commitment to the highest standards both on and off the ice.

WONDERLAND OF ICE- Bridgeport, CT SELECT #22 ON THE REGISTRATION FORM

Total Skill Development-July 10-July 14, Ages 7-17
9:00am-3:00pm (25 hrs of ice!) \$625.00