

# Townshend Hockey Skating Systems Newsletter

July 2011

Happy July 4th!



In the US we are celebrating Independence Day, and in Canada we are celebrating our first day of Camp! It is indeed a great day. So whether you are heading out for a cookout or strapping on those skates with us today, HAPPY 4TH OF JULY!



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## And They're Off...

On Saturday July 2nd, the Townshend Hockey staff loaded up the trailer and Graeme, along with one of his students, Ben MacLennan, prepared for the nearly 650 mile trek from Graeme's home in Saco, Maine to Toronto. July 3rd was staff arrival day and a little bit of rest after the long drive and the Townshend Hockey crew was at the rink at 7:00 am today getting ready for the first camp of the summer. This is the best time of year for us. We spend the winter organizing, ordering, critiquing and researching and now we get to do what we love—hit the ice and share that knowledge with some amazing kids! We're certain summer 2011 will be our best year yet!



[www.TownshendHockey.com](http://www.TownshendHockey.com)



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We are looking for a certified medical trainer and equipment manager for our Boston Camp. E-mail us at [townshendhockey@yahoo.com](mailto:townshendhockey@yahoo.com)



**“Practice until you get it right, then practice until you can’t get it wrong”**

We are always looking for future newsletter content. If you have something to share, please email it to us at:

[townshendhockey@yahoo.com](mailto:townshendhockey@yahoo.com)



Kyle VanderMale

Townshend Hockey wants to recognize instructor Kyle VanderMale for his academic achievement at Plattsburgh State. The State University of New York Athletic Conference (SUNYAC) has recognized VanderMale as one of 78 Plattsburgh State student-athletes to make the All-Academic team. VanderMale was recognized for Men’s Ice Hockey.

To be eligible for the SUNYAC All-Academic team recognition the student-athlete must have a spring semester grad point average of 3.3 or higher.

Kyle just graduated from Plattsburgh State in Plattsburgh, New York and he embodies all that Townshend Hockey hopes to instill in it’s students. Hard work both in school and on the ice is what will make you successful. Way to go Kyle. We are very proud of your accomplishment!

## Why Choose Townshend Hockey?

You have found the most productive hockey skill development program in the country. I am sure you have witnessed many different teaching philosophies and it is sometimes difficult to differentiate one from the other. We want to show you what makes Townshend Hockey different, so you can make informed decisions as to where you choose to send your child for hockey training.

Many parents have the desire to see their young player pushed to the point of exhaustion and sweat during their on-ice sessions. Every athlete is different and we all learn at different levels and in different ways. Simply telling a child to perform a task without detailed instruction and constant feedback is pointless. Hockey is a complex sport but when taught properly a player can learn at an exponential rate.

At the typical hockey camp the players are grouped into 5-6 stations. They have approximately 5-8 minutes to do the drill. They get two or three repetitions and are then skated

or told to do push-ups until they build a good sweat and then they move to the next station. What have they learned in 10 minutes? Well they’ve learned to do a complex set of skills like checking for example at full speed the wrong way. There is no detailed instruction or teaching and certainly no correction. When we teach the pro’s we break down the skill sets and once perfected our coaches run the guys through their practice plan at full tempo.

For some reason some feel that children don’t need the same information. Why waste valuable ice time doing push-ups or suicide skating drills (blue line to blue line etc)? Our off-ice program will take care of the sweat factor I assure you.

All drills should be taught in a building block format with group sizes limited to no more than eight participants of similar ability. Drills should be done at slower speeds in order for players to gain confidence. As you progress into subsequent sections of the camp the tempo of the drills should be increased. Once the students master the drills, the progressions should be performed at full tempo to get maximum results. Far too many camps focus on the high tempo portion before the students get the chance to master the drill, therefore slowing the

learning process. What’s better, practicing a body checking drill for 1 hour in an isolated learning environment, where each element of the body check is broken down and practiced until perfected; or doing a checking drill at full speed 3 times?

Keep in mind that in order for players to really learn and improve their skills, they must be pushed outside of their comfort zone. Hockey skills are most easily learned in small increments a bit at a time. Hockey skills should be taught as follows skating, puck control, passing and receiving, shooting, and checking.

We have some limited spots left in our Super Camp in Toronto 7/10 – 7/15.

We also have some openings left in our MA camps at Governor’s Academy, but we are limited, so if you have not already signed up for camp, or if you want to add additional weeks to your registration, don’t delay.

Visit [TownshendHockey.com](http://TownshendHockey.com) to register or call 978-360-4244 for more information.