

GET PRO HOCKEY

GOALIE CAMP 2015 KRAVARE



GOALIE CAMP KRAVARE 24.05. - 29.05.2015

Kravare / Ceska Republika
www.bulyarena.cz

Cena Brankar:

- 450 Euro Camp + Ubytovanie + Plna penzia
- 300 Euro Camp + obed, bez ubytovania

Cena Doprovod:

- 160 Euro Ubytovanie s ranajkami
- Deti do 3 rokov zdarma

Ubytovanie:

- Hotel Buly Arena a Buly centrum



Camp Staff

Brankarsky treneri:

Dusan Strharsky (Cheftrainer GetProHockey)

Igor Gross (Jungadler Mannheim)

Anton Lukin (Jungfalken Heilbronn, GetProHockey)

Lukas Smolka (HC Valasske Mezirici, GetProHockey)

Dusan Safranek (HC Opava)

Program

Intenzivny individualny brankarsky program.

Rozdeleny do malych skupin na 3 Brankarov 1Trener.

- **On - ice Training (3 x 60min)**

2 x 60min specialny trening, 1 x 60min inkludovany do hracskeho treningu

- **Off - ice Training (2 x 45min)**

- **Video + Teoria**



Get Pro Goalie program on-ice

- get pro skating
- get pro slide practice
- stickhandling
- positioning game
- game situation training
- mental Coaching
- video coaching

Get Pro Goalie program off-ice

- core
- leg strengthening practice
- Pro goalie reaction practice
- special goalie stretching
- coordination practice
- get pro goalie off-ice games
- cross fit





PRIHLÁSENIE GOALIE CAMP 2015

Meno:

Priezvisko:

Ulica:

Smer.C./Mesto:

Datum narod:

Telefon:

Email:

Klub:

Velkost dresu:

Podpis:

Nahlasenie prostrednictvom email alebo telefonicky.

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