



HULL HOCKEY

2027 SPRING 13U & 14U BODY CHECKING CAMP

LEARN HOW TO GIVE A HIT AND RECEIVE A HIT, THE RIGHT WAY

A SKILL JUST LIKE ANYTHING ELSE

Is your skater a 2014 moving up to 13U? Body checking can be intimidating, especially if they've never been properly taught how to give or receive a check safely and confidently. Is your skater a 2013 looking to become stronger, more confident, and tougher to play against?

This camp is built for BOTH birth years! Whether your player is preparing for the transition to checking or looking to sharpen an already developing skill set, this camp will help them improve one of the most important aspects of the game.

LEARN HOW TO USE YOUR BODY THE RIGHT WAY

Learn how to give a hit, and take a hit, the RIGHT way.

Your skater's safety is our top priority. Through a proven, step-by-step progression, we teach players the proper techniques they need to check with confidence, protect themselves, and play a stronger, more physical game.

Like all of our camps, every drill has a purpose and every progression is intentional. We don't just run drills, we teach the game.

Come experience what makes our approach different!

SAFETY COMES FIRST

Safety is our top priority. We strive to provide a super fun, energetic and SAFE atmosphere as we roll through our effective progression starting with the absolute body checking basics and slowly working our way into more advanced body checking drills.

We don't and we won't just throw the kids into the wolves. We will teach it the RIGHT way.