

PRE-HOLIDAY GOALIE CAMP with Coach Dave Caruso



About Coach Dave Caruso:

- ★ Goalie Development Coach, New Jersey Devils (2012-2014)
- ★ 6-season professional career (2006-2012)
 - ☆ 52 AHL games
 - ☆ 186 ECHL games
- ★ 4 seasons at the Ohio State University (2002-2006)
 - ☆ 11 shutouts and a 2.07 goals-against avg.
 - ☆ Helped lead team to 3 NCAA Tournament berths and the 2004 CCHA Mason Cup

Camp Focus Will Include:

- ★ Goalie Specific Movement (when and how to use t-pushes, shuffles, butterfly slides, c-cuts, lateral adjustments)
- ★ Proper Positioning and Depth Awareness (angles, square to puck, reading and reacting to game situations)
- ★ Proper Save Techniques and Execution (butterfly save, stick saves, body saves, glove and blocker saves)
- ★ Pro tips to help goalies STOP MORE PUCKS!

Dec. 22 & 23, 2016 (Thur-Fri)

9:00am - 9:45 off-ice

9:45 - 11:15 am on-ice

11:15 - 12:00 pm off-ice

Ages: 8 and up - All levels welcome!

Cost: \$155

FULL GEAR REQUIRED

Location:

OhioHealth Chiller North
8144 Highfield Drive,
Lewis Center, OH 43035

Off-ice will include video review, goalie specific dry land training (hand-eye coordination, quick feet drills, and conditioning).



Hockey for the Holidays

**REGISTER ONLINE AT
WWW.THECHILLER.COM/CAMPS**

For more information contact Rob Schriener (614) 791-9999 x125 or rschriener@thechiller.com