

WHO

Geoff Killing (Lead Instructor - On Ice)

- Played five years in the OHL with the Belleville Bulls (Assistant Captain) and five years in the CIS with the Western Mustangs (Assistant Captain)
- Nominated Best Defensive Defensemen in the Eastern Conference OHL Coaches Pole (07-08)
- Most Dedicated Player and Best Defenseman Award for the Belleville Bulls (07-08)
- OUA 1st Team All-star Award (09-10)
- Represented Team Canada at the World University Games in Erzurum, Turkey, bringing home a bronze medal (2011)
- Tavistock Royals (2013 - Present)

Joined by....

- Various members of the local Tavistock Royals will be joining Geoff to provide this years on and off-ice development.
- Off-ice workout and conditioning program will be provided by Rich Wigmore's (3 years Tavistock Royals Goalie) personal training company, RT Health Company.
www.facebook.com/rthealthcompany

Killer'sInstinct
HOCKEY DEVELOPMENT



WHAT

SKATING

- Efficient stride mechanics to allow for maximum power formation
- Forwards and backwards edge development
- Pivoting and lateral movement

SKILL DEVELOPMENT

- Building stick handling skills and confidence with the puck
- Deceptive maneuvers, while maintaining upright head and awareness of others on the ice
- Shot development both on the move and stationary

OFF-ICE DEVELOPMENT

- Pre-season conditioning and hockey specific speed, agility and power exercises will be taught

BRINGING IT ALL TOGETHER

- Integrating skating and skill development into game like situations
- Defenseman - Gap control and angling tactics
- Forwards - offensive maneuvers to deceive defensive players and gain space on ice

Killer'sInstinct
HOCKEY DEVELOPMENT



SKATING

SKILL DEVELOPMENT

OFF ICE HOCKEY SPECIFIC TRAINING

BRINGING IT ALL TOGETHER

4th Annual

Killer'sInstinct

HOCKEY DEVELOPMENT



OFF-ICE PROGRAM PROVIDED BY RT HEALTH COMPANY

**SUMMER HOCKEY
SCHOOL
2017
TAVISTOCK**

WHY

For the first year, Killer's Instinct Hockey Development has teamed up with the Tavistock Royals Senior AA hockey club to run this years hockey development camp. Joining Geoff will be members of the Royals to provide instruction and tips on key success factors and learning points that allowed them to succeed in their hockey career.

The goal of the camp is to provide the highest quality skating, skills, and (new this year) off-ice development. We will break down movements, techniques and skills into small, absorbable chunks that provides a quick and sustainable development process.

WHEN AND WHERE

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Age Group	Training	Dates	
		August 15, 17, & 18	August 22, 23, & 25
Entering Minor or Major Atom	Off-Ice	4:45 - 5:45	6:15 - 7:15
	On-Ice	6:00 - 7:00	5:00 - 6:00
Entering Minor or Major Peewee	Off-Ice	5:45 - 6:45	7:15-8:15
	On-Ice	7:00 - 8:00	6:00 - 7:00
Entering Minor or Major Bantam	Off-Ice	6:45 - 7:45	8:15 - 9:15
	On-Ice	8:00-9:00	7:00 - 8:00

Tavistock and District Recreation Center

*Please arrive 15 minutes prior to the all off-ice sessions and meet at front doors of arena.

**Arrive 30 minutes prior on first day to check in.

Killer'sInstinct
HOCKEY DEVELOPMENT



6 hours of on ice hockey development
6 hours of premium dryland training
\$205

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HOCKEY DEVELOPMENT



HOW

Please complete the following information.

Registration will close July 30th, 2017.

Please make cheques payable to

Geoff Killing.

Name: _____

Address: _____

City: _____

Postal Code: _____

Date of Birth (D/M/Y): _____

Home Phone: _____

Cell Phone: _____

Email: _____

Level for upcoming hockey season (2017-2018):

☐ **Minor Atom**

☐ **Forward**

☐ **Major Atom**

☐ **Defenseman**

☐ **Minor Peewee**

☐ **Major Peewee**

Referred by:

☐ **Minor Bantam**

☐ **Major Bantam**

Mail registration and payment to:
Geoff Killing

476198 Zorra/East Zorra Tavistock Line
RR#5

Embrow, ON N0J 1J0

Geoff Killing

Cell: (226)-228-1375

Email: gkilling8@gmail.com