



9-21 june, Broceni



International Goaltender Training Camp 2014

L. Tambijev / I. Gorbenko Hockey Camp

N.G. Puchkov Goaltender School



9 – 21 june

IGTC (The International Goaltender Training Camp) - is the largest goaltending event on the territory of CIS. IGTC has become more than just a simple hockey training camp, it has become an active center of athletes training life. In a common impulse, the goaltenders from various cities, who has a different skill-level and age, gathers in St.Petersburg to improve their skills. Today this program is available in Latvia.

We are proud to offer a modern program of goaltenders training technique, which has been using for a long time in Sweden and Finland, the motherlands of the best goaltenders in the world. The Scandinavian training system successfully works in Russian NGP and in many other countries. Now it's available for you.

12 days of intensive trainings will help to all goaltenders to improve their skills. During this time we will touch upon the main technique elements of training , correct the defects and also we will help you to increase your fitness level.



Date: 9-21 of June (13 days)

Place: "The sports center of Broceni "
Broceni, Latvia

The coaches:

Leonid Tambiev (HC "Riga", Latvia U20)

Igor Gorbenko (HC "Captain" Stupino)

Andrey Banada (HC "Riga", Latvia U20)

Coaches from N.G. Puchkov school

+ Latvian assistants, players of MHL

The schedule of training days:

Breakfast	
Warm-up	30 min
On ice drills*	1 h 15 min
Stretching + SPT **	1 hour
Dinner	
Rest	
Dryland drills	1 h 30 min
Supper	
Additional training	40 min
Rest	

* Ice –The goaltenders will be also involved in trainings of players therefore in turn at goaltenders will have two ice trainings on day.

** SPT – special physical training



Working conditions



Sports hall



Hotel



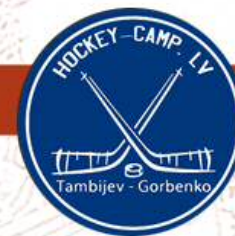
Ice rink



Gym



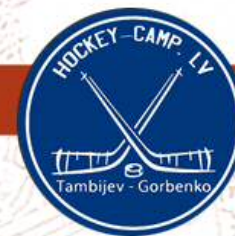
The schedule of training days



date	Ice practice	Off-ice practice
9 June (Mon)	Skating drills (recovering skills)	Power gymnastic
10 June	Skating drills (work on spots)	Coordination
11 June	Skating drills + sliding on pads	Stretching
12 June	Low shots	Coordination
13 June	High shots	Strengthening of legs' muscle ligaments
14 June	Playing on backward move	Use of stick
15 June	Free day	Sport games
16 June (Mon)	Redirection play	Coordination
17 June	Balance	SPT
18 June	Skating drills + sliding on pads	Stretching
19 June	Playing behind the crease	Coordination
20 June	On-ice recovery	Acrobatics
21 June	Skating drills + game	



The cost of participation



The cost includes: trainings, food, accommodation and the medical service. Besides the training program "IGTC of 2014 Latvia (800 EUR) there is a short 6-day program which will be used on the 5th session of camp (450 EUR)



The retinue could stay at the hotel in 3 km far from our training camp. The cost is 35 EUR per day.



Join us!



- 1** For joining us, you must fill in a form and send it by e-mail info@hockey-camp.lv (or mail@vratari.net) . You can request the form by mail.
- 2** The payment should be made by cash (euro) at the day of arrival. We will organize a free transfer from Riga to Broceni if it will be necessary.

Pay attention! At the same time will be working the camp for players! If you have familiar hockey players, who wants to spend this June with advantage - come together! You could find more information about this camp on www.hockey-camp.lv

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