

HOLIDAY GOALIE CAMP

with Coach Dave Caruso



Dates: Dec. 21-23, 2015 (Mon-Wed)

Monday: 12:00-1:00pm off-ice
1:00-2:30pm on-ice

Tuesday: 12:00-1:30pm on-ice
1:30-2:45pm off-ice

Wednesday: 12:00-1:30pm on-ice
1:30-2:45pm off-ice

Ages: 10-18 years old

Cost: \$175

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).

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 average

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!



Presented By:

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