

Kearney Camp basic philosophies and expectations overview.

I have and always will be a huge proponent of station based practices which focus on both technical and tactical skill development. Examples of these include but are not limited to.....

- The specific and critical development of each hockey players hands through stickhandling, passing, and shooting (with space and time and without) as well as on and off ice strength training and educating parents on how to personalize their child's equipment needs to fit their skill development goals.
- The development of each players overall physical strength and, in particular, ones' core strength and fast twitch muscle development through on and off ice body weight plyometric agility challenges.
- The development of each players acute understanding of the fundamental importance of skating with a focus on edge control by teaching to the critical importance of body positioning, stride length and recovery, hip strength and flexibility as well as a myriad of other dynamic skating components.
- The development of on-ice awareness often referred to as "hockey sense" which I truly believe can be taught and developed. Situational awareness and playing with and off the puck are in my opinion what separates, not only the greatest players in the world from the rest, but all players regardless of age and skill level. Kearney Camps small games approach to teaching hockey, which I swear by as a coach, is one of the staples of USA hockey and the Advanced Development Model (ADM). For all the right reasons.
- The propagation of an environment predicated on teaching, inclusion, acceptance, support, hard work, passion, love and above all else FUN!!!!

"If your son or daughter comes off the ice both smiling and sweaty it was, indeed, a great day for hockey."

If for any reason you would like clarification on anything Kearney Camp related please don't hesitate to contact me at any time.

Thank you,

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