

**HOCKEY FUNDAMENTALS - Ages 6-12 HL,LL and REP level players**

**Monday's , 6-7pm @ Bond Lake. Oct 2 - Dec 18 ( No ice on Thanksgiving )**

**Focus**

Skating forwards and stride speed and agility

Puck control - stick handling , passing and receiving

Shooting - basic technical load and weight transfer

Pre-requisite players must be able to skate efficiently without assistance

**SPEED AGILITY AND SKILLS - Ages 9-14 advanced HL,HL and REP players**

**Monday's , 7-8pm @ Bond Lake. Oct 2 - Dec 18 ( No ice on Thanksgiving )**

**Focus**

Skating - increased level of edgework, stride and mobility

Puck control - understanding pressure and puck control techniques

Shooting - in motion , through screens

Pre-requisite - 3-4 season of HL and REP

**LEARN TO SKATE - Tuesday's 6-7pm @ Elgin Barrow Oct 3 - Dec 19 ( No ice on Halloween )**

Basic learn to skate for the beginners.

Focus on the basics of skating and stick handling

**GOALIE CLINIC Tuesday 7-8pm @ Elgin Barrow Oct 3 - Dec 19 ( No ice on Halloween )**

Open to all goalies from the beginner to REP

**There is no charge for the goalie program**

**ELITE GAME SITUATIONAL AND SKILLS AGES - 10-15 HL, LL, REP PLAYERS**

**Tuesday's 8-9pm @ Elgin Barrow Oct 3 - Dec 19 ( No ice on Halloween )**

**Focus**

Skating - Mohawks and traditional edge works

Puck control - Deceptive protective maneuvers, creating time and space

Passing - give and go techniques

Shooting - in motion , off back and front foot, through screens

Pre-requisite - 3-4 season of HL and REP

**Tips for Tots Development Program - 4 - 7 yr old HL players**

**Wednesday's 6:45-7:45pm @ Ed Sackfield South Oct 4 - Dec 20**

Focus- Overall additional time on ice development for the Entry Level Houseleague Player

Skating- continued emphasis on basic stride

Puck Control- Basic stick-handling maneuvers

Prerequisite- Player must be able to fall, get up and skate on their own without assistance.

**POWER SKATING AND HOCKEY FUNDAMENTALS AGES 6-12 HL,LL, REP PLAYERS**

**Wednesday's 7:45-8:45PM @ Ed Sackfield South Oct 4-Dec 20**

**Focus**

Skating (forward and backward stride, speed and agility)

Puck Control (stick-handling, passing and receiving)

Shooting - basic technical load and weight transfer

Pre-requisite players must be able to skate efficiently without assistance

**SPEED, AGILITY,SKILLS AND PERFORMANCE AGES 9-14 ADVANCED HL,LL,REP PLAYERS**

**Wednesday's 8:45-9:45PM @ Ed Sackfield South Oct 4-Dec 20**

**Focus**

Skating- increased level of stride, edgework and mobility

Puck control - understanding pressure and puck control techniques

Shooting - in motion , through screens

**Tips for Tots Development Program - 4 - 7 yr old HL,LL players**

**Friday's 5-6pm @ Bond lake Oct 6 -Dec 22**

Focus- Overall additional time on ice development for the Entry Level Houseleague Player

Skating-continued emphasis on basic stride

Puck Control- Basic stick-handling manouvers

Prerequisite- Player must be able to fall, get up and skate on their own without assistance.

**POWER SKATING AND HOCKEY FUNDAMENTALS AGES 6-12 HL,LL, REP PLAYERS**

**Friday's 6-7pm @ Bond lake Oct 6 -Dec 22**

**Focus**

Skating (forward and backward stride, speed and agility)

Puck Control (stick-handling, passing and receiving)

Shooting - basic technical load and weight transfer

Pre-requisite players must be able to skate efficiently without assistance

**SPEED, AGILITY,SKILLS AND PERFORMANCE AGES 9-14 ADVANCED HL,LL,REP PLAYERS**

**Friday's 7-8pm @ Bond lake Oct 6 -Dec 22**

**Focus**

Skating- increased level of stride, edgework and mobility

Puck control - understanding pressure and puck control techniques

Shooting - in motion , through screens