



# INTRODUCTION TO HOCKEY



## FULL SPRING/SUMMER INTRODUCTION TO HOCKEY

PREREQUISITE OF A COMPLETED LEARN TO SKATE IS  
REQUIRED TO SIGN UP FOR INTRODUCTION TO HOCKEY

INTRODUCTION TO HOCKEY WILL BE A FULL SPRING/SUMMER  
PROGRAM, WORKING ON THE SKILLS NEEDED TO BE READY FOR  
ADM, AS WELL AS FULL ICE GAME PLAY.

**FIRST 10 WEEKS**- The first 10 weeks will consist of players developing individual  
skills. (Skating, edge work, stick handling, shooting, proper passing technique, and  
more)

**LAST 5 WEEKS** - The last 5 weeks will consist of taking the skills we learned in  
weeks 1-10, and using them in Small Area Games! 2v2 games, 3v3 games, and even  
including some full ice 5v5 games!

**NOTABLE TIME** **APRIL 16TH - AUGUST 6TH**  
**CHANGES:** **SUNDAYS: 10:40 - 11:40am**  
**4/16- 1:10pm** **MAX ENROLLMENT- 35 PLAYERS**  
**4/23- 3:10pm** **\$570 PER SKATER**  
**NO REFUNDS**

Due to Major Holidays,  
and previously  
scheduled major events,  
there will be NO ICE on  
6/11 OR 7/2

## **THE PROCESS**

Players will begin with the basics techniques  
of skating (with and without the puck),  
stickhandling, puck control, shooting and  
passing! From there, we will take those skills  
and incorporate them into some more complex  
drills involving skating, passing, and  
shooting! Only to finish up the last 4 weeks  
by using those skills learned to play some fun  
filled games!!

## **OUR GOAL**

Development of a young hockey player is so  
very important. Our staff wants what is  
absolutely best for each individual players  
development. Every player progresses at a  
different rate. Our goal as coaches is to make  
sure each player is placed where they need to  
be moving forward, to help further their  
development the best we can! That all starts  
with Introduction To Hockey.

PLEASE DIRECT ALL QUESTIONS TO HOCKEY DIRECTOR, RYAN HOLKE,  
AT [HOCKEYDIRECTOR@ARCTICICEARENA.NET](mailto:HOCKEYDIRECTOR@ARCTICICEARENA.NET)