



INTRODUCTION TO HOCKEY



FULL SEASON 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 SEASON PROGRAM,
WORKING ON THE SKILLS NEEDED TO BE READY FOR ADM, AS WELL
AS FULL ICE GAME PLAY. WE WILL DIVIDE THE YEAR INTO 2 PHASES.

PHASE 1- Phase 1 will consist of players developing individual skills. (Skating, edge work, stick handling, shooting, proper passing technique, and more)

PHASE 2- Phase 2 will consist of using skills from Phase 1 in a more competitive environment, but also get them used to doing drills involving other players. These types of drills will take our new skills from Phase 1, and incorporate them into more complex hockey drills. (Skating skills with pucks on their sticks, passing drills with multiple players, game like situations including 1 on 1s, and 2 on 2 small area games, and more)

SEPTEMBER 11- MARCH 12

SUNDAYS: 10:40AM-11:40AM

MAX ENROLLMENT- 35 PLAYERS

\$650 PER SKATER

NO REFUNDS

Time Changes

10/2- 2:40pm

12/4- 12:00pm

1/29- 12:10pm

OUR GOAL

Development of a young hockey player is so
very important. Our staff wants what is
absolutely best for each individual player's
development, which is why we have two Phases
of Introduction To Hockey. Every player
progresses at a different rate. Our goal as
coaches is to make sure each player is placed
where they need to be to help their
development the most!

**PLEASE DIRECT ALL QUESTIONS TO HOCKEY DIRECTOR, RYAN HOLKE,
AT HOCKEYDIRECTOR@ARCTICICEARENA.NET**

THERE WILL BE NO ICE ON 9/18, 11/13