



# INTRODUCTION TO HOCKEY



## FULL SPRING/SUMMER INTRODCUTION 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 4 WEEKS** - The last 4 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!

**MAY 15TH - AUGUST 28TH**

**SUNDAYS: 10:00 - 11:00am**

**MAX ENROLLMENT- 35 PLAYERS**

Due to Major Holidays, and  
previously scheduled  
events, there will be NO ICE  
on 5/29 AND 7/3

### **THE PROCESS**

**\$540 PER SKATER  
NO REFUNDS**

### **OUR GOAL**

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!!

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)**