



INTRODUCTION TO HOCKEY



FULL SEASON 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 8 - MARCH 9

SUNDAYS: 10:40AM-11:40AM

NO ICE ON:

9/15/24

11/17/24

MAX ENROLLMENT- 35 PLAYERS

\$700 PER SKATER

NO REFUNDS

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@ARCTICEARENA.NET**