



Hockey Program



7-8 Year olds

Day 1

- Review of skating, balance, turning and stopping. This will be a review of many of the Power Skating concepts with the inclusion of pucks.
- Introduction of Stick handling and skating with pucks, pylon drills and fun games that include pucks.

Day 2

- More in depth Stick handling and using all kinds of basic skating techniques, including stopping, turning, and crossovers with pucks. Also includes the basics of puck protection.
- Finish with the basics of passing, mostly stationary, both forehand and backhand. This will include passing to a coach and receiving from coach.

Day 3

- Lots of passing to and from other players while moving. Basics of Passing angles, and moving while passing and receiving. Emphasize communication, and leading players with a pass. Three different stations that will work on different concepts and skills of passing.
- Finish with the learning of the wrist shot and some shooting drills that will incorporate the concept of taking it properly.

Day 4

- Review of the wrist shot and the learning of the backhand. Depending on the level of the players may also include learning the Snap shot.
- This day will have many drills that incorporate all the basics that we have learned from skating, stick handling, passing and shooting. Lots of stations and as many different drills that we can get in the day.

Day 5

- Last day a lot will depend on the level of the group. Will talk about 1 on 1's, the basics of defense, a little bit on positions and then have a ton of fun!!! Lot's of games and a possible controlled scrimmage to finish.

9-10 Year Olds

Day 1

- Review and the basics of stick-handling and controlling the puck. Talk about puck protection and using your body to shield defenders. Lots of drills that incorporate these concepts.
- Second half will be passing using the forehand and backhand. This will be basic concepts that you can never get enough work on. Stationary passing and receiving, easy give and go's, quick hands, eye contact and communication.

Day 2

- This day will be a passing day with lots of drills incorporating moving and passing. We will work hard on giving a good target, good passing angles, leading the players with the pass and passing hard. We will challenge each player to make consistent good passes. It will be a flow day including some fun and games.

Day 3

- This day we will review, and learn about shooting. We will review the Wrist shot, Backhand, Snap shot and possibly the Slap shot. We will take lots of shots on the goalies. We will learn things about weight transfer, strength, accuracy.
- We will talk and work on other things like deking, screens, deflections, and shooting in stride.

Day 4

- This day we will work on 1 on 1's and 2 on 1's. We will work on the basics of angling and using your body. We will talk about gap control and learn the basic stick checks such as the sweep, poke and lift checks.
- We will go into the basics of the offensive zone triangle, driving the net, creating open space. We will talk about head manning the puck and playing as a team on offense.

Day 5

- The final day we will work on the basics of breaking out of our zone. We will work on going back and getting the puck and making a good first pass. We will talk about the options of getting out of our end.
- We will finish with a review of all we have done and have fun. We will play some games and possibly finish with a scrimmage.

11-14 Years old

Day 1

- Review and the basics of stick-handling and controlling the puck. Talk about Puck protection and using your body to shield defenders. Lots of drills that incorporate these concepts.
- Second half will be passing using the forehand and backhand. These will be basic concepts that you can never get enough work on. Stationary passing and receiving, easy give and go's, quick hands, eye contact and communication.

Day 2

- This day will be a passing day with lots of drills incorporating moving and passing. We will work hard on giving a good target, good passing angles, leading the players with the pass and passing hard. We will challenge each player to make consistent good passes. It will be a flow day including some fun and games.
- We will talk and work on other things like deking, screens, deflections, and shooting in stride.

Day 3

- This day we will work on the basics of body checking, angling, pinning and battling in front of the net.
- This day we will work on 1 on 1's and 2 on 1's. We will work on the basics of pivoting and using your body. We will talk about gap control, and learn the basic stick checks such as the sweep, poke, and lift checks.

Day 4

- We will go into the basics of the offensive zone triangle, driving the net, and creating open space. We will talk about head manning the puck and playing as a team on offense.
- We will work on 3 on 1's and 3 on 2's. We will work on neutral zone regrouping, hinging and staying or filling the three lanes on the ice.

Day 5

- The final day we will work on the basics of breaking out of our zone. We will work on going back and getting the puck and making a good first pass. We will talk about the options of getting out of our end.
- We will finish with a review of all we have done and have fun. We will play some games and possibly finish with a scrimmage.

Have a great summer see you on the ice!

Jamie Steer

Street Hockey Program

We are very excited, and I am sure the kids will be too about adding 4 full indoor STREET HOCKEY rinks to our program. The Floor Hockey program will include Goalie pads and sticks for the targets. Kids will be expected to wear their own helmets, sticks and gloves during this event. Please feel free to bring your street hockey stick, only if it is in good condition. (We do not want any slivers) We will be dividing the kids into 5 teams, and playing a round robin tournament throughout the week. Runners and shorts, or sweat pants are the preferred attire for this event.