



SKILLS DEVELOPEMENT PROGRAM

DIRECTED BY COLLEGE & PREP COACHES

OPEN TO MIDDLE, HIGH SCHOOL, & PREP PLAYERS

TUESDAY NIGHT'S

10 SESSIONS - 6:20 – 7:50 PM - STARTING APRIL 22, 2008

Our program is not a series of copied drills run by a former player. We believe that the teaching of skills is a unique and separate Craft. The ability to identify deficiencies, in depth knowledge of improvement methods, and instructional skills tuned to the right channel are just the initial pieces of the puzzle.

Skills for Skaters: The sessions will be focused towards skills that are actually required and used in games. The primary objective of these sessions is to increase high speed skills, including stick handling, while respecting the balance and agility required of game conditions. The base elements of each session are a positive "learning environment", a healthy respect for interval training, constant self challenges, and a consistent stream of detailed methods to achieve.

By providing familiarity and training while at a competitive pace, performance improves. As the resulting sense of accomplishment is achieved, the level of confidence increases.

Goaltending Skills: The primary objective of this session is to develop goaltending basics through constant repetition of the fundamentals. A multiple of various drills focused on the proper foundations enable players to build the skills necessary to achieve their potential.

Sessions include small groups with a dedicated Goalie Coach. Featuring in depth explanations, various teaching aids, and combined with a positive approach into a program directed at the **NEXT SAVE!**

Space will be limited. All Ice is at Wilmington. Enrolled participants will receive a NE WHL Shirt. The cost to Enroll for all **10 Sessions is \$225.**

If the program does not sell out to enrolled players, walk-on's for individual sessions will be available for \$25.

Thank You.