

PD 2016...

PEEWEE SESSION

"Core Edge Hockey"

Program Information

POWER SKATING & STICKHANDLING PROGRAM



POWER SKATING...

- Forward and Backward Stride – 4 Key Elements of the Stride
- Edges – Inside and Outside Edge Training
- Balance, Crossovers, Starts and Stops
- Tight Turns and Transition Moves
- Agility and Footwork
- All Edges and Stride work will be done with a puck once players understand the movements.

STICK HANDLING

- Russian Stick Handling Movements
- Movements will be over exaggerated to promote movement all around the body to increase range of motion.
- Multi Puck Stick Handling to improve hand eye co-ordination.
- Stick Handling, Control and Passing Skills.

Dates and Times

Mondays 7:30pm – 8:30pm

January 4, 18 February 1, 15, 29

Cost - \$100.00



BMHA Player

Development has set a course to deliver new and innovative options for individual and team training.

New Program:



Contact info:

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