



# Hockey Academy

## Fall 2011 Adult Hockey Instructional

Open to Divisions 2-4 and NEW hockey players.

- Dates: October 8<sup>th</sup> through December 3<sup>rd</sup>  
Time: Saturday nights 6:45 – 7:45pm for 8 weeks  
*No class Nov. 26<sup>th</sup>*  
Cost: \$145 for all 8 classes  
\$20/day drop-in fee

\*\*\*Full equipment required\*\*\*



Led by Sportsplex coaches, this class will focus on the fundamentals of hockey including forward and backward skating, passing, shooting, and game sense. Each class will begin with a warm-up and review of fundamental power skating techniques followed by full ice puck handling and skating drills. Sessions will end with small area games designed to make players think and react intuitively.