

# Spring Hockey

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**RoseGarden  
Ice Arena**

NORWICH, CT

**Under the direction of Hockey Skills and Concepts founder Chris Avena**

**Sessions will cover the following:**

## **\*Skating**

- Edge skating/Footwork
- Keeping shoulders square for better shooting/defending
- Mohawk technique

## **\*Puck Control**

- Stick handling
- Puck Protection
- Passing
- Placing puck where receiving player can make a play
- Placing puck in open areas

## **\*Creating Space/Taking Space Away**

- How to create time and space for better play making/shooting
- Basic cycling

## **\*Movement Without The Puck**

- Making defender make a decision
- Recognize and move to open ice
- Driving net/Back checking with a purpose

## **\*Defenseman Focus**

- Gap Control
- Stick on Puck
- Breakout passing

## **\*Neutral Zone Possession, Flow, and**

## **Regroups**

## **\*Basic Forechecking**

- Anticipation and recognition

## **\*Further Your Knowledge of Basics**

- Basic execution of 2 on 1 and 3 on 2 situations

## **\*Offensive/defensive zone positioning**

## **All ages Mite-Adult:**

First week will be evaluation week

**5:40-6:40pm : Mites/Squirts**

**6:50-7:50pm: PeeWee/Bantam**

**8:00-9:30pm : Midget/Adult**

- ◇ Skaters may be regrouped after first week based on ability level.
- ◇ If change in group involves a fee change, see Tiesha before the second week of classes.

**Day: Wednesday**

**Time: See above**

**Dates: April 11-June 20**

**Fees (11 weeks):**

- Mite-Bantam: \$200.00
- Adult-Midget: \$300.00

**All skaters must have a waiver**

**Full equipment required**

**Multi Program/Family discounts**