

Specialized Hockey Development

With Coach Brendan Marfleet & the Elite Team

U15 – U21 (Bantam - Junior)

Thursdays 4:00 – 5:00

April 8 – June 17

11 Classes \$528.00 + GST #268



This is a high paced class designed for competitive players looking to make the step to the next level.

The Elite Coaches will be using Elite's core skating fundamentals and applying it to game-like situations. This class will strengthen all skills with quality and efficiency. The coaches will be combining proper skating technique with a variety of skills to help the player have the most success in a game. **As coaches our philosophy is this; we want to push kids to be the best possible hockey players they can be and to encourage growth in their love of the game.** These sessions will maintain a high pace – taking advantage of every second we have on the ice. Elite coaches provide meticulous attention to detail, constant feedback & correction and continually look to improve each individual athlete. **Our mission is to develop and improve each player to have them best prepared to excel in-game.**

The following skills will be focused on throughout the duration of the program (but not limited to):

Inside & Outside Edges

Stride & Edgework Techniques

Stick Handling & Dekes

Puck Control & Protection

Passing

Positioning & Hitting

Offensive & Defensive Tactics

Shooting in Stride

General Shooting Techniques

Corner & Net Front Battles

To Register: Email eliteskating@sportsplexbc.com | Or Visit www.eliteskating.ca
Private and Semi-Private Lessons, Power Skating Classes and Team Training
Associated 3-digit barcodes can be referenced to register