

# ELITE SKATING & HOCKEY DEVELOPMENT

## Specialized Hockey Development

With Coach Brendan Marfleet & the Elite Team

**U15 – U21 (Bantam - Junior)**

**Thursdays 4:00 – 5:00**

**April 7 – June 9**

**10 Classes \$490.00 + GST #594**



**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](mailto:eliteskating@sportsplexbc.com) | Or Visit [www.eliteskating.ca](http://www.eliteskating.ca)  
Private and Semi-Private Lessons, Power Skating Classes and Team Training  
Associated 3-digit barcodes can be referenced to register

**Langley Sportsplex**