

ARCTIC JR. FURY SUMMER HOCKEY US HOCKEY SKILLS PROGRESSION TRAINING PROGRAM 4 ON 4

Beginning: June 18 and 19, 2016 **Ending:** July 30 and 31, 2016

No Classes: July 2 and 3, 2016

6 Weeks: One day per week / 90 minute slot

Max Enrollment: 35 per ice slot

Cost: \$130 per skater. GOALIES sign up and play for free.

Mites:	(Age 5 and 6) 2010/2011 Silver/Minor	Saturday 1:30pm-3:00pm
	(Age 7 and 8) 2008/2009 Gold/Major	Saturday 1:30pm-3:00pm
Squirts:	(Age 9 and 10) 2006/2007	Saturday 8:30am-10:00am
Peewees:	(Age 11 and 12) 2004/2005	Sunday 1:30pm-3:00pm
Bantams:	(Age 13 and 14) 2002/2003	Sunday 8:30am-10:00am

Purpose: To improve all youth hockey player's ability, balance and coordination in a positive environment for maximum physical and psychological growth.

The training sessions have been developed to advance their hockey development and to cover all the fundamental skills essential to making them a better hockey player.

The first 45 minutes will focus on skill development; skating, puck handling, passing and receiving, shooting and angling/body contact.

The second 45 minutes will consist of 4 on 4 hockey games. The players will be divided on the ice into teams and have automatic line changes every 1½ to 2 minutes. This improves team play concepts of offensive and defensive support.

These training sessions will be taught by Chris Cimoch along with the Arctic Jr. Fury coaching staff.

Registrations will be taken at the front desk. The maximum enrollment is 35 skaters per day and age level.

Please call 708-403-4231 ext 100 to register or stop by at the front desk.