

TURKEY TIME HOCKEY CLINIC



## DATE: NOV. 30 & Dec. 1

## **Instructor: David Gust**

## Pricing- \$125 ICE SLOTS

- MITE/ SQUIRT: 8:00-9:20 am
- PEEWEE/ BANTAM: 9:30-10:50 am

INDIVIDUAL SKILL WORK! TRAIN THE DETAILS, OWN THE GAME

- <u>Edgework</u>- Most important foundational piece in a players development.
  - Balance and Agility
  - Acceleration
  - Quick transitional movements
- <u>Stickhandling</u>- Variations of stationary stickhandling and moving through obstacles focusing on
  - Puck placement
  - Puck control
  - Vision
  - Quick hands
- <u>Mini games</u>- Putting the clinics tools to the test in small area game

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