

Checking Clinic

Tues. – Aug. 10th, 4:30-5:45pm

Coaches – Joe Pfeelgor, Michael Spawton and guest coaches.

Pee Wee and Bantam (20 player max) - \$15



Hockey is a high-speed, impact sport and failure to be proficient at receiving a check can result in serious injuries. For this reason, we feel compelled to offer a pre-season checking clinic. The main focus of these sessions is to better prepare the player to give and receive a body check. A note to all is that we have found that the best skaters are often the best checkers. We strongly recommend that all players who are experiencing difficulty in giving and receiving body checks should examine their skating skills.

Checking Components:

Angling, pins, rub-outs, presses, tie-ups, open ice checking and physical play along the boards

- Body Positioning
- Balance
- Angling
- Open Ice Checks
- Pins
- Rub-outs
- Presses
- Physical play along boards

Sign up at The Ice Sheet or by calling (801)778-6311. Space is limited to 20 participants per clinic. Space fills quickly, so don't be left off the ice.

For questions concerning this clinic or other programs at The Ice Sheet, call;

Todd Ferrario
Programs/Administrative Director
(801)778-6354

Or

Mariko Rollins
Office Manager
(801)778-6300



Shooting and Scoring Clinic

Thurs. – Aug. 12th, 4:30-5:45pm

Coaches – Michael Spawton, Curtis Snowball and guest coaches.
Squirt, Pee Wee and Bantam (20 player max) - \$15

What's more fun than scoring goals? Our shooting and scoring hockey clinic breaks down your shooting game to improve and build your skills, making you a better player. In these camps you will improve your shooting and scoring power, along with stick handling skills.

Shooting, Scoring and Puck Control Components:

- Forehand Wrist Shot
- Backhand Wrist Shot
- Slap, Flip & Snap Shot
- Deflections
- Accuracy
- Puck Control
- Passing/Receiving
- Breakaway Scoring

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Defensemen Clinic

Tues. – Aug. 17th, 4:30-5:45pm

Coaches – Joe Pfleeger, Braxton Green and guest coaches.

Squirt, Pee Wee and Bantam (20 player max) - \$15



This camp is focused on game concepts that will give you a whole new feel for team play and awareness of the game. This is NOT a general skills clinic. You will focus on the defenseman's point of view and learn how to adjust your play in all areas of the rink - defensive zone, neutral zone and the offensive zone.

Defense Components:

- Defensive Positioning
- Puck Handling
- Backward Skating in the Zones
- Body Positioning
- Angles
- Open Ice Checking
- Stick Checking
- Odd Man Rushes
- Slap Shot – the how's and when's

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Speed and Edge Control Clinic

Thurs. – Aug. 19th, 4:30-5:45pm

Coaches – Mariko Rollins, Braxton Green, Curtis Snowball and guest coaches.

Squirt, Pee Wee and Bantam (20 player max) - \$15

This clinic is specifically designed to stress the foundation of good hockey – Skating. Each skating drill is to develop a specific aspect of correct skating technique. As drills are executed, players receive immediate coaching where correction is necessary. Skills are taught and refined through specific drills and practice. We work to develop strengths and improve weaknesses. This is not a conditioning clinic, that takes repetition. Good technique adds value to your game regardless of stamina.

Speed and Edge Control Components:

- Achieve better acceleration and higher top end speeds
- Balance point training for better edge control and power transfer
- Stability, Agility, High speed turning from forward to backwards, backwards to forwards
- Tight space maneuverability, and acceleration
- Forward and backward crossovers, sprinting forwards and backwards
- Impact readiness and avoidance stance, as well as skating through deke situations offensively and defensively
- Skill breakdown; teaching players and coaches to spot and isolate weakness and equip them with a practice prescription

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