

## 1. DEFENSIVE SKILLS & TACTICS:

Week 1: Monday April 9<sup>th</sup> AND Thursday April 12<sup>th</sup>  
Week 2: Monday April 16<sup>th</sup> AND Thursday April 19<sup>th</sup>  
Week 3: Monday April 23<sup>rd</sup> AND Thursday April 26<sup>th</sup>

EARLY Spring Session:

**\$249.00**

(Single Session purchase)

Week 1: Monday May 7<sup>th</sup> AND Thursday May 10<sup>th</sup>  
Week 2: Monday May 14<sup>th</sup> AND Thursday May 17<sup>th</sup>  
Week 3: Monday May 21<sup>st</sup> AND Thursday May 24<sup>th</sup>

LATE Spring Session:

**\$249.00**

(Single Session purchase)

Purchase BOTH Early Spring & Late Spring Sessions (6 weeks of training):

**\$449.00** (\$50 discount + enjoy a 1 week break between sessions!)

### Monday's:

- Position Specific Skill Training
- 15 players maximum.
- 2 IMPACT HOCKEY Head Coaches + 2 Instructors
- Defensive Instructional Focus:
  - Position Specific skills training
  - Game Tactics & Concepts
  - Positional Understanding & Awareness

### Thursday's:

- Competition & Game Play vs. Offensive players
- 30 players (15 offensive players & 15 defensive players) maximum
- 4 IMPACT HOCKEY Head Coaches + 2 Instructors
- Competitive Instructional Focus:
  - Implementing skills & tactics into game situations
  - Competing for positional advantage
  - Offensive & defensive Game play & competition.

### Peewee Specific Training:

Training Particulars in addition to Position Specific Details include:

- Learn, Use of body for contact, protection & attaining positional advantage.
- Gain confidence in 1 vs. 1 situations.
- Understand the rules of the game to give yourself the best chance to be successful.

### Bantam Specific Training:

Training Particulars in addition to Position Specific Details include:

- Better define & perform position specific skills.
- Learn, use of body for Checking AND Contact.
- Increase pace of play and understanding of positional requirements.

### Midget Specific Training:

Training Particulars in addition to Position Specific Details include:

- Master positional fundamentals at highest pace possible.
- Increase pace of play to adhere to the next level.
- Compete in more complex situations, requiring more awareness and responsibility.