

AGE GROUPS

- + U9/U11 - 2017-2016-2015
- + U13/U15 - 2014-2013-2012 - 2011

SKATERS - PLAYER TO COACH RATIOS

- + 16 SKATERS + 2 GOALIES/GROUP
- + 8:1 - PLAYER TO COACH RATIO

AREAS OF FOCUS

- + BALANCE
- + EDGE CONTROL
- + QUICK FEET/FIRST 3 STEPS
- + LATERAL POWER AND QUICKNESS
- + TIGHT/JAM TURNS AND TRANSITIONS
- + GLIDE TURNS AND TRANSITIONS
- + EFFICIENT CROSS OVERS
- + POSITION SPECIFIC - SKILLS & TACTICS - FORWARD & DEFENCE
- + SHOOTING TECHNIQUES - SNAP, WRIST, BACKHAND & SLAP SHOTS
- + SHOOTING IN STRIDE/ SHOOT TO SCORE
- + PUCK SKILLS/PUCK PROTECTION
- + SMALL AREA GAMES

MASTER SKILLS

OPEN TO ALL SKILL LEVELS - U9-U11-U13-U15

FOR MORE INFORMATION OR TO REGISTER PLEASE EMAIL US @ SHIFTHOCKEYSSM@GMAIL.COM
WWW.SHIFT-HOCKEY.CA