

HOCKEY TRAINING

**NOW AVAILABLE AT THE
ICE CONNECTION**

Individual Training:

Session Length = 1 Hour

**Material Covered = Skating, Stick Handling, Puck Control and
Puck Protection, Passing, and Shooting**

Cost = \$25 Per Session

Small Group training:

Session length = 1 Hour

**Material Covered = Skating, Stick Handling, Puck Control and
Puck Protection, Passing, Shooting, and Game Situations**

Cost = \$20 Per Session

***Maximum of 6 Players Per Session ***

**ALL SESSIONS ARE SCHEDULED BY APPOINTMENT AT
THE ICE CONNECTION**

INSTRUCTOR: BRAD POSEY

I have been training young athletes and improving their skills for four years. I believe player development never reaches maximum potential during the regular season because of two reasons. One is that technique and skills are over looked because rink time is just too short and the other reason is some players just need that individual attention. I train all my players through an economical system. This means that players are working on multiple skills at the same time to achieve maximum results in all areas of their game

If you have any questions or would like more information about the training opportunities please stop in the pro shop or contact Brad Posey Rink Manager at 724-898-2440