

CHECKING CAMP

Head Instructor: Brad Posey

BIRTH YEARS = 97'S, 98'S, & 99'S

Starts March 15th

6 SESSIONS : Times TBD

March: 15th, 16th, 18th, 19th, 23rd, 25th

COST = \$230.00

(Please make checks payable to Brad Posey)

The purpose of checking:

Is only to separate the opposing player from the puck!!!

Agenda:

STRESS ONLY A CLEAN CHECKING TECHNIQUE

Physical Fitness....Body endurance drills to condition the body for checking

How To Take a Check Safely

Angling an Opponent

How To Deliver a Check

Game Situations...When to check and When not to check

Scrimmage Game

- ALL PLAYERS WILL RECEIVE A CHECKING CAMP JERSEY -

Call or Email Brad Posey to Register at:
724-898-2440 or Email at: poseybrad9@yahoo.com