

*You Are Not Going to Want To Miss This.....
LIMITED TO THE FIRST 20 SKATERS PER AGE GROUP*

**60 Minutes On-Ice
40 Minutes Off-Ice
75 Minutes On-Ice**

**4 Saturdays Starting
March 20th
3/20, 3/27, 4/3, 4/10**

**Only
\$75.00**

Hockey Saturday Seminars 101

This program is designed to teach kids a great foundation of the game of hockey at any level. Both on ice and off ice sessions will be used to teach your son or daughter to become a better hockey player. The more your child knows about the game the more effective they will be on the ice. The ICOP Staff will be using the following methods to relate the information to the players.

On-Ice: Walk Through's, Condensed Drills, Full Ice Drills, Full Ice Scrimmages

Off-Ice: Chalk Talk, Video Examples, Video Reviews of Scrimmage Games

AGENDA:

- Positioning
- Zone Coverage
- 1 on 1 & 2 on 1 Situations
- Team Puck Possession
- Power - Play
- Penalty - Kill
- Improve All Basic Skills

*Each Age Group Will Need At Least 10 Skaters to run...So Please Tell Your Coaches and Teammates To Come and Join Us
The More Involved The Better The Program.*

STARTING TIMES:

Mite: 7:00-8:00am, 8:10-8:40am, 8:45-10:00am

Squirt: 10:15-11:15am, 11:20-12:00pm, 12:05-1:20pm

Peewee: 1:35-2:35pm, 2:40-3:20pm, 3:25-4:40pm

Bantam: 1:35-2:35pm, 2:40-3:20pm, 3:25-4:40pm


ICOP HOCKEY

**STOP IN THE PRO-SHOP OR GO ON-LINE TO
REGISTER
www.iceconnectionofpittsburgh.com**



Ice Connection Of Pittsburgh * Sylvan Spring Lane * Valencia PA 16059 * Phone: 724-898-2440