

POWER SKATING

Head Instructor: Dave Anderson

AGES: SQUIRTS - BANTAM

APRIL 19 - APRIL 22ND

DAYS & TIMES:

MITES / SQUIRTS => M-T-R = 6:15 - 7:15

PEEWEEES / BANTAMS => M-T-R = 7:35 - 8:45

PEEWEEES / BANTAMS => WED. 7:50 - 8:50

MITES / SQUIRTS COST = \$40.00

PEEWEEES / BANTAMS COST = \$50.00

PLEASE MAKE CHECKS PAYABLE TO ICE CONNECTION OF PITTSBURGH

All Players Must Register On-Line At:

WWW.ICECONNECTIONOFPITTSBURGH.COM

Agenda:

- Physical Fitness
 - o The stronger a player's muscles are the harder they can push.
- Explosive Starts
 - o Hockey is a fast paced game full of starts and stops.
- Developing a Powerful Stride
 - o Good technique generates more speed.
- Cross-overs
 - o These should be used to generate speed while changing direction.
- Edge Work
 - o Using both inside and outside edges is crucial to excellent skaters.