



ALOOK HOCKEY ACADEMY

NOVICE.ATOM.PEEWEE



ON-ICE SKILL DEVELOPMENT

This program is designed to aid your son or daughter to improve their game. Our coaches tailor their teaching to best enable our clients to reach their full potential.

Forwards:

- Skating – Agility and Speed
- Shooting & Passing
- Stick handling
- Positioning – Puck support, Net Front
- Communication & Checking (Pee Wee)

Defense:

- Skating – Agility and Speed
- Shooting & Passing – Pucks on net, First pass
- Stick handling
- Positioning – D-Side, Gap Control
- Communication & Checking (Pee Wee)

Goalies:

- Positioning & Angles
- Timing & Forward Motion
- Control - Rebounds, Movement

TIMES & PRICES

- \$995 +GST
- 7-8 AM
- Novice – Monday
- Atom – Wednesday
- PeeWee – Friday
- Pre-registration required
- All sessions at the Springbank Arena
- Program runs September 28, 2009 – April 2010
- Price includes 25 Ice Sessions

ARE YOU MOTIVATED TO BE
BETTER THAN YOUR BEST?

Springbank Park For All Seasons
32224A Springbank Road

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www.alooktraining.com