

Hockey Academy:

Drop-In Classes



Program Outline

Skill guideline

- This program is not recommended for players with no hockey experience
- It is recommended that a player has a minimum of, 1-2 year experience in hockey skills development programming or 1-2 year of league experience

Age guideline

- For participants 7-12 years of age

Program description

- Each class focuses on one specific skill
- 6 different skills in rotation
 - Powerskating / Backwards skating / Tight turns & pivots / Puck handling / Passing / Shooting techniques
- The skill focus for each class is listed on the [Youth Drop-in webpage](#)

Class breakdown

- Classes typically begin with general warm-up or skating drills to gauge the skill level of the group
- The bulk of the class will then focus on drills to develop the specific skill
- The class will conclude with a 5-10 min scrimmage where participants can utilize new/enhanced skills and have some fun



FAQs

Q: My daughter is 6 years old but has been playing hockey for a few years, can she participate in the drop-in program?

A: Yes, your daughter fits well with the skill guideline, it should be an appropriate program for her. We consider skill level ahead of age simply because kids pick up the sport at different ages and also develop at different rates.

Q: My son can only participate once in a while, can I just pay for 1 class at a time?

A: Yes, the reason we set this up as a drop-in program is so that participants can “drop-in” whenever they are available and just pay for one class at a time. There is also an option to pay for the entire course of drop-ins. This option is more cost effective on a per class basis.

Q: What is the instructor to student ratio for the drop-in classes?

A: We try and maintain a ratio between 1:6 and 1:8 the best we can, however sometimes it is difficult to predict how many participants will attend. We generally know which drop-in classes will have a greater number of participants and staff accordingly.

Q: I would like my daughter to be able to skate backwards and raise the puck, will she be able to do both after participating in the drop-in programs?

A: The drop-ins tend to focus more on improving technique. We would recommend one of our Learn to Skate programs if a participant has not done the skill previously. Good shooting technique comes as a result of good balance and the ability to transfer weight from side to side with control, not just from the hands or movement of the stick. Developing good shooting technique and raising the puck cannot happen without solid foundations.



Contact

Is there something we didn't cover?

Send us an email at etobicoke@icesports.com

We will be happy to answer any additional questions you may have about our drop-ins programs.

Hope to see you on the ice!

