



Canlan Kids Skating and Hockey

# *HOCKEY* *ACADEMY*

ELITE HOCKEY TRAINING & DEVELOPMENT

## **Skill guideline**

- This program is designed for players currently playing rep hockey A, AA, AAA
- Exceptions can be made for younger players playing top tier select, looking to play rep hockey the following year

## **Age guideline**

- For participants 8-14 years of age

## **Program description**

- High tempo training sessions
- Multi-level progression flow drills focused on:
  - The development of skating stride and edge work in small-areas while simultaneously stickhandling and releasing quick shots
  - Multi-tasking of motor skills helping to speed up reaction to different game situations
  - Making good decisions and smart playmaking

## **Training session Breakdown**

- Training typically begins with general warm-up and progresses into skating drills
- Players may be divided up based on skill level depending on participation #s
- Players will rotate through different stations working on different skills

**Q: What is the instructor to student ratio for the classes?**

A: We generally maintain a ratio around 1:8. We do accept drop-ins for this class and therefore our ratio can fluctuate but we do our best to ensure we are staffed appropriately.

**Q: My daughter plays at a high level, is strong skater but she needs to work on her puck handling and shooting, will this program focus on puck skills?**

A: Yes, the elite hockey training and development program emphasizes the development of skating skills while also handling the puck. The game is played primarily in small areas, the drills in this program will challenge all players to be able to handle the puck in tight spaces and then get themselves into good shooting positions.

**Q: How does the program work with such a wide age range?**

A: This program can feature a wide range of ages but the principal factor we consider, is that the skill level among the players is comparable. We do our best to evaluate players early on in the program, and divide into different groups if need be based on any skill variances and/or age groups.

**Q: My son has completed 1 session of the Elite program, what is next for him?**

A: All players can benefit from multiple sessions of this program. This is our most dynamic program where the drills are ever changing and the multi-level flow drills constantly provide challenge to our players.

**Is there something we didn't cover?**

Send us an email at [etobicoke@icesports.com](mailto:etobicoke@icesports.com)

**We will be happy to answer any additional questions you may have about our Elite Hockey Training & Development program.**

**Hope to see you on the ice!**