



Canlan Kids Skating and Hockey

HOCKEY *ACADEMY*

HOCKEY FUNDAMENTALS

Skill guideline

- This program is recommended for beginner hockey players; either those who are not yet playing in a league or who may be playing in their first or second year of house league
- Players must have multiple years of skating experience and/or have previously completed multiple skating classes

Age guideline

- For participants 6-13 years of age

Program description

- First 1-2 classes utilized to evaluate current skills, determine starting point for program progression
- Main focus is on skating: teaching good balance and skating technique, basic edges, stopping and starting, developing stride, increasing muscle memory
- Program also introduces puck handling, passing & receiving, shooting and general game strategy

Class breakdown

- Classes typically begin with general warm-up and progress into skating drills
- Classes may be divided up based on skill level depending on participation #s
- Players will rotate through different stations working on different skills
- The class will conclude with a 5-10 min scrimmage where players can utilize new/enhanced skills and have some fun

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

A: We generally maintain a ratio between 1:6 and 1:8.

Q: My daughter is already good skater but she needs to work on her puck handling and shooting, will this program focus on puck skills?

A: The hockey fundamentals program like many of our programs does prioritize skating development over all else. The best players are generally the best skaters, especially at the younger ages. Before excelling at puck handling and shooting, players must first develop good balance. Pucks will be gradually introduced as part of the program progression and players will have the opportunity to work on related skills.

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

A: Players are introduced to the game and/or develop at different rates. This program can feature a wide range of ages but the principal factor we consider, is that the skill levels are relatively similar between the players (see program outline page). 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.

Q: I'm not sure if this program is right for my son, what happens if all the other players are stronger or on the flip side, what if he isn't being challenged enough?

A: Don't worry at all! A participant is never stuck in any given program. Generally we have different programs running at the same time or we stack our programs one after another. We can see what program would be a better fit for him and offer you options to transfer ahead of even the next class.

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 Hockey Fundamentals program.

Hope to see you on the ice!