



Canlan Kids Skating and Hockey

HOCKEY *ACADEMY*

HOCKEY TIPS FOR TOTS

Skill guideline

- This program is recommended for beginner hockey players; either those who are not yet playing in a league or are participating in a timbits/initiation/pre-tyke beginner league
- Players must have multiple years of skating experience and/or have previously completed multiple skating classes

Age guideline

- For participants 4-6 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: My daughter has never skated before but wants to get into hockey, should we put her into this program?

A: No, we highly recommend that she participates in a learn to skate program first. This will allow her to learn good balance, push, glide and pick herself back up when she falls. Trying to learn these basic skills in full equipment, holding a stick in their hand is much more difficult than learning it first without. A completely beginner skater will tend to use their stick to keep themselves up which does not promote proper balance.

Q: Is full equipment required for this program?

A: Yes, full equipment is required. We want to ensure that all players are safe, and fully protected. Players will most likely want to join a league one day, so they should get used to the equipment requirements. You can find a list all the necessary equipment needed [here](#). Here is also a video to show you how to put everything on:

www.youtube.com/watch?v=mroRyKO1At0

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

A: We generally maintain a ratio around 1:6. We do monitor our programs closely and if we do feel we need to add an instructor due to skill variance, we won't hesitate to do so.

Q: What happens if I register my son into this program and he isn't quite ready?

A: We totally understand that the jump from skating to hockey can be significant. Your child has finally gotten comfortable skating, but now they have a pile of equipment on them and they can't move anymore. We can always move them back to a learn to skate program for another session (they can even wear some of their new equipment to get used to it). They can also try the Hockey Tips for Tots program again in the future.

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 Tips For Tots program.

Hope to see you on the ice!