



Canlan Kids Skating and Hockey

# *HOCKEY* *ACADEMY*

POWERSKATING & HOCKEY SKILLS

## **Skill guideline**

- This is the intermediate level hockey program, next step progression from hockey fundamentals
- Players should have minimum 2 years of house league experience or are currently playing at the select level
- Players who have completed multiple sessions of hockey fundamentals can progress to this program

## **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: improving balance and further developing skating technique, utilizing edges for tight turns and pivoting, stopping and accelerating, increasing stride length, developing muscle memory
- Program combines skating drills with puck handling, passing & receiving, shooting

## **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 he needs to work on her puck handling and shooting, will this program focus on puck skills?**

A: The powerskating & hockey skills program like many of our programs does prioritize skating development over all else. Pucks will be gradually introduced as part of the program progression and players will have the opportunity to work on related skills. If you are looking to have your player work on specific skills such as shooting, the drop-in programs are also a good bet, as we do focus on 1 specific skill for an entire class.

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

A: Most players can benefit from multiple sessions of this program. It takes time to develop the muscle memory needed for good technique to translate over to actual gameplay. Instructors will become familiar with individuals who participate for multiple sessions and can add in different drill progressions to continually challenge those players. At the end of each program, instructors will provide a report card to each participant outlining whether they believe the player can further benefit from the same program or if they should move up to the next one.

**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 Powerskating & Hockey skills program.**

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