

# Specialized Hockey Development

With Coach Brendan Marfleet & the Elite Team

**U11 – U13** (Atom – Pee wee)

**Fridays 3:45 – 4:45**

**September 25 – December 18**

12 Classes – (No Class November 27)

**\$576.00 + GST #113**



**This high energy class is for Rep Players & House Players wanting to try out for Rep.**

As Elite Skating's specialized focus is proper skating technique, the Elite coaches will be taking what students learn in Elite's Edge, Power and Stride class to the next level by focusing on proper **shooting & stick handling** skills while maintaining Elite's importance of proper edge, power & stride. The coaches will be combining proper skating technique with the fundamentals of shooting & stick handling to enhance all the skills needed for players to stand out and succeed in game situations.

The following skills will be focused on throughout the duration of the program (but not limited to):

**Inside and outside edges**

**Forward stride technique**

**Backwards stride technique**

**Proper stick handling skills**

**Crossover**

**Open Hips**

**1 on 1 moves**

**Advanced puck control**

**Shooting in stride**

**Slap Shots**

**Wrist Shots**

**Backhand Shots**

To Register: Email [eliteskating@sportsplexbc.com](mailto:eliteskating@sportsplexbc.com) | Or Visit [www.eliteskating.ca](http://www.eliteskating.ca)  
Private and Semi-Private Lessons, Power Skating Classes and Team Training  
Associated 3-digit barcodes can be referenced to register