



Specialized Hockey Development

Winter Break Camp

U11 – U15 (Atom – Bantam)

12:00pm – 1:00pm

Week 1: December 21 – December 23 (3 Classes - #180) **\$144.00 + GST**

Week 2: December 28 – December 30 (3 Classes - #181) **\$144.00 + GST**

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 | Or Visit www.eliteskating.ca
Private and Semi-Private Lessons, Power Skating Classes and Team Training
Associated 3-digit barcodes can be referenced to register

